



The world's leading soccer and football coaching resource



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Dribbling and Ball Manipulation – Dribble Through Traffic



Dribbling through Traffic

Players love to dribble with the ball. But to be an effective dribbler in a game, the dribbler will need to understand how to create space prior to receiving the ball. How to receive the ball with an open body so they are facing the direction they want to dribble and how to dribble, manipulate the ball, change pace and direction, whilst keeping the ball close and under control and keeping their head up and being aware of what is around them.

Dribbling through traffic is a practice that forces the players to apply the above skills. It also gives them lots of opportunities to practice all of these skills. The practice contains challenges and progressions that make the session harder, tests the players skills and makes it more enjoyable and challenging.

[Click Here for the FREE eBook download – Dribbling Through Traffic](#) and watch the Video so you can understand and be better prepared for your coaching session.

www.grassrootscoaching.com is one of the World's largest and best online soccer coaching resources, providing soccer coaching content for both the English Football Association and UEFA. Grass Roots coaching have been in the online soccer coaching business for more than 9 years and we have over 5,000 satisfied member coaches. We provide valuable coaching help for coaches across the World.

If you want to improve as a Coach, then go to www.grassrootscoaching.com to find out more.

Coaching Information:

- Receiving players create space and receive the ball with an open body so they are facing the direction they want to dribble
- Players to play with their heads up at all times and be aware of what is around them
- Keep the ball close and under control
- Use different parts of both feet to manipulate and move the ball round the cones and to avoid other players
- Use changes of pace and direction
- Players to communicate with each other
- Understand what they are doing in the practice if they have the ball and if they don't have the ball

[Click Here for the FREE eBook download – Dribbling Through Traffic](#)

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