



DRIBBLING

with feet



Important Keys

- 1 I gently tap the ball with my feet to move it forward.
- 2 I use both of my feet when dribbling the ball.
- 3 I use the inside and outside of my feet to give the ball direction.
- 4 My eyes look over the ball as I dribble through space.
- 5 I match the speed of the ball to my own speed (i.e. close when slow, further when fast).

