



Basic Elite Feet Moves

All moves are broken down into steps.

All moves should be practiced with both feet.

Most moves are taught progressively from stationary to forward movement to free movement. Throughout the teaching of the move always emphasize the preparation necessary to beat an opponent or change direction!

Dragback Turn

1. Jog behind ball
2. Left foot forward beside the ball
3. Right foot on top of ball (weight on left foot)
4. Roll ball back with bottom of right foot.
5. Pivot on left foot and accelerate to ball

L-Turn

1. Jog behind ball
2. Left foot forward beside the ball
3. Right foot on top of the ball (weight on left foot) and Roll ball back with bottom of right foot
4. Push ball behind left leg with inside of right foot
5. Pivot on left foot and accelerate to ball

Cruyff Turn

1. Jog behind ball
2. Left foot forward beside the ball
3. Right foot in front of the ball at 90 degrees to left foot
4. Roll ball back with inside of right foot
5. Pivot on left foot and accelerate to ball

Scissors

1. Jog behind ball
2. Left foot forward beside ball
3. Right foot circles ball, inside to out, wide stance
4. Left foot behind ball
5. Outside left foot push ball away, accelerate to ball

Double Scissors

1. Jog behind ball
2. Left foot forward beside ball
3. Right foot circles ball, inside to out
4. Left foot circles ball, inside to out
5. Right foot behind ball
6. Outside right foot push ball away, accelerate to ball

Step Over

1. Jog behind ball
2. Left foot forward and beside ball (wide stance)
3. Right foot over ball (outside right foot in front of ball)
4. Pivot on right foot turning 180 degrees.
5. Play ball back across body with inside left foot
6. Accelerate to ball

Stop and Go

1. Jog behind ball
2. Left foot forward beside ball
3. Right foot stop the ball
4. Right foot plays ball forward with right laces
5. Accelerate to ball

Inside-Outside

1. Jog behind the ball
2. Left foot forward beside ball (wide)
3. Roll ball with right foot across body
4. Push ball with outside of right foot back across body
5. Accelerate to ball

Outside-Inside

1. Jog behind ball
2. Left foot forward beside ball
3. Push ball away from body with outside of right foot
4. Cut ball back across body with inside of right foot
5. Accelerate to ball