

# Barnabas

# Soccer Schools

- Encourage, Motivate, Inspire -

## 10 - 20 Minute Dribbling Workout

Work through these dribbling touches, performing each one for 1 - 2 minutes

1. Inside - outside of right foot.
2. Inside - outside of left foot.
3. Inside right foot - outside left foot - inside right foot - outside left foot.
4. Inside right foot - inside right foot - outside right foot
5. Inside left foot - inside left foot - outside left foot.
6. Outside right foot - inside right foot - outside left foot - inside left foot
7. Outside right foot - sole right foot - outside left foot - sole left foot.
8. Toe right foot - inside right foot - outside right foot - sole right foot - turn - toe left foot - inside left foot - outside left foot - sole left foot - turn.
9. Inside right foot - step over with right foot - inside left foot - step over with left foot.
10. Make up your own dribbling patterns, be creative and have fun.