**DRIBBLING**

* Eyes Up with Quick Looks at the Ball
* Push the ball forward with Controlled and Purposeful Taps
* Move to the ball
* Tap again with Controlled and Purposeful Taps

**PASSING**

* Step to the Target (non-kicking foot)
* Use a Firm and Controlled Kick
* Strike the Center of the Ball with the inside of your foot (like a putter)
* Follow Through to the Target