

22 Dribbling Technique



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V-Pull Ball

Quickly stretch your leg to the position of the ball, pretend to shoot, then pull the ball to the side of the foot that touches the ball and then quickly pull the ball out with the inside of the foot.

Pull back the ball

The combination of the left and right feet to pull the ball back to exercise the coordination of the feet and the speed of touching the ball.

Pull the ball continuously with one foot

Use the ball with the ball of the forefoot to pull the ball backwards or to the left and right to enhance the speed and balance of the ball.

The Yo-Yo

Pull the ball back with the forefoot of the left foot, dunk the ball back with the inside of the right foot, and practice repeatedly.

Diagonal pull

Pull the ball to the right foot with the forefoot of the left foot, use the outside of the right foot to pull the ball to the right, and then repeat the action.

Smash the ball to change direction

Touch the outside of the foot to quickly pull the ball to the outside- and then smash the ball inside, suitable for feints in actual combat

Pull the ball across

Pull the ball back with the forefoot of the left foot, and repeat the action with the right foot to enhance dynamic movement.

Inside Smash

Unlike a regular inside smash, let the ball pass quickly after multiple smashes.

Pick the ball and buckle

Pull the ball back with the touch foot, and then buckle it to the side of the supporting foot after provoking.

Toe Penalty

Use your toes to tap the ball to increase your control of the ball.

Foot Inside Pendulum

Use the inside of the foot to make a pendulum stroke.

Advanced Foot Pedal Ball

Step on the ball quickly at your feet to improve your ball control.

Horizontal paddle on the sole of the foot

Use the soles of the feet to pluck the ball horizontally to exercise coordination.

Alternate push and pull

Push and pull the ball alternately with the left and right feet to enhance the coordination of the feet.

Pendulum bicycle

Use the soles of your feet to do a movement similar to cycling.

Pull the ball on the sole of your foot and pedal the bike

After pulling the ball, then step on the ball with the other foot, and practice repeatedly.

V-shaped push and pull

The left and right feet alternately do a V-shaped push and pull action.

Alternate Ball Inside Foot Foot Outside

Alternate Ball with the inside and outside of the foot.

Change the tempo

Change the rhythm of the ball control to simulate the changes in the game.

Alternating inward and external dialing with both feet

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Two putts with alternating inward and outward toising

After two putts, the ball is followed by alternating inward and outward tozzling with both feet.

Alternate pull-stop

Pull the ball alternately with the left and right feet and then stop.