**Dribbling Activities**

1. Weaving through the cones
2. Cone spacing (one large step – Straight line of 9 cones)

* Up with the right foot and back with the left using the inside and outside of the foot.
* Up and back with both feet, two touches with outside of the foot, then one touch with inside.
* Focus is on speed still maintaining reasonable control.

1. Cone spacing (one small step – Straight line of 9 cones)

* Up with the right foot and back with the left using the inside and outside of the foot. Quick and small touches.
* Up and back with both feet, two touches with outside of the foot, then one touch with inside.
* Up and back with both feet, one roll a cross (preferably backward) touch with the sole of the foot, and two prep touches (1st touch to stop, 2nd touch to prep) with the inside of the foot to set up for roll a cross with the other foot.

1. Cone spacing (one large step – Rectangular 5x4 cones)

* Dribble around the cones with both feet, two touches inside of the foot and two touches with outside of the foot.
* Make complete cuts around the corners.
* Focus on control. Try and go faster while maintaining control. The objective of this is to get good quality touches.

1. Agility (With a ball)
2. Suicide

* Sprint up and back with the ball in 5, 10, and 15 yards increment distances

1. Shuttle

* Up with the cross rolls and the outside touches with the right foot, and back with the left foot
* Focus is on lateral movement still maintaining control.

1. Speed dribbling around the square

* Use in-step both direction

1. Change of direction
2. Inside and outside cuts

Bend the knee slightly and cut with the ankle

1. Hook turns (left and right)

Anticipate the cut, pivot accordingly, and hook the ball with the sole of your foot.

1. Twist Off Cuts (4 cones)

Player: 4 players (1 player at each corner)

* One touch inside of the foot cut followed by a dribble cross the diagonal, then outside cut before passing.

1. Twist Off Hook Turns (5 cones)

Players: 8 players (2 at each corner)

Set up: Cone at 4 corners and one in the middle

* Player #1 dribbles the ball toward the middle cone, makes a counter clock wise twist off hook turn to the right, dribble the ball toward the right cone, and pass the ball player #2 on the right cone.
* Repeat the steps
* Switch the direction of the Twist Off Hook turn when both players return to their starting cone.

1. Changing pace Triangle figure eight

* Use in-step touches both directions
* Up to the right cone with the right foot, cut around outside the cone using the outside of the foot. Back to the center cone figure eight, cut around outside of the cone using the inside of the foot, then transfer the ball to the left foot immediately after the cut.
* Up to the left cone with the left foot, cut around outside the cone using the outside of the foot. Back to the center cone figure eight, cut around outside of the cone using the inside of the foot, then transfer the ball to the right foot immediately after the cut.
* This activity focuses on changing pace and direction with control.

1. Moves

The key to attaining these moves is to trivialize them (doing them without much thinking).

1. Coerver (Scissors & Sweeps)

This works well because it’s fast and fluid. It tricks defenders because they expect you to cut inside than outside (a common move). They expect you to go in the opposite direction.

* Touch/roll the ball slightly ahead of you (diagonally) with the inside/ball of your foot then quickly do a scissor/sweep with the same foot. Cut using an outside touch with your opposite foot.

1. Elastico

The Elastico is quick and deadly. When you do it correctly defenders will sometimes stumble or fall over. This move may appear to consist of two touches but it’s really one slick motion. Remember this when you practice the trick. This move requires lots of practice to get right, but learning it is worth the effort.

* Touch the ball outside then inside in one motion. The outside touch is key to getting this right. You need to sell the touch by moving your hips, body, and arms.

1. V Pull (Roll/Cut)

The V pull is effective when used correctly but is difficult to pull off. When you time this move correctly the defender must stop his momentum and turn to chase after the ball. You will get far away before he recovers.

* Touch the ball towards a defender. When he commits to the tackle pull (roll/cut) the ball across (diagonally back) your body to your opposite foot, then touch the ball up into open space.

1. Cruyff

The Cruyff is a versatile move. You can use it to turn, switch directions, and in this case, beat defenders easily. This move works when a defender is located at a diagonal angle. It’s a perfect move to use in many situations, like for instance, beating a wingback who charges at you're from an angle while dribbling you’re near the sidelines.

* Touch the ball at the defender. When you see him moving to tackle you use an inside touch with the same foot to touch it behind your other leg.

1. Maradona

The Maradona move looks incredible when pulled off correctly and is one of the best moves for beating defenders. Use the move when the defender charges at you. This move works perfectly when you chase after a loose ball, get there before the defender, then use the trick. The Maradona uses the defender’s momentum against him. Do not use this move when a defender is delaying you. It won’t make him lose balance. Again, only use it right before he tries to tackle.

* Touch the top of the ball with one foot, turn, use your other foot to drag the ball forward, then turn again.

1. Stop and Go

The stop and go trick confuses and delays defenders. Use it to beat defenders that delay you from an angle. It’s the perfect way to beat a defender on the sideline and set up a cross. This move has multiple effective variations. Each variation accomplishes the same thing.

What variation you use doesn’t matter. What does matter is how well you sell the move. If you don’t move your body and hips when you take the first touch the defender won’t believe that you are cutting the ball back. Good defenders are prepared for this move so focus on making your fake half touch backwards as realistic as possible. Don’t wait for the defender to tackle when using the stop and go. Do the move when the defender is prepared to tackle you if you touch the ball forward then touch the ball forward when he gets off balance.

* Pretend cutting the ball backwards then dribble forward with speed.
* Cut the ball back halfway than touch the ball forward using an inside touch with your other foot, then accelerate forward using the in-step of the opposite foot.
* Pull the ball back halfway with the sole of your foot, then roll the ball forward with the same foot, and touch it with e in-step accelerating forward with speed.