A Good Dribbler Should …

1. … have good body control and balance
2. … be able to observe and interpret the reactions of the defender (anticipation of the opponent's intentions).
3. … have a good feel for the ball
4. … master dribbling techniques and feints with variations (technical playing qualities of a dribbler).
5. … have a good timing in the use of feints (time aspect of a feint).
6. … have an excellent orientation (spatial aspect of a feint).

These qualities enable the player to spot gaps and give him the technique with which to dribble through two players.
10 Basic Rules for a Good Dribbler (1)

1. **Preparation**: A successful dribbling has to be prepared (a feint) to cause the opponent to react in the wrong way. (Time advantage)
2. **After the feint**: The attacker should continue dribbling as explosively as possible. (Don't lose time advantage!)
3. **The dribbler's center of gravity should be low** so that he is balanced and can start to run in any direction.
4. **Disturb his stable posture of the opponent** and cause him to be in an unfavorable body position which makes it hard for him to react quickly.
5. **A skillful dribbler considers his own strengths** when and where performing a feint. (Fast Attackers on the wing or good ball handlers in the penalty box)

10 Basic Rules for a Good Dribbler (2)

1. **The dribbler should observe the opponent's behavior** closely in order to be able to react appropriately to the defender's reactions.
2. **A feint should not be carried out too soon or too far away**, for this gives the opponent time to compensate for his mistake.
3. **Dribbling should always be necessary** and serve the interests of the team.
4. **Dribbling should not represent a direct danger of an own goal.**
5. **The dribbler should only use feints** in matches that one has practiced many times and therefore confidently masters.

Dribbling is only useful or necessary when...

1. ... an attacker has **nobody to pass to**
2. ... a defender must be moved out of the way for tactical reasons.
3. ... a shot at goal should be prepared.
4. ... it is necessary to **play for winning time**.
5. ... a breakthrough into free space is started.
6. ... a 1v1 situation near the goal must be won.

There are three typical game situations for the dribbler:

1. The opponent is **in front of** the dribbler.
2. The opponent is **to the side** of the dribbler.
3. The opponent is **at the back** of the dribbler.
Opponent is in front of the dribbler

Selection of Techniques

a) Dummy Step
Lunge to the left with the left leg and take the ball past the opponent with the outside of the right foot.

b) Rivelino Trick
With the right foot, take a step around the ball to the left and take the ball with the outside of the right foot and outplay the opponent.

c) Drop-back with the Sole of the Foot
Away from the standing leg
Drag the ball back with the sole of the right foot, immediately pull the ball to the side with the inside of the right foot and dribble away from the opponent.
Across the standing leg
Pull the ball back with the sole of the left foot, immediately pull the ball to the side with the inside of the left foot across the standing leg and dribble past the opponent.

d) 270° degree turn with the inside of the foot
Shield the ball with the body by turning left around the ball, while pulling the ball twice around with the inside of the right foot, and dribble away from the opponent immediately after the turn.

e) Matthews Trick
Drag the ball back slightly to the left with the inside of the right foot and pretend to break away to the left side, lift the ball with the outside of the right foot (the outer instep) over the attacking foot of the opponent and dribble past the opponent down the right side.
Lots of Repetitions in the Zick-Zack

Variations of the Zick-Zack

Passing Sequenz

Dribbling and Shooting

Dribbling and Feinting Competition

1v1 across goal line

2v2 across goal line
1 v1 with 4 Goals
Dribbling across the goal line

Opponent attacks from the side

Turn with the inside of the foot
(protect the ball with your body)

Turn with the outside of the foot
(protect the ball with your body)
Drag-back with the Sole of the foot
(quick change of direction)

c) Drag-back with the Sole of the Foot

Opponent is attacking from the side.
Stop your run and protect the ball
Shot feint + quick turn back
Pass to the teammate

Same situation on the halfway line

Lots of Repetitions in the Comb
Comb and Coordination Training

Opponent is at the back of the dribbler

Sprint toward the ball, to get off the opponent
As receiving the ball, turn towards the opponent
Dribbling towards the opponent
Taking the ball and running with it directly with the outside of the foot
The player shields the approaching ball with his body and runs with it with the outside of his right foot on the move.

Taking the ball and running with it directly with the inside of the foot

Step-over and receipt of the ball with the inside of the foot

Techniques:
- Kicking with the inside/outside of the foot, then alternating the two.
- Sissors/step-over/dummy step.
- Drag the ball behind the standing leg.

Coaching tips:
- The opponent is passive at first, and just runs alongside the player, then puts gentle pressure on the player.
- This teaches the players to subtly move the ball sideways and to shield it and to change direction.
Exercises – Opponent at the back

Drills with two players

Drills for three players
Competition – Opponent at the back

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