

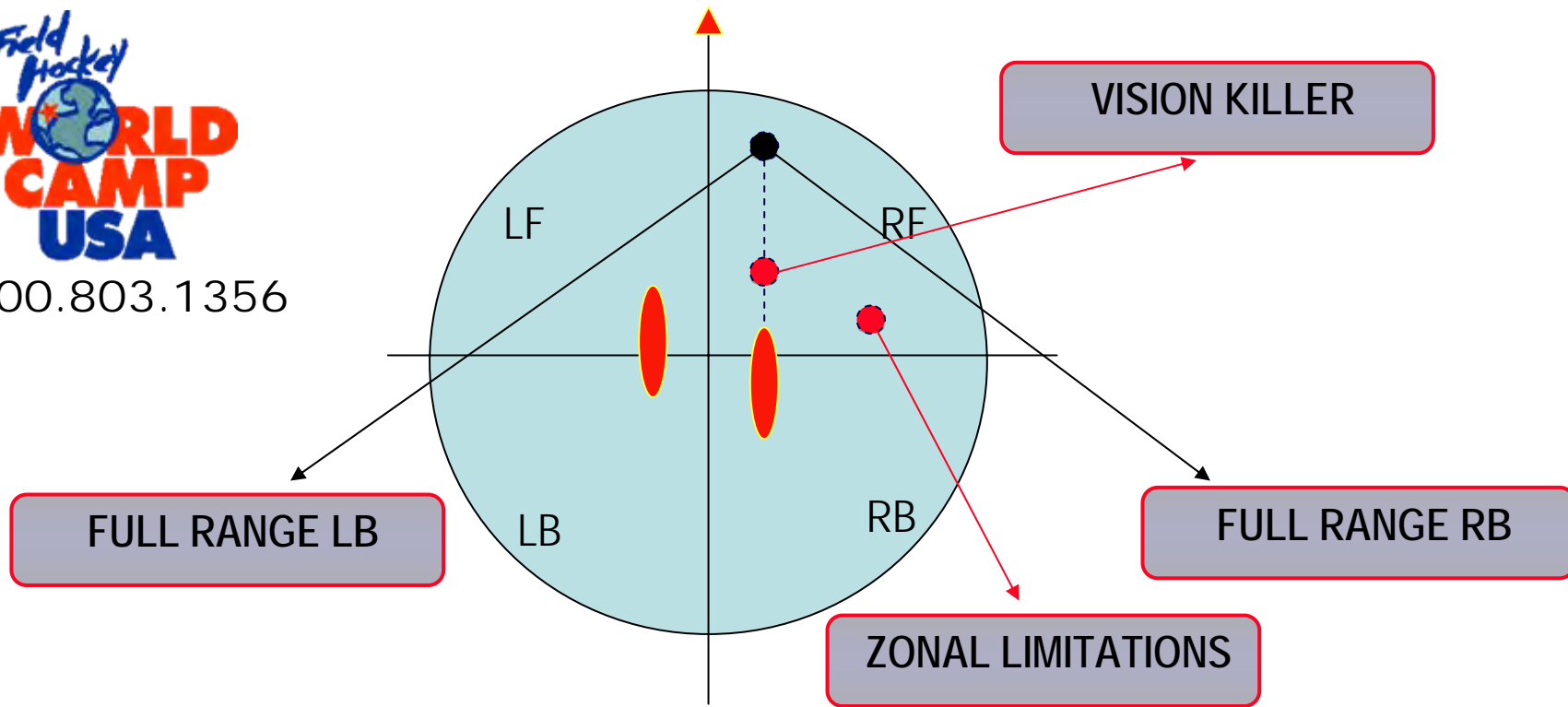
# Zonal System & Technical Phases

## Using Ball Placement for Vision and Playing 360°

Neutral Stance & Ball Placement



1.800.803.1356

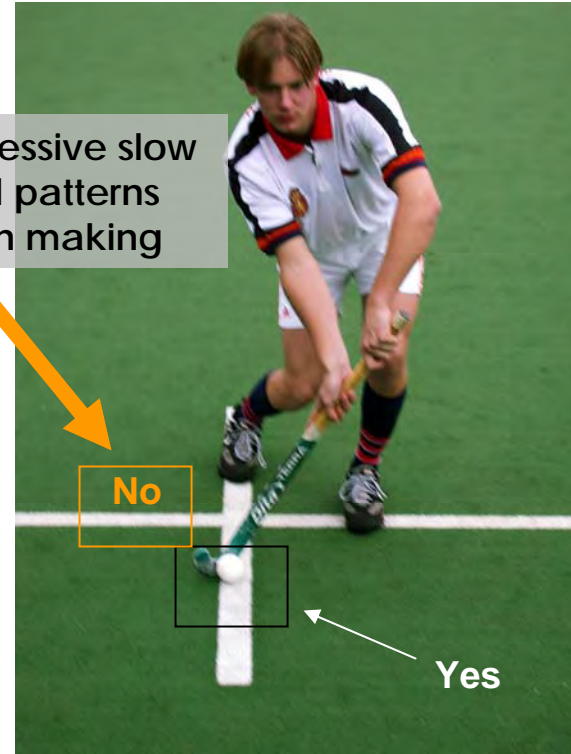


# Basics for Dribbling

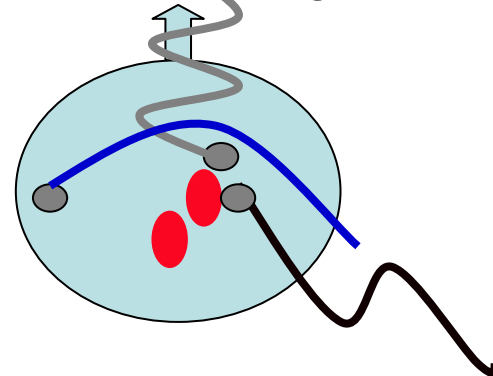


Ball can be played to all Zones

