

Soccer Skill of the Week: Inside-Outside Touch

The Inside-Outside Touch is a simple, effective dribbling move that helps players control the ball and change direction quickly. It can be practiced almost anywhere!

How to Do It:

- Start dribbling slowly with your right foot.
- Use the **inside** of your foot to push the ball slightly across your body.
- Immediately use the **outside** of the same foot to push the ball back in the original direction.
- Repeat several times, then switch to the left foot.

Coaching Tips for Parents:

- Keep touches light so the ball stays close.
- Bend knees slightly and stay on the balls of your feet.
- Practice 1–2 minutes with each foot, rest, then repeat 3–4 times.
- As you improve, increase speed or set up cones to weave through.

■ **Watch it in action:** [Inside-Outside Touch Tutorial](#)