Analysis of Dribbling Techniques
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Dribbling and ball control are the technical foundations of soccer. While the best attacking players are capable of beating opponents, every soccer player should be able to run with the ball and maintain possession by dribbling out of pressure.

There are four basic applications of dribbling techniques:

- Dribbling into open space, or with the attacker between the defender and the goal (Speed Dribbling)
- Dribbling with a defender between the attacker and the goal
  - Attacker faced forward (1v1 Dribbling)
  - Attacker facing away from goal (Dribbling for Possession)
- Dribbling with a defender to the side of the attacker (A combination of Speed Dribbling and Dribbling for Possession)

There are six potential surfaces of each foot available for dribbling a soccer ball:

- Inside of the foot
- Outside of the foot
- Instep (laces)
- Sole
- Heel
- Toe

Technically, there is no one "correct" way to dribble a soccer ball; however, some ideas can help improve individual play.

Basics…

- ✓ In general, players who change the angle of the ball while in possession are less predictable when they decide what to do next (Pass, dribble, shoot).
- ✓ In general, all players should be able to stop the ball using the inside, outside, and sole of both feet.
- ✓ In general, all players should be able to turn the ball with the inside, outside, and sole of both feet.
- ✓ In general, all players should be able to roll the ball sideways, backwards, and forward with the sole of both feet.
- ✓ In general, all players should be able to "step over" the ball from "inside to outside" and from "outside to inside" with both feet.
- ✓ In general, it helps to dribble the ball in a way that allows the attacker's body to act as a shield between the ball and the defender.
- ✓ In general, players who frequently change direction while dribbling for possession ("wrigglers") are more difficult to dispossess than those who run in straight lines.

- ✓ In general, players who can change speed (fast to slow / slow to fast) while dribbling are more successful at maintaining possession or beating an opponent.

More Details…

- ✓ Mechanically, it is the head and shoulders that initiate turns and twists.
- ✓ Mechanically, the distance from the feet to the ball and the distance from the head to the feet dictate the speed and efficiency of any turn.
- ✓ Tactically, players who can disguise their intentions by faking with their shoulders, hips, head, or footwork, are more likely to successfully keep possession, beat an opponent, or simply create space.
- ✓ At the younger ages, encouraging players to develop an aggressive attacking attitude towards dribbling is more important than tactical correctness.
- ✓ Creative attacking attitudes towards dribbling will never be rekindled once the critical period for development (5-12) has passed.
- ✓ While we can and should help young players develop a wide range of dribbling "tools," the application of these tools under pressure will always be a reflection of personal expression and confidence.

Task #1

Choose any basic turn (i.e., inside / outside / sole) and select one person to demonstrate

Break the skill down into its basic teaching steps by using the following technical and mechanical elements to help guide your analysis.

The key issues are 1) Footwork, 2) Balance, 3) Agility and 2) Weight Transfer.

- ❑ Use of head and shoulders to initiate a turn?
- ❑ Lowering of the base (center of gravity) to change direction?
  - o Distance between feet and ball?
  - o Relation to running speed?
- ❑ Center of gravity (location) relative to turn?
- ❑ Foot placement relative to ball?
  - o Kicking foot?
  - o Standing Leg?

- ❑ Ball movement from foot surface to foot surface (one foot)?
- ❑ Ball movement across feet (two feet)?
- ❑ Efficiency of turn, relative to running speed?
  - o Diagonal cuts vs.
  - o 90 degree turns vs.
  - o 180 degree turns vs.
  - o Multiple changes in direction?

Task #2
Choose any combination of two dribbling moves and repeat the analysis process.