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