

### **Dribbling Technique**

#### **Technique**

- Use your strongest foot to dribble.
- Ever stride you take, you must be able to take a touch on the soccer ball.
- Use the inside of the foot and outside of the laces to dribble.
- Bend your knees, every time your foot strikes the ball your knee should be directly over the ball.
- Lean slightly over the ball and stay as low as possible.
- Head up: Try to look up between touches on the ball.
- Keep the ball close when there is a crowd of players.

#### **Best Used**

- To gain ground.
- Go past an opponent.
- Set yourself for a shot on goal.
- Relieve pressure.
- Keep possession.
- Attack space.

#### **Possible areas**

- Ball is not under control, it is too far away from foot.
- Player looks down too much.
- Legs are too straight.