

DRIBBLING

Running with the ball is called dribbling. Dribbling can occur all over the field in many different situations.

1. In the open field during a fast break to goal or in transition.
2. In a crowded area.
3. You may need to change directions.
4. You may need to shield the ball from an opponent.
5. You may need to move the ball past a defender using a fake.

OPEN FIELD DRIBBLING

- Use the outside half of your laces to push the ball in front of you.
- Dribble in a straight line with your head up.
- Touch the ball every two steps for best results.

DRIBBLING IN CROWDED AREAS

- Use the inside, outside and sole of both feet to maneuver in tight spaces.
- Keep the ball close by touching it every step.
- Keep your head up looking for spaces to exploit.

CHANGING DIRECTIONS WITH THE DRIBBLE

Let the ball roll out in front of you then reach out with the near foot and:

- Chop the ball with the outside of your foot in the opposite direction.
- Chop the ball with the inside of your foot in the opposite direction.
- Chop the ball with the inside of your foot, behind your plant foot, in the opposite direction.
- Pull the ball back in the opposite direction with the sole of your foot. If you use your right foot, you should turn right.

Always turn the ball away from pressure to ensure possession.

SHIELDING THE BALL

- Position your body between the ball and the opponent in a sideways position, because you are wider than you are thick.
- Keep your legs spread and your knees bent for balance.
- Initiate the contact with your shoulder to counteract their challenge.

FAKING & ACCELERATING PAST A DEFENDER

- Dribble at a defender to engage them.
- Get the defender to step one direction, by faking with your body, foot, head or by pushing the ball in that direction.
- Once the defender is off balance or moving in the wrong direction, then cut the ball in the opposite direction accelerating past the defender.
- After penetration cut behind the defender making a recovery run even more difficult.