No Vision, aggressive slow down of skill patterns and decision making



Dribbling



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Good Space to React & Move



Too Close to the Body



Ball Positioning & Vision = Speed



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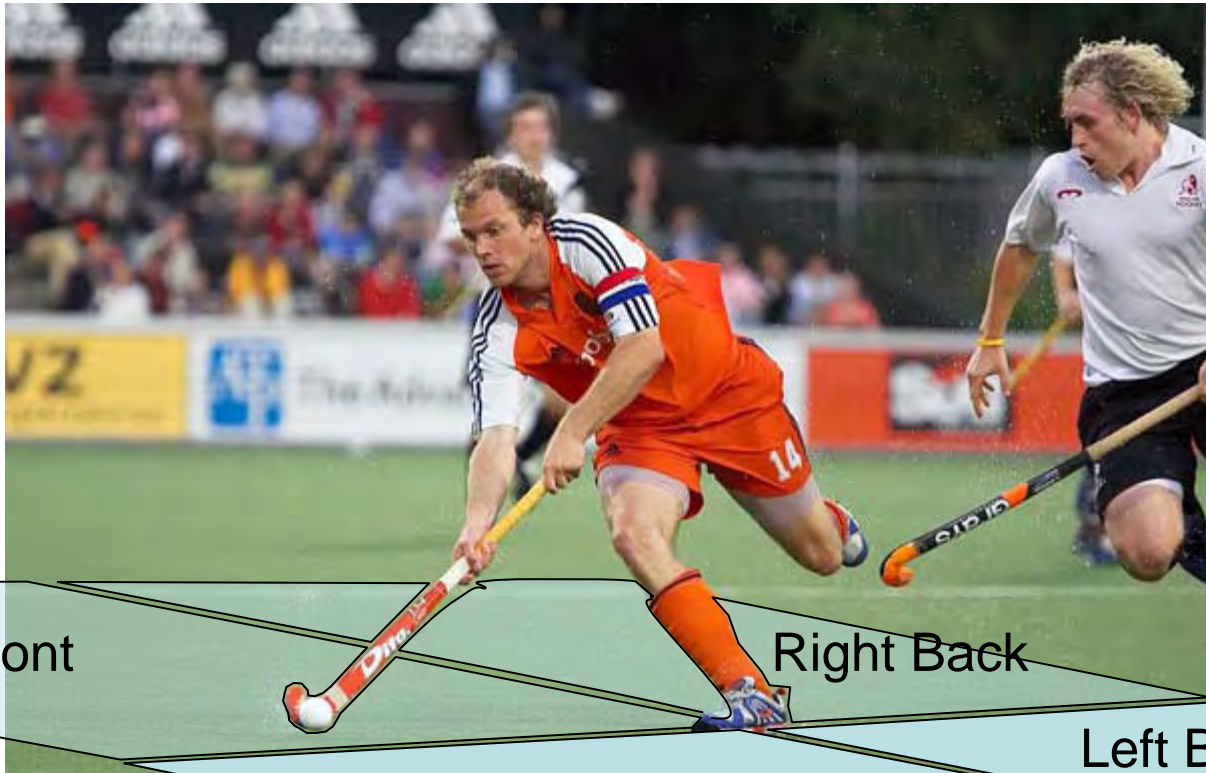
# Ball Movement Around the Body – While Running





