



Bavarian SC

Fast Footwork:

1. Basic foundation – boxing
2. Side to side push forward
3. Pulling the “V”
4. Step on
5. Roll behind leg
6. Step over
7. Alternate push out, pull back
8. Side roll
9. Full sole roll
10. Garrincha

Dribbling like all skills must be practiced in the following ways.

1. Practice 1st with static ball
2. Than at walking pace
3. Than build up at full speed while keeping control of the ball.

Step Over: (Rudd van Nistelrooy)

1. Plant your foot behind the ball
2. Swing your kicking foot around the ball
3. Non-kicking foot along side of the ball
4. With the same foot take ball away

Stop Turn:

1. Plant your non-kicking foot beside the ball plant
2. Plant kicking foot on top of the ball
3. Roll the ball backwards plant your kicking foot behind the ball and turn your body
4. Take ball away in opposite direction.

The inside hook & outside hook: (Roy Keane)

1. The ball needs to be at least a stride length in front of you
2. Lift your kicking foot up and over, placing the inside of the foot in front of the ball
3. Use a little jump to swing your non-kicking foot around the ball.
4. Push the ball past the defender.

Inside out: (Ryan Giggs) – shift your weight and keep the ball moving

1. Change the direction of the ball with the inside of the foot.
2. Change the direction on the ball with the outside of the foot.

Cryuff Turn – make it look like your going to shoot – must sell it

1. Give your self space to close and the ball and skill won't work.
2. Plant your non-kicking foot besides the ball (like your going to shoot)
3. Bring your kicking foot in beside the ball
4. Flick the ball with the kicking foot behind your standing leg.

Matthews – (Paul Scholes)

1. Plant your non-kicking foot to the side of the ball; exaggerate this step to fool the defender.
2. Drag the ball into this space with your kicking foot.
3. Bring your kicking foot around inside of the ball.
4. Push the ball away with the laces of your kicking foot.

Drag back:

1. Plant your non-kicking foot behind the ball (not too close)
2. Put your kicking foot on top of the ball.
3. Drag the ball back and twist your body the direction you want to go.
4. Push the ball away with the inside or outside of the same foot.

Scissors – Double Scissors:

1. Plant your non-kicking foot behind the ball knee bent, weight going forward.
2. Swing your kicking foot around between ball and standing leg, put weight on this foot.
3. Move your kicking foot around behind the ball.
4. With laces of this foot push the ball past the defender.

Roll Across:

1. The ball in front of your kicking foot.
2. Place kicking foot on top of ball, have your weight on non-kicking foot.
3. Roll the ball across your body with the sole of the soccer shoe, shift weight to other foot.
4. Push ball past defender.

Roller Coaster (Rudd van Nistelrooy)

1. Place your kicking foot on top of the ball.
2. Use a little jump to plant your kicking foot over and in front of the ball.
3. Place your non-kicking foot on top of the ball.
4. Use that foot to drag the ball past defender.

Inside receive and turn – (Used for forwards with back to the goal)

1. As the ball is traveling towards you take a step forward and plant your non-kicking foot in front of the ball.
2. Receive the ball with the inside of the kicking foot.
3. Twist your body and take the ball away all in one movement.