



A1: TAPS

1. Start with R foot on ground
2. Tap top of ball with bottom front of L foot.
3. Set L foot next to R foot.
4. Tap top of ball with bottom front of R foot.

Advanced: Switch ground foot and tap foot in one motion.

Advanced II: Players in circle. Start Taps, on whistle, everyone moves to right and continue taps different ball.

Notes: Ball should stay in the same place at all times. Tap ball with soft touch.

A3: PULL-INS

1. Start with bottom front R foot on top of ball.
2. Pull ball towards player using R foot.
3. Push ball forward and to left using R instep.
4. Pull ball towards player using L instep.
5. Push ball forward and to left using L instep.

Advanced: Pair up players with a ball each. Start doing pull ins, at whistle, switch balls by passing and continue Pull Ins.

Notes: Ball should start in front of player and not under so that there is enough room to pull in.

A5: STEP-OVERS

1. Start with ball in front of player.
2. Move R foot around the ball and land it in front of L foot.
3. Move R foot between ball and L foot and bring back to original position.

Advanced: Do in a single step.

Advanced II: Alternate with left and right multiple times.

Notes: Do not touch the ball. Move body forward in step 2 to enhance fake.

A2: INSTEPS

1. Start with ball between feet
2. Touch ball with front instep of R foot
3. Touch ball with front instep of L foot

Advanced: Start insteps. At whistle, push ball between feet so that it goes behind player, turn 180° and continue insteps.

Notes: Ball must roll from side to side. Player should stay in same general area.

A4: SIMPLE PULL-BACKS

1. Start with bottom front R foot on top of ball.
2. Pull ball towards player using bottom front R foot.
3. Allow ball to go behind player.

Advanced: See who can make the ball go back the farthest using pull backs.

Notes: Use bottom of foot. Do not use heel. Alternate feet.

A6: SCISSORS

1. Start with ball in front of player.
2. Move R foot between ball and L foot and land it in front of L foot.
3. Move R foot around the ball and in bring back to original position.

Advanced: Do in a single step.

Advanced II: Alternate with left and right multiple times.

Notes: Do not touch the ball. Move body forward in step 2 to enhance fake.



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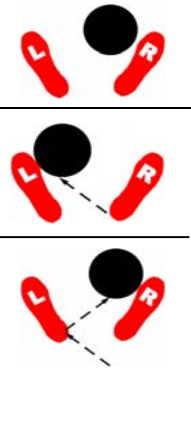
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B1: INSTEP DRIBBLE

1. Start with ball between feet.
2. Dribble tapping ball with instep front of alternating feet.
3. Touch the ball in every step.

Advanced: Change speeds and have player look up.

Notes: Ball should not be more than 1 step away from player. Walk like a duck.

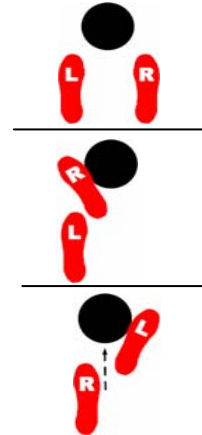


B2: OUTSTEP DRIBBLE

1. Start with ball in front of player.
2. Reach R foot and make contact on back side of ball.
3. Push ball forward.

Advanced: Try making contact with just outside of shoelace area with foot pointing straight down.

Notes: Player should prance or skip. Shoulders should face forward, only turn waist. Ball should go in straight line.

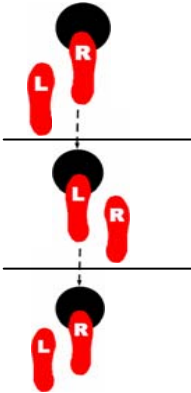


B3: BACKWARD DRIBBLE

1. Start with bottom front R foot on top of ball.
2. Pull ball towards player using R foot.
3. Push ball forward and to left using R instep.
4. Pull ball towards player using L foot.
5. Push ball forward and to left using L instep.

Advanced: Dribble backwards in a circle.

Notes: Try not to stop in between touches.



B4: MINE FIELD

1. Set up cones at random in an area 10X20 yards.
2. Dribble from one end to the other without touching any of the cones.

Advanced: Allow player to stay in mine field for 2 minutes without the ball stopping.

Notes: Encourage a different path each time the go. Add obstacles, change pattern. Discourage going around drill.





C1: INSIDE CUT TURN

1. Dribble forward.
2. Plant L foot just behind and to the right of the ball.
3. Reach around with R foot and scoop ball using the instep.
4. Ball should go opposite direction on left side of L foot.
5. Continue dribbling in opposite direction.

Advanced: Pass the ball towards a target, and turn should be done before ball hits target.

Notes: Do not let player run around and behind ball. Emphasize reaching for ball with foot.

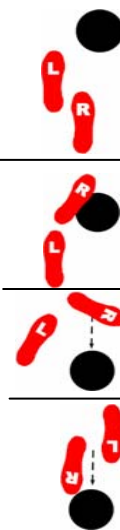


C1: OUTSIDE CUT TURN

1. Dribble forward.
2. Plant L foot just behind and to the left of the ball.
3. Reach around with R foot and scoop ball using the outstep.
4. Ball should go opposite direction on right side of L foot.
5. Continue dribbling in opposite direction.

Advanced: Pass the ball towards a target, and turn should be done before ball hits target.

Notes: Do not let player run around and behind ball. Emphasize reaching for ball with foot.

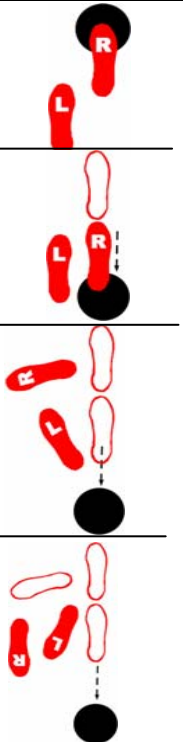


C3: PULL-BACK TURN

1. Dribble forward.
2. Plant L foot.
3. Reach ball with bottom front R foot.
4. Pull ball backwards
5. Turn opposite from the ball, moving R foot to the left of L foot.
6. Continue dribbling in opposite direction

Advanced: Single dribble, pull-back turn, single dribble, pull-back turn.

Notes: Player should turn opposite direction from the ball.



C4: CRUYFF TURN

1. Dribble forward.
2. Plant L foot just to the left of the ball.
3. Shape your body as if you were going to pass.
4. Drag the ball between your legs with your R foot.
5. Turn in opposite direction and start dribbling.

Notes: Extend your arms and pull leg back in order to sell the fake.

