

Technique

- 1 Look as if you are going to pass or cross the ball.
- 2 Lift up your arm to make it look as though you are going to kick the ball.
- 3 Drag the ball behind your standing leg with the inside of your foot.
- 4 Turn your shoulders and your hips so that you are back in line with the ball.
- 5 Dribble away in a different direction.

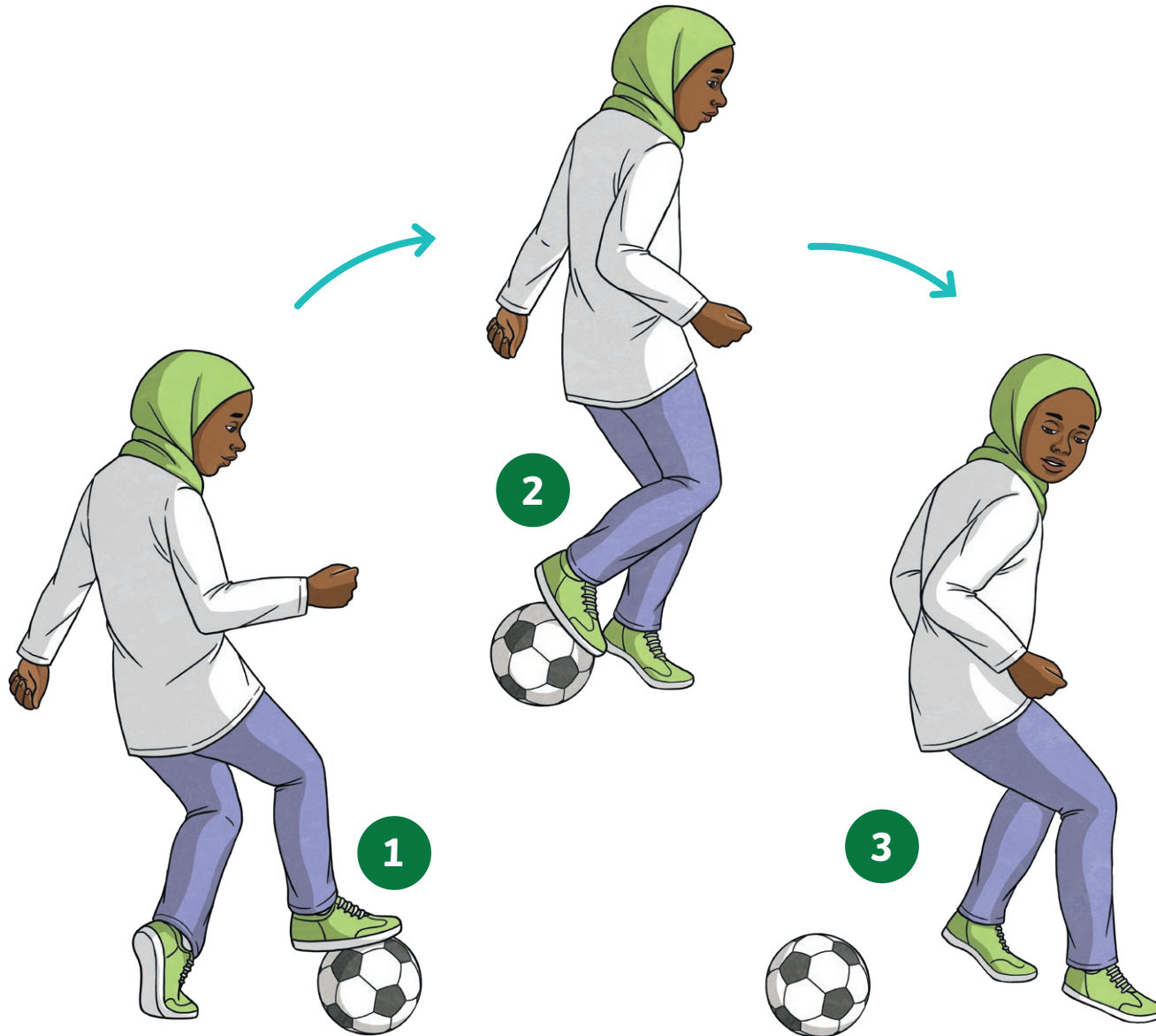
Skills Practice

Try performing the Cruyff Turn from a stationary position.

Try it at a walking pace.

