

MOVES APPENDIX

(6) and also the interior lines (spokes of a wheel) for another 6 players. Easier for more proficient players.

Once mechanics and body movements are mastered you can put players back into the sq are game environments in the <<Basic Dribbling practice plans >>

DESCRIPTIONS: The description of moves will include the mechanics and will always be described for use with the right foot. The default (N) will be the forward direction of the attackers run. After the name of the turn the defenders position will be noted (N, E, or W) Generally the attacker will be approaching a defender head-on (N) or protecting ball by placing body between the 2 of them (W or E)

Turn (Defenders position N, E, S, W) Description of mechanics.

Roll back. (W) Place right foot on ball and stop it. Roll ball back (S) and spin away with it (Body turning to the right when turning)

Cut (inside) (E) As you are running position ball on outside of left leg. Using inside of right foot, swivel from the hips and cut ball back (S) with the inside of right foot.

Cut (outside) (W) Push ball a little in advance of body to the right. With a lunge extend right foot (N) and turn foot outwards to stop ball with outside surface and then flick (S)

Beckenbauer (N) When approaching a defender use outside cut to protect the ball, a second to turn and then a third to accelerate away forwards to the opposite side (NW)

Step-over (E) Place right foot alongside ball (in passing position for left foot). Left foot passes over top of ball and extends across the body to the outside of right foot (NE). Now perform a swivel back on yourself (to the left) taking the ball back with the inside of right foot (S) (A MORE ADVANCED CUT ADDING A FAKE)

Cryuff (W) Set-up in a passing position for a right foot pass. Right foot fakes a pass but circles around and in front of the ball (pointing at other toe at 90 degree angle) Using inside of the right foot push the ball back through gap (S) created and spin to the left to follow ball

Fake shot (N) Approach the defender as if you are going to shoot. As defender checks, cut the ball across body with the inside of right foot. (W or NW)

V (N) With the ball (NW) and body turned in that direction, drag the ball back with the sole of the right foot (SE) and then use the inside of right foot to

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move in the opposite direction (NE). As you roll ball back, turn hips to the (NE) to allow a forwards push pass. Cryuff II (N)

(Behind the back V) With the ball slightly in front of you and facing (N), use the sole of the right foot to drag ball back (S). In continuous motion push ball with inside of foot behind standing leg (W), using body to protect it and turn counter-clockwise to follow it.

Barnes (scissors) (N) Position ball on outside of left foot. Step over ball with outside of the left foot, and lunges forward (NW). (Can be more effective if the left foot circles forward and around the ball rather than stepping over) Using the outside of trailing right foot play the ball the opposite direction (NE) then accelerate away

DeNilson (N) Along the lines of the Barnes, with outside of nearest foot step around the front and out to the side of ball (NW), instead of playing the other way with other foot, repeat the step around with other foot (NE), and again with other foot (NW) to cause confusion in defender then cut with outside of foot in opposite direction (NE) like in the Barnes move

Beardsley
(shuffle hips) (N) When running with ball turn upper body and hips to about (NE) as if you are going to pass to someone with your right foot. When defender steps off balance, use the inside of the right foot to cut the ball across your body (NW or N) and back in the straight line you were headed(N)

Double cut (N) Similar to the Beardsley but the turning of body fake is helped with a inside cut to that direction with the left foot (E or NE), quickly followed by the inside cut with the right foot across the body (W or NW) (note the motion of 2 cuts should appear as one)

Maradona (N) place left foot on ball, jump and rotate body about 180 while foot is still on top of ball and drag away with sole of right foot rotating the other 180 to almost maintain motion of original run (NW or NE)

Gascoigne (W or E) Place left foot on top of ball, stopping ball and momentum of defender momentarily then toe poking ball in a continued forward direction (N) with the right foot

Roll and tap (in to out) (N) With the inside of right foot roll over the ball (W) and in same motion flick back (E) with the outside of the right foot (continuous touch of ball)

Roll and tap (out to in) (N) Repeat but roll over using the outside of the right (E) and then flicking with inside (W)