

Dribbling: The different types of dribbling and how to do them

Dribbling is basically when a player runs with the ball under control. This is using the inside and outside of the football boot to propel the football in the desired direction. There are various ways of deceiving opposition players. These come with experience and specific training.



A player dribbling with the ball attackingly

The basics of dribbling are to with every step try to touch the ball with each step you take with the ball. In very quick succession touch the ball a little bit ahead of you. This will create both good control and increase your dribbling speed with the ball. With this kind of control you can elude defenders when they try to reach in and steal the ball, you can just cut the ball away since it is always so close to you, this will give you overall greater control when you're dribbling. It is almost like you are trying to get as many touches in as you dribble forward with the ball. When training, you touch the ball each time you dribble, so you can gain greater control of the ball and make those sharp cuts to the side or back, and entice and elude and frustrate and really annoy defenders.

The Step over-You take your right foot over the ball and dribble away with your left. Also often called the scissors.



**The body swerve is a dummy:
pretending to go one way, but going the other. A dip of the
shoulder and sudden change of direction is often all that's
needed, but once you've wrong-footed your opponent take
advantage of it with a burst of pace!**

The step over dummy attempts to send the defender the wrong way by pretending to play the ball to one side but stepping over the ball at the last moment



A player using
dribbling to beat an opposition player.

These are the more technical parts of dribbling

The Stop and Go-This is simply a change of pace. You jog slowly with the ball, usually when a defender is along side of you, and then burst past the defender. Explained again here: you jog along with the ball, then stop for a second, and then burst past the defender. The key is a change of pace with the ball.

You can also put the sole of your foot on top of the ball when stoppi ng the ball and then push it forward with your instep when you break off on the dribble again to escape the defender.



Ryan Giggs dribbles past a defender because of his amazing dribbling control under great speed.



His dribbling gets him into great positions from which to shoot or cross the ball.

The Cruyff turn- In the Cruyff turn, the football is played between the legs, so that the ball ends up on the opposite side to that which the defender expects. With the ball on your right foot, position yourself as if you are going to turn to the left, or to pass or cross the ball to the left. Then flick the ball between your legs, and make a quick turn to the right. Meanwhile the defender is left flat-footed and surprised. Starting with the left foot, the move is reversed; shape to turn or pass to the right, flick the ball between your legs, and turn to the left. In both cases, the turn should be a quick pivot. Remember that the Cruyff turn is a type of dummy, so don't overuse it during a soccer game. If the defender "reads" the move, he will be able to take the ball quite easily .



6. The 'Cruyff' Turn (above and below)

Turn right foot inward with toe down and push the ball behind and away from you.