Increase your pace as you get more proficient at it.

Introduce a defender.



Technique

- 1 Place one foot on top of the ball.
- 2 Staying in contact with it throughout, roll the ball back behind the body.
- 3 Turn and move off in a different direction.

Skills Practice

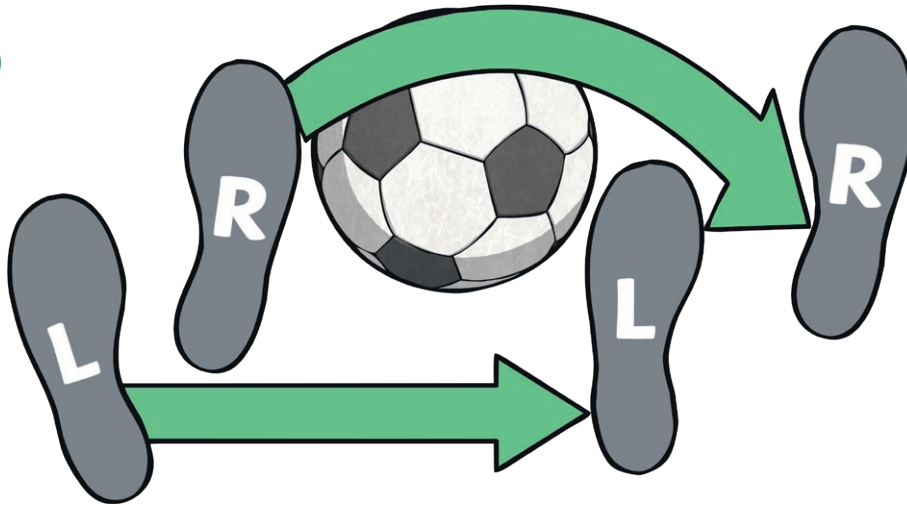
Try performing the Drag Back from a stationary position.

Try it at a walking pace.

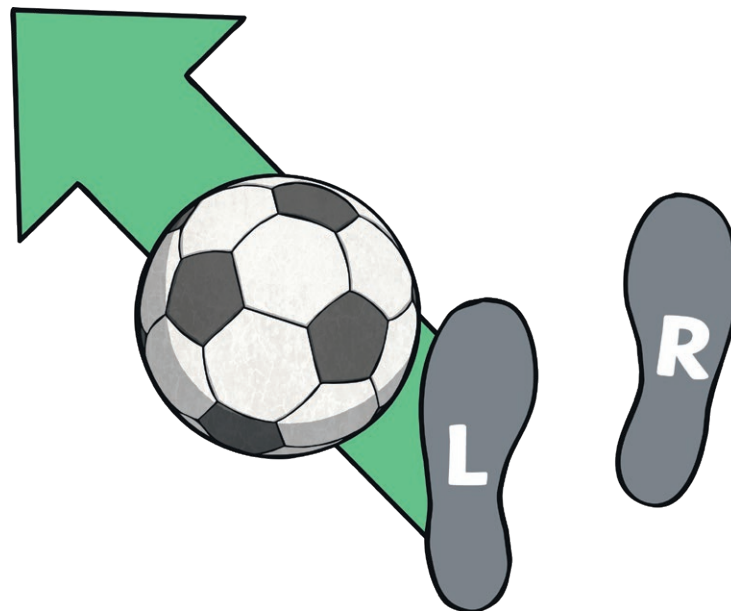
Increase your pace as you get more proficient at it.

Introduce a defender.

1



2

**Technique**

- 1 Lift your right foot over the top of the ball to use a 'step over' which should send your opponent in the wrong direction, immediately creating you time and space.
- 2 Then hook the ball away with the outside of the left foot and dribble away.

The same move can be done with the left foot stepping over the ball and the right foot hooking the ball away.

Skills Practice

Try performing the Step Over from a stationary position.

Try it at a walking pace

Increase your pace as you get more proficient at it.

A great skill to keep the ball in play before it runs over the side-line or to change direction quickly and leave the defender behind.

