**Description Tricks – Ballcontrol Pt. 2**

**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. **„Rolling Steps“**

*Tap the ball with your forefoot and roll it to the opposite foot*

*Repeat with a quick yet controlled motion*

1. **„Three Touches + Stop“**

*Move the ball between your feet with the insole of the foot*

*Every third touch, stop the ball with the sole of your foot*

*Repeat with a quick yet controlled motion*

1. **„The U“**
	1. *Pull back the ball with the sole of your foot*
	2. *Give the ball to your opposite foot with the inside of your foot*
	3. *Push the ball forward again with the inside of your foot*
	4. *Stop the ball with the sole, and repeat the drill from the beginning*
2. **„Sole + Instep + push Behind“**
	1. *Drag the ball back with sole of your foot*
	2. *Push it forward with the instep*
	3. *Repeat with the alternate foot*
	4. *Every fourth contact, control the ball with your outer foot, moving it behind your support leg*
	5. *Pass the ball forward and repeat*
3. **„The Square“**
	1. *Pass the ball forward with the inside of your foot*
	2. *Roll the ball with your forefoot over to your opposite foot*
	3. *Pull back the ball with the forefoot.*
	4. *Pass the ball over to the other foot using the inside of your foot*
	5. *Touch the ball with the forefoot and repeat the exercise!*
4. **„The Triangle right“**

*Pull the ball backwards with your right sole diagonally*

*Pass it with the inside of your right foot foreward - behind the support leg*

*Stop the ball with the left sole, and pass it over to the sole of your right foot*

1. **„The Triangle left“**

*Pull the ball backwards with your left sole diagonally*

*Pass it with the inside of your left foot foreward - behind the support leg*

*Stop the ball with the right sole and pass it over to the sole of your left foot*

1. **„Cross Steps over the Ball“**

*Do the „Rabona“ – but stepping over the ball, not touching it*

*Repeat on the other side, controlled yet quick*

*The wider the movement of the foot, the more it confuses your opponent*

1. **„Fake Rabona“**

*Touch the ball with the outside of your foot - making the ball roll sidewards*

*Step behind the supporting leg, over the ball*

*Repeat on the other side, controlled yet quick*

*The wider the movement of the foot, the more it confuses your opponent*

1. **„The V Behind“**

*Pull back the ball with the right forefoot to the right inside of your foot*

*Pass the ball foreward and stop the ball with the sole of your left foot*

*Pull it back again to the inside of your left foot, and repeat!*

*„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.

