

Dribbling-Virtual Training 1

***BOLD=do for 20 seconds R foot, then 20 seconds L foot**

1 cycle=going from cone A to cone B and back to cone A

Exercise	1 st round (r)	2 nd round (r)	3 rd round (l)	4 th round (l)
Push, Push, Chop Inside				
Roll, Roll, Cut				
Drag Back, Push Behind, Push Forward				
Cruyff, Push Forward				
Inside Chop, Outside Chop				
Push Forward, Push Across, Pull Back				
The V				
Pullback, Push Across, Push Forward				
Cruyff, Cruyff, Role with Sole				
Figure 8				