Technique

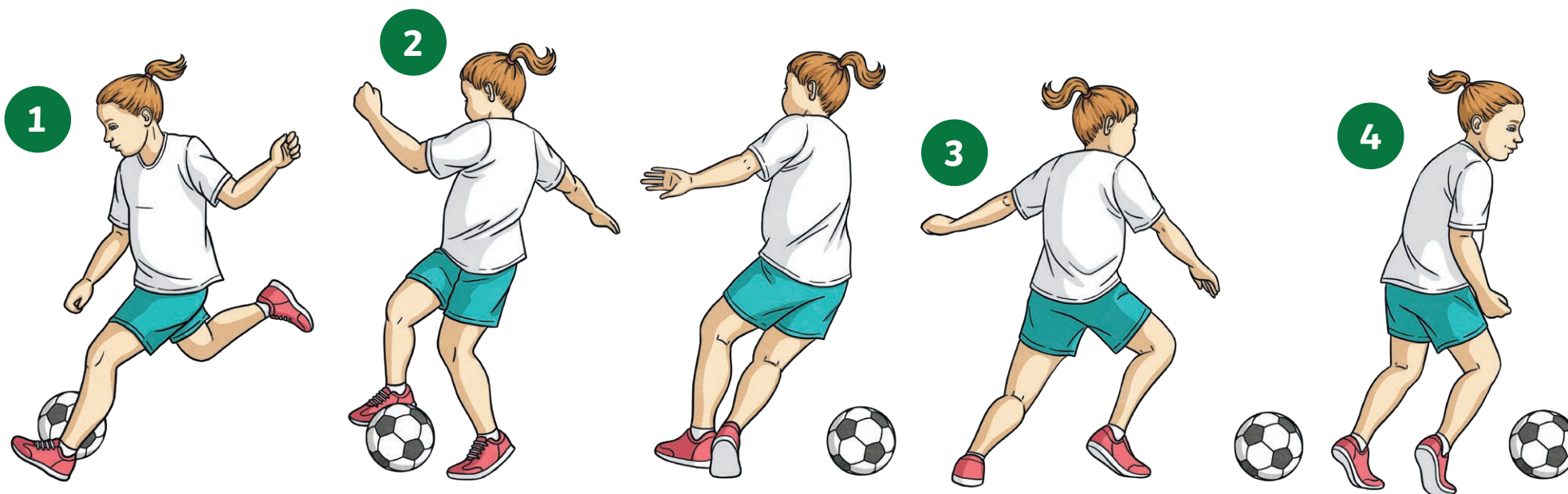
- 1 Slow down as you approach the ball and stop running as quickly as possible.
- 2 Place one foot on top of the ball to stop its path.
- 3 Turn your body to face the ball.
- 4 Move away with the ball in a different direction.

Skills Practice

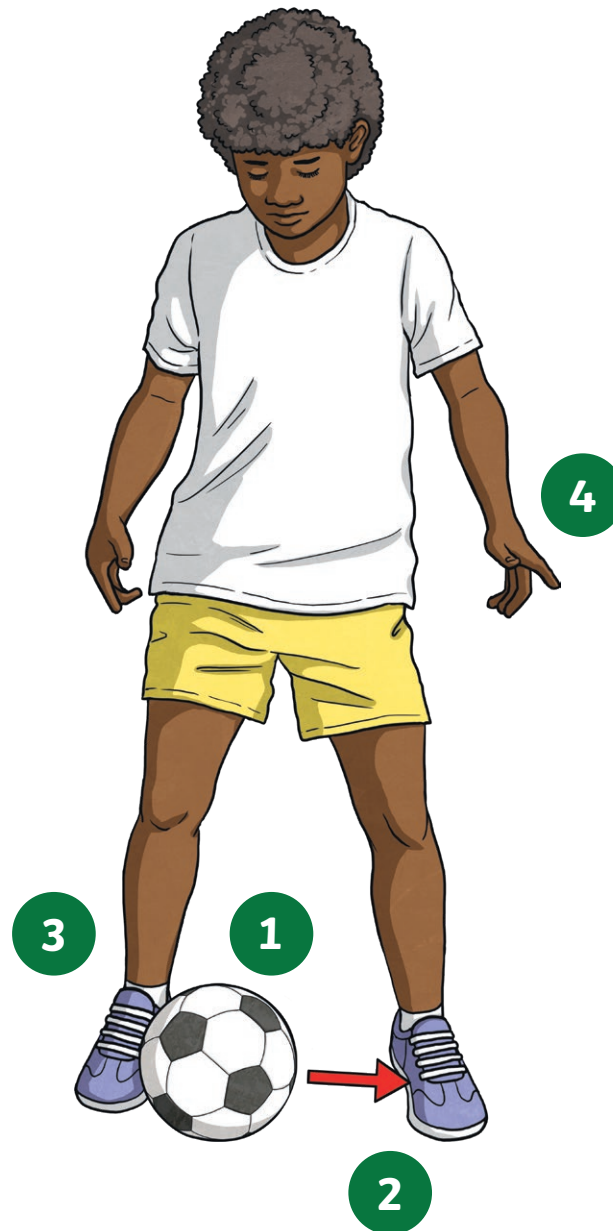
Try performing the Stop Turn at a walking pace.

