**Description Tricks – Dribbling Pt. 3**

**Information for the right posture while dribbling:**

1. **Head** always is forward, to train peripheral vision.
2. **Upper body** is slightly bent forward over the ball (max. 10 degrees) to work on shielding the ball and protecting it from your opponents.
3. **Arms** are close to the body, with elbows creating a 90 degree angle to create aerodynamics while dribbling
4. **Knees** are slightly bend to have a more stabile stand during tackles
5. Stand on the **balls of your feet (forefoot) and not your heels** while dribbling to change directions more quickly

 **Description of Tricks:**

1. **„Outside to Inside (right)“**

*Work your right foot!*

*Touch the ball only with your right inside and the right outside foot*

*Alternate*

1. **„Outside to Inside (left)“**

*Work your left foot!*

*Touch the ball only with your left inside and the left outside foot*

*Alternate*

1. **„Outside to Inside“**

*Touch the ball with the inside, then outside of your right foot*

*Directly switch to the left foot*

*Touch the ball with the inside, then outside of your left foot*

*Cycle back to your right foot and repeat!*

1. **„The Cruyff Turn“**

*Drag the ball back with the sole of your foot*

*Pass with the inside of your foot, behind the support leg, to the other side*

*Repeat with the other foot*

1. **„Stepover Inside Hop“**

*Step over the ball with your foot in a clockwise motion*

*When the foot is almost around the ball, touch the ball with your support leg*

*The support leg passes the ball to the leg completing the stepover*

*Repeat multiple times before switching legs*



*„Depending on the complexity of the movement, between 10.000 and 50.000 repetitions are necessary to reach the goal of automated technique.“*

Hossner, E.J. & Künzell, S. (2003). Motorisches Lernen. In: Mechling, H. & Munzert, J. (Hrsg.). Handbuch Bewegungswissenschaft – Bewegungslehre. Hofmann. Schorndorf.