



Dribbling - Skills, Moves and Turns

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Dribbling Moves

Players will each have a ball and work on dribbling/turns and moves, keeping the ball close to them and inside the marked out area.

Players will work on the following moves:

Beginner:

The Cruyff Turn

The High Wave

The Step-Over Turn

The Step Over Fake

The Scissors

Juggling: The Basics

3 Soccer Turns

The Ronaldo Chop

Intermediate:

The Sole-Flick (Pop-Corn)

The Backwards Scissors

The Matthews

The Roll-up Twist

The Reverse Cruyff Turn

The Inside Scissor

The Maradona 360 Spin (Part 1)

The Zidane Trick (Part 2)

The Zidane Pull-Back Flick

The Reverse Pull-Push

The Samba Taps

Advanced:

The Around the World

The 1-Footed Maradona

The Slap-Cut

The Ronaldo Reverse Step-Over

The Rainbow

The Toe Flick (Pop Corn)

The McGeady Spin/Ribery Spin

The Ronaldinho Fake Back Pass

The Rainbow | Kids Version FT Leo

The Elastico

The Matthews Scissor

Please see the videos for more info on each move in its entirety.

<https://www.skillzanddrillz.com/beginner>

<https://www.skillzanddrillz.com/intermediate>

<https://www.skillzanddrillz.com/advanced>

