Dribbling is used to create attacking opportunities, selecting the most impactful action or to relieve pressure

Use the dribble to attract defenders and then make good decisions of how to use the ball

Use the dribble to draw defenders towards you – creating space for others

Analyse good moments in which to use the skill and apply

Apply and use in game situations when you have space and time

Apply basic technique in small pressure situations

Use your laces to push and manipulate the direction of the ball, keep ball within 2m (approx.)

Keep your head up whilst moving with the ball so you are aware of others

Use different speeds when moving with the ball