



1 Keep the ball close to your feet.
Make lots of little touches as you move forwards.

2 Use the inside of your foot to dribble with the ball.

3 Start by watching the ball very carefully.
As you get better at it, try looking up.

Practise dribbling with both your left and your right foot.

If the ball runs away, you can get control of it again by placing your foot on the ball.