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Teun de Nooijer – 2003 & '05 World Player of the Year



Right Front

Right Back

Left Front

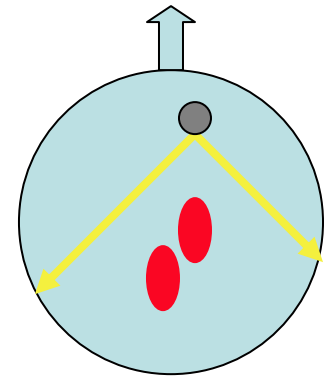
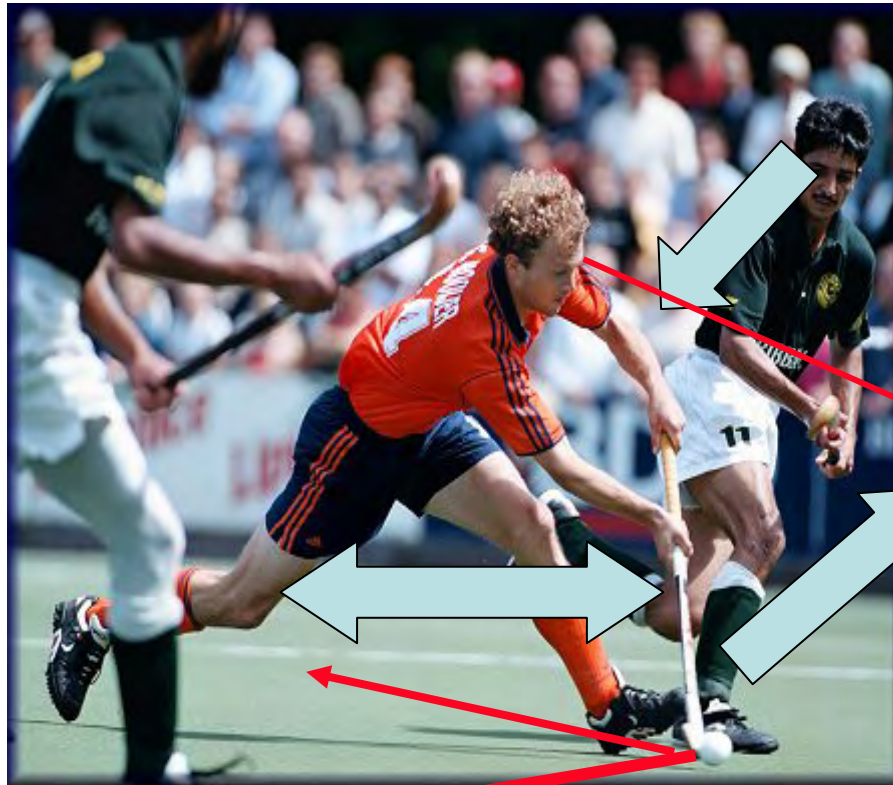
Left Back

Perfect Technique Even at Full Tilt



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# Teun de Nooijer - Vision & Dribbling!



**Good Basic Positioning of the Ball Allows  
Basic Skill Performance**