FINTER WORLD | THE DRIBBLING WORKBOOK 2026/27

50 match-related training activities • QR references • player reflection sheets • ages U5–senior

Educational coaching resource. Live 2026/27 statistics are a dated 23 October 2026 Scout Arena snapshot of tracked competitions in five major European leagues; NOT a worldwide census.

What makes a useful take-on?

SCAN → DECEIVE → CHANGE DIRECTION OR TEMPO → PROTECT → CREATE THE NEXT ACTION. The outcome matters: a shot, pass, cross, broken press or space for a teammate.

The three 2026/27 leaders by different measures

Total completed: Lamine Yamal 48. Completed per 90: Sávio 5.18. Success percentage: Désiré Doué 74.3%. Sources have different minimum-minute filters and should not be collapsed into one award.

Watch real club-produced video examples

FC Barcelona Yamal training: youtube.com/watch?v=1Q9n56FqIN0

FC Barcelona Yamal 2023/24 compilation: youtube.com/watch?v=ZjnWLyIOGQI

Manchester City Doku interview: youtube.com/watch?v=BYYpG_Lqq7E

These clips illustrate movements and learning. They do not substantiate a specific 2026/27 match action.

QR — FINTER dribbling library

50-drill bank: original movement themes (01–25) and new scenarios (26–50)

01. The pause-and-go

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

02. Shoulder-drop feint

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

03. Inside-outside touch

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

04. Outside-inside touch

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

05. Scissors/stepover

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

06. Double stepover

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

07. Sole roll

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

08. Drag-back

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

09. Cruyff turn

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

10. La Croqueta

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

11. Matthews feint

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

12. V-cut

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

13. Body fake to the weak side

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

14. Protect-turn-explode

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

15. Nutmeg decision

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

16. Shield then escape

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

17. Touch around the outside

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

18. Fake cross into drive

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

19. Fake shot into space

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

20. Receive on half-turn

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

21. 1v1 channel race

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

22. 1v1 with recovering defender

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

23. 2v1 release after take-on

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

24. 3v3 wide-gate breakthroughs

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

25. 4v4 dribble-or-pass choice

Set a small dribbling corridor; add a defender; change pace, exit under control, and finish with a pass or shot. Adapt pressure and distance to age.

26. Defender foot recognition

Attack the front foot, then cut across to the unprotected side. Use a live defender; ask players to choose their next action.

27. Check-away then receive

Move away from a defender, check back, scan and receive on a half-turn. Use a live defender; ask players to choose their next action.

28. Blindside run to 1v1

Move behind the defender before coming toward the ball and turning. Use a live defender; ask players to choose their next action.

29. Three-gate deception

Defender protects three exit gates; attacker disguises the eventual choice. Use a live defender; ask players to choose their next action.

30. Weak-foot exit

Execute any feint and leave with the less-used foot. Use a live defender; ask players to choose their next action.

31. Passive-to-live duel

Repeat the same pattern first unopposed, then against a fully active defender. Use a live defender; ask players to choose their next action.

32. Recovering defender chase

Defender begins behind and may recover after the first attacking touch. Use a live defender; ask players to choose their next action.

33. Touchline escape

Receive trapped near the sideline; escape inside or progress outside. Use a live defender; ask players to choose their next action.

34. Crowded zone release

Beat one defender in a tight rectangle then pass to a supporting teammate. Use a live defender; ask players to choose their next action.

35. Inside lane vs overlap

Read an overlapping runner and decide between take-on, feed or delay. Use a live defender; ask players to choose their next action.

36. 1v1 to cutback

Beat a defender wide and cut back to a moving teammate. Use a live defender; ask players to choose their next action.

37. 1v1 to finishing gate

Dribble past a defender and shoot quickly into a small target. Use a live defender; ask players to choose their next action.

38. 2v2 third-player release

Dribble to fix a defender; release a teammate as a new passing lane opens. Use a live defender; ask players to choose their next action.

39. Press-break turn

Receive with pressure behind, protect the ball and escape on the half-turn. Use a live defender; ask players to choose their next action.

40. Counterattack 2v1

Travel at pace and choose whether to commit defender or pass early. Use a live defender; ask players to choose their next action.

41. Change-of-pace relay

Vary speed and distance of touches before a live duel. Use a live defender; ask players to choose their next action.

42. Shot fake under pressure

Show a shooting action, shift defender and create a safer finish. Use a live defender; ask players to choose their next action.

43. Fake pass to drive

Shape as if passing, then attack the opening when the defender reacts. Use a live defender; ask players to choose their next action.

44. Body-shape deception

Two exit gates; point body one way while moving ball another. Use a live defender; ask players to choose their next action.

45. Two-defender decision

Beat first marker, then pass before the covering defender closes. Use a live defender; ask players to choose their next action.

46. Pressure-release rondo

4v2 possession with controlled dribble permitted through a marked gate. Use a live defender; ask players to choose their next action.

47. Carry through midfield

Drive forward only if central passing lane is blocked, then find release. Use a live defender; ask players to choose their next action.

48. Winger-to-half-space duel

Start wide, beat a defender inside and decide between shot and through-ball. Use a live defender; ask players to choose their next action.

49. Late-match choice

Finish a short transition game with a 1v1 decision under fatigue. Use a live defender; ask players to choose their next action.

50. Match-film reconstruction

Watch a real take-on, freeze at the first touch and rebuild the duel on pitch. Use a live defender; ask players to choose their next action.

Four-week coach plan

Week 1: Disguise and close control. Two short sessions; start with play, add 1v1 pressure, finish with a game and reflection.

Week 2: Acceleration and exit touch. Two short sessions; start with play, add 1v1 pressure, finish with a game and reflection.

Week 3: Choosing take-on, pass or protect. Two short sessions; start with play, add 1v1 pressure, finish with a game and reflection.

Week 4: Transfer to 3v3, 4v4 and match footage. Two short sessions; start with play, add 1v1 pressure, finish with a game and reflection.

Four complete age-adaptable sample sessions

Body feints

10 min games; 10 min show-and-try; 15 min live 1v1; 15 min 3v3; 5 min feedback.

Change of pace

10 min tag games; 10 min tempo-touch races; 15 min chase duels; 15 min 4v4; 5 min feedback.

Next decision

10 min ball games; 15 min 1v1 + support; 15 min 2v1; 15 min 4v4; 5 min feedback.

Game transfer

10 min active play; 15 min 1v1 from wide areas; 15 min 3v3; 15 min match-like 5v5; 5 min feedback.

Print: player observation sheet

Player: _____ Date: _____

Age / team: _____ Session focus: _____

Attempts in comparable duels: _____ Successful: _____

Did the player scan before receiving? _____

What movement did they try? _____

What was the next action after the dribble? _____

Decision quality (1–5): _____ Courage to try (1–5): _____

One strength: _____

One next challenge: _____

Player reflection: What did you notice about the defender? _____

Print: team reflection

What gave players the confidence to try? _____

Did we celebrate smart passes as much as successful dribbles? _____

Where on the pitch did a dribble create a useful advantage? _____

What will we adjust in the next session? _____

Sources and further FINTER links

https://scout-arena.com/stats-arena/ball-carrying/dribbles

https://scout-arena.com/stats-arena/ball-carrying/dribbles/per-90

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