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DRIBBLING

Dribbling is done using the various surfaces of the feet and by manipulating the ball in various directions in order to avoid opponents dispossessing you.

Note: *The foot has a number of different 'surfaces' or sections that can be used to manipulate a football when dribbling, controlling, passing, or shooting. The surfaces include: The inside of the foot, the in-step (top and side of the big toe), the outside (baby toe), the laces (top of the foot), and the heel.*

Effective dribbling depends on where you are on the pitch, where your opponents are, and how much space you have around you. When your opponents are close to you and you don't have much space to dribble in to, it is recommended to use short, soft touches when dribbling to keep the ball close to you. When you have a lot of space in front of you (during a transition to attack for example) you can use longer touches in front so you can cover greater distance at a faster speed.

Dribbling Coaching Points:

1. Using the inside and outside of the foot (big toe and little toe), you push the ball forward in the intended direction.
2. Keeping the ball under control continue to push it softly in front of you using different surfaces of the foot to move it.
3. Use both feet and different surfaces to maneuver the ball where you want it to go.

Notes:

- Opponents will try to steal the ball off of you when you are dribbling, try to dribble with the foot furthest away from your opponent. This means your whole body is between your opponent and the ball, making it harder for them to steal the ball.





- Keep a low centre of gravity and a strong core. This will make it more difficult to push/move you off the ball.
- When practicing, dribble in various directions with sharp turns using multiple surfaces of the feet. Try to avoid dribbling in straight lines or in circles as this is not applicable to a football match.

Visit the Special Olympics Faces of Football Training Ground for challenges to improve your dribbling. Progress through the levels to refine your dribbling skills.



Level 1



Level 2



Level 3





Session Plan

Dribbling

Level 1

Category:

Turning
Dribbling
Balance

**No of Players
Required:**

1-10

**Practice
Length:**

5-10mins

**Equipment
Required:**

1 ball per
player.

Aims & Objectives:

- Improve turning technique.
- Improve dribbling ability with both feet.
- Improve balance and coordination.

Coaching Points:

1. Use the inside and the outside of the foot (Big toe – Little toe).
2. Keep the ball close to you.
3. Move the ball slowly with small touches.

How to:

1. 4 cones 2 metres apart.

2. Taking small touches with the inside and outside of the foot, the player moves through the cones in a 'figure 8' shape (like a snake).

3. Once the player reaches the 4th cone, they practice their turn and come back in the same snake style dribbling.

