



★ U10 RECREATIONAL ★ COACHING CURRICULUM

DRIBBLING TECHNIQUE

Dribbling is the technique used by players to maneuver the ball through tight areas where defenders are trying to steal the ball. When dribbling, players should keep the ball within one step of their foot, so they have total control and if required can stop the ball, turn with the ball, do a move with the ball, pass the ball or shoot the ball. Without control over the ball, players cannot execute any of these actions.

Best Used

- In tight spaces with defenders around them.
- To cover ground.
- Go past an opponent.
- Set the player for a pass to teammate or a shot on goal.
- To relieve pressure.

Technical Breakdown

- **Dribbling can be executed with different surfaces of the feet: inside, outside, laces and sole.**
 - Laces - Used to dribble in a straight line. Point the toes of the kicking foot down and slightly inward.
 - Inside - Used to change direction. Ball moves across the body.
 - Outside - Used to change direction. Ball moves away from the body.
 - Sole - Used to change direction. You can use this surface to manipulate the ball in most directions.
- **Close Control.** Players should push the ball no further than one step away from your body. Rhythm should be; touch, step, touch, step, touch, step, etc.
- **Athletic stance with knees bent.** Players need to be balanced when dribbling and should have their feet roughly shoulder width apart with their knees slightly bent. Body weight should be slightly leaning forward.
- **Ball should remain on the ground when dribbling.** Players should strike the center of the ball and have their kicking foot knee over the ball when they strike it.
- **Vision, eyes up when dribbling.** Players should have their eyes up to see options when dribbling. This can either be done when they are in total control or in-between touches of the ball.

Common Mistakes

- **Loss of control.** Players are pushing the ball to far away from their body and start to reach for the ball.
- **Lack of vision.** Players who are not comfortable with the ball at their feet will tend to look only at the ball and cannot get their eyes off the ball to see options.
- **Unbalanced.** Players are stood upright and do not bend their knees. Easily knocked off the ball.