



DRIBBLING
with feet



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I **gently tap** the ball with my feet to move it forward.



I use **both of my feet** when dribbling the ball.



I use the **inside and outside** of my feet to give the ball direction.



My eyes **look over the ball** as I dribble through space.



I **match the speed** of the ball to my own speed (i.e. close when slow, further when fast).



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