**Ein Bild, das Text, Schild enthält.

Automatisch generierte Beschreibung Description Tricks – Ballcontrol**

**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. **„Steps“**

*Tap the ball with your forefoot, switching sides quickly- controlled but quick*

1. **„Touches“**

*Tap the ball with the inside of both feet, moving the ball back and forth - controlled but quick*

1. **„Sole + Inside“**

*Pull back the ball with the sole of your foot, and push it forward with the inside of your foot.*

*Switch feet and repeat*

1. **„Sole + Instep“**

*Pull back the ball with the sole of your foot, and push front with the instep. Switch feet and repeat.*

1. **„Steps + Touches“**

*Combination of Tricks 1 and 2!*

* *Tap the ball with your forefoot, switching sides quickly*
* *Tap the ball with the inside of both feet, moving the ball back and forth controlled but quick*
* *Repeat and cycle through quickly yet controlled*

1. **„Slides“**

*Pull the ball to the side with the sole of your foot, and push to the other foot with the inside.*

1. **„Stepover“**

*Step with the inside foot over the ball to the outside, and repeat with the other foot. The larger the movement, the more it confuses your opponent!*

1. **„Stepover Reverse“**

*Step with the outside foot over the ball to the opposite side, and repeat with the other foot. The larger the movement, the more it confuses your opponent!*

**„move Stepover reverse“**

*Use the outside of your foot to roll the ball sideways. Then, step with your outside foot over the ball. Repeat with the other foot.*

1. **„Stepover Reverse Cut“**

*Start standing next to the ball. Step over it with the inside of one foot. The other foot touches the ball with the sole, and positions itself next to the support leg afterwards. The outside foot moves behind the support leg and stops the ball with the instep. Start over again when both feet are standing next to the ball.*

*„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.

