

# Soccer Skilz: Developmental Dribbling Skills

(Michael M. Hensley • Technical Skills Trainer)

## The Foundation: Star Pattern

**Emphasis:** *Accurate Technical Execution, Foot Speed*

**Note:** *All "Across the Box" exercises can be done in this formation*

- **Sprint to Center Return to the Cone:**
- **Sprint to Center Move To Adjacent Cone:**
  - Lace Dribble w/pace Outside Twist Off
  - Lace Dribble w/pace Inside Twist Off
  - Lace Dribble w/pace Helicopter Turn
  
- **Sprint to Center (pass, pass, pass) Return to the Cone**
- **Sprint to Center (pass, pass, pass) w/Adjacent Partner, Move To Adjacent Cone**
  - Lace Dribble w/pace Outside Twist Off
  - Lace Dribble w/pace Inside Twist Off
  - Lace Dribble w/pace Helicopter Turn
  
- **Moves To Beat An Opponent In A Star** (see attached sheet for moves to beat an opponent)

## The Foundation: Figure 8's

(All exercises to be done with the right and left foot)

(Assess in (30) second timed intervals, place cones five yards apart)

- **Two cone variation:**
  - Lace Dribble w/pace Inside & Outside Twist Off (Use only the right foot, Use only the left foot)
  - Lace Dribble w/pace Helicopter Turn
  
- **Three cone variation:** (Moves to beat an opponent)
  - Lace Dribble w/pace Scissors at the middle cone
  - Lace Dribble w/pace Step Over at the middle cone
  - Lace Dribble w/pace Roll It Step Over at the middle cone