Increase your pace as you get more proficient at it.

Imagine a cone is the defender and practise the Stop Turn.



Tapping the ball from side-to-side is a basic football exercise that can help you to become more used to handling the ball and gain better ball control.

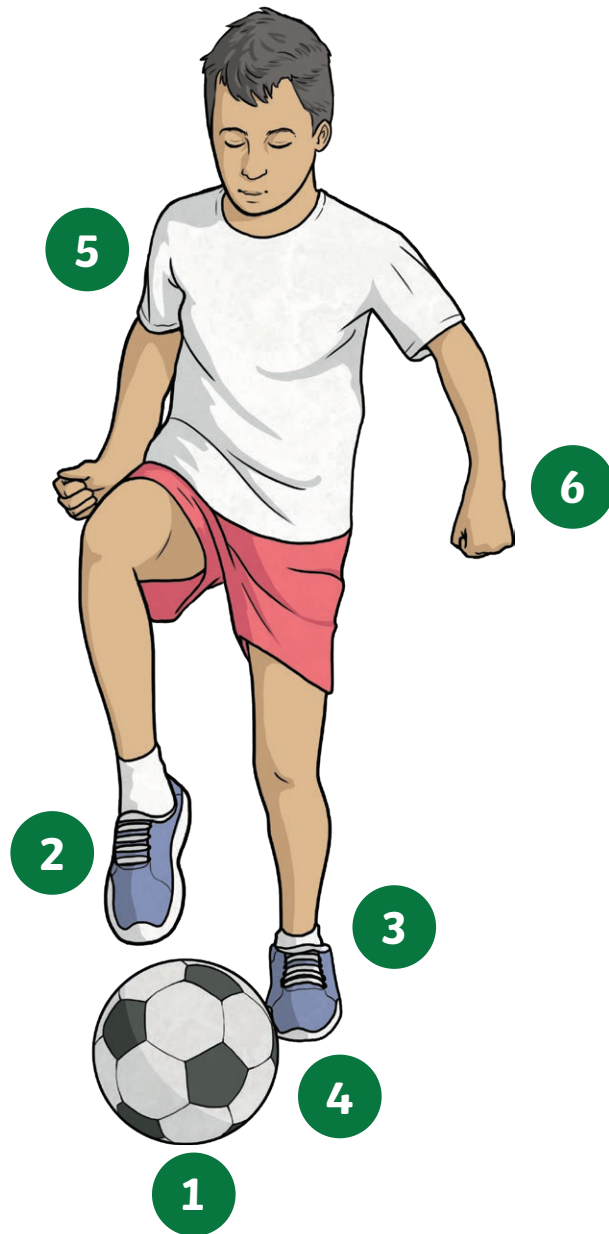


Technique

- 1 Position the football on the ground and stand with your feet either side of it.
- 2 Use small, light touches with the inside of your feet to tap the ball from left to right.
- 3 Try to tap with control so that the ball stays between your feet.
- 4 Use your arms to help you stay balanced.

Skills Practice

- Try side-to-side taps on the spot to begin with.
- For a greater challenge, can you move in a sideways direction while also tapping the ball from side-to-side?



Technique

- 1 Position the football on the ground in front of you.
- 2 Tap the top of the ball with the ball of one foot.
- 3 Quickly switch, using the other foot to tap the top of the ball.
- 4 Keep alternating your feet.
- 5 Try to tap with control so that the ball stays in the same place.
- 6 Use your arms to help you stay balanced.

Skills Practice

- Toe tap the ball on the spot.
- Try moving around the ball, to do a 360° turn around it, while toe tapping it.
- On the signal, try speed toe tapping – go as fast as you can for 10 seconds.
- Go back to standard toe taps. When a body part is called out, place that body part on the ball as quickly as you can; then return to toe tapping again.

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