



Qualities of Effective Dribbling

In soccer, a flashy dribbler always seems to draw the attention of spectators. That's because an effective dribbler who is willing to take risks often creates goal scoring opportunities. In this article I will give you some insight on teaching young players the proper way to dribble. Below I have outlined many important qualities of effective dribbling among young soccer players. It's up to you to equip our players with the tools to become an effective dribbler.

Head up for awareness. Players should always be scanning the field while carrying the ball while glancing down at the ball through the bottom of your eyes. Players must be aware of opponents, teammates, and space.

Ability to hold the ball close. Players should be able to keep close control of the ball in order to quickly change directions, move the ball away from a defender.

Balance. It is important for the dribbler to have a low center of gravity with knees bent and chest and head over the ball. This will help players start, stop, accelerate and change direction.

Change of pace and direction. The player should be able to cut and turn the ball quickly to avoid tackles or to exploit space.

Feints and moves. Players must be able to sell a move with body movements in order to throw the opponent off balance while moving the ball in an attacking position.

Confidence. Players must be willing to attempt to beat an opponent. Player's confidence is important around the penalty box.

Creativity. Creativity is the ability for players to solve different situations with the correct move or combination of moves. This is best taught in a 1v1 game which relies a lot on the individual player's skill to beat his opponent. A player's creativity is often increased with more confidence with the ball.

Things to watch for and correct:

- Head down while dribbling
- Dribbling with the toe
- Ball too far away from the player.
- No change of pace or direction.

“CREATING SMILES FOR TODAY, ATHLETES FOR TOMORROW AND KNOWLEDGE OF THE GAME FOR A LIFETIME.”

