



MCFC Dribbling Sequence

Keys to teaching dribbling components

- Start slow, let players learn it at their own pace (many repetitions)
- If they have success ask them to perform at a faster pace
- After each move a change or BURST of speed is necessary to separate themselves from the defender

1st FIVE to be mastered by the U5-U6 age group

1) "In between the feet" (Basic Foundation)

Explanation – Touching the ball back and forth between the feet (surface is inside of the foot (from mid-foot to big toe))

2) "Inside-Inside-Outside-Outside" (Zig-Zag)

Explanation - Two dribbles/touches with the inside of the foot-two dribbles/touches with the outside of the foot)

3) "Sole roll"

Explanation – Using sole of foot rolling the ball in different directions (across the body, forwards, backwards)

4) "Psych!"

Explanation – Dribbling forward stop ball with sole of the foot, jump over the ball and continue dribbling in the opposite direction

5) "Spin Away" (Name = Spin away from pressure/defender) aka Outside Cut. Explanation – Dribbling forward, slow and turn the ball with the outside of the foot and continue dribbling in the opposite direction.



MCFC Dribbling Sequence (Continued)
2nd FIVE to be mastered by the U7-U8 age group

6) "Pull Back"

Explanation – Dribbling forward, slow and put sole of foot on top of ball, pull ball back

in opposite direction, hips turn with the ball (allows players to see the ball) and continue in the opposite direction.

7) "Spin Turn"

Explanation - Dribbling forward, slow and touch ball 3-4 times with the inside of the foot (a $\frac{3}{4}$ turn with the ball) and continue dribbling.

8) "Pull back and Push"

Explanation – Dribbling forward, slow and put sole of foot on top of ball, pull ball back and out, push ball behind standing leg with inside of foot and continue dribbling

9) "Scissors" (Shoulder Feint)

Explanation – Dribbling forward, step and dip shoulder one way then with outside of other foot dribble forward.

10) "Chop" (Fake kick and across Body) aka Inside Cut

Explanation – Dribbling forward, slow and with a kicking motion cut the ball back across your body and continue to dribble.

11) "Fake Pull Back"

Explanation – Dribbling forward, raise foot over top of the ball as if a pull back is taking place, bring foot back behind ball and continue dribbling forward.

12) "Double Touch" (Touch-Hesitate-Go)

Explanation – Dribbling forward, stop ball with front foot (toe), swivel hips (gives impression dribbler is stopping), touch forward with back foot and continue dribbling.

13) "Fake kick and spin away"

Explanation – Dribbling forward, take a longer touch (similar to prior to striking a long pass), take a peek up (towards potential target), fake kick, then with outside of kicking foot spin away in opposite direction and continue dribbling.

14) "Step Over"

Explanation – Dribbling forward, take furthest foot from the ball and go all the way around the ball and plant (both feet facing forward), lift the back foot and with a hop turn back to the direction from which started.



MCFC Dribbling Sequence (Continued)
3rd FIVE to be mastered by the U9-U10 age group

15) "Fake kick and behind" (Cruyff – Named after Dutch legend Johan Cruyff)
Dribbling forward, take a longer touch (similar to prior to striking a long pass), take a peek up (towards potential target), non-kicking foot needs to be planted in front of the ball (protects the ball and creates the space for the move), fake kick with kicking foot ending the movement on the outside of the ball, with inside of foot (toe) slide ball behind the non-kicking foot and continue dribbling.