



BALL MASTERY

1. Roll the ball forward with the sole of the foot with your left & right foot.
2. Tap the ball forward with the lace of the right & left foot.
3. Pull the ball back with the sole of the foot, then tap it forward with the lace of the same, then change over to the other foot.
4. Pull the ball back from an angle, then push the ball in the opposite direction with the outside of the same foot.
5. Roll the ball sideways forward in front of your body with the right and left foot.
6. Touch the ball 3 times quickly and softly with different parts of the foot before transferring the ball onto the other foot.

FAST FEET

#1 Foundation: Tap the ball quickly between the left and right foot (commonly called tic-tocs or pendulums)
Notes- keep knees bent, oil your hip, knee and ankle joints

#2 Semi-Circle: Stay in Foundation, and pivoting in a Semi-Circle
Notes- Do not rotate in a full circle

#3 Squeeze: Tap the ball quickly between left and right foot while squeezing the ball from one foot to the other.
Notes- if they have a hard time with the squeeze, slow down. Foot on top roll to the side and squeeze the ball to the other foot.

#4 Roll: Tap the ball quickly between left and right foot while rolling the ball in front of your body and back to the same foot.
Notes- similar to the squeeze but bring it back, don't send to the other foot

#5 Fake-Pass: Tap the ball quickly between left and right foot while making a fake pass with the inside of the foot over the ball, then roll the same foot back over the ball and turn (fake-pass)

#6 Stop-turn: Tap the ball quickly between left and right foot, pass forward, stop the ball under the sole of the foot and turn quickly in the opposite direction. (stop turn)

#7 Step-Over: Tap the ball quickly between left and right foot, swing your leg around and past the ball, then turn the opposite way and direction (step-over)

#8 Drag-back: Tap the ball quickly between left and right foot, pull the ball back from in front of your body and push the ball to the same side at a 45 degree angle with the inside or outside of the same foot (drag-back)

#9 Cruyff turn: Tap the ball quickly between left and right foot then quickly hook it back behind the non-kicking foot and change direction (cruyff turn)

#10 Flick-behind: Tap the ball quickly between left and right foot then pull the ball back with the front part of your foot and flick it behind and forward the standing leg. (flick-behind)

#11 Zidane: tap the ball quickly between left and right foot, place for e.g. your right foot on the ball, slide it over the ball whilst turning half way. Now place the left foot on the ball and drag it into the other direction. (Zidane)