



## **FAST FOOTWORK**

(explanations of the terms)

- **Inside Roll** – Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- **Outside Roll** – Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- **Side to Side Push-Pull** – Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back with the sole of the opposite foot.
- **Side to Side Step-On** – Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- **Side to Side Front Roll** – Tap ball back and forth inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.
- **Pull & Take with outside of foot** – Push the ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot.
- **Pull a Vee** – Push the ball forward and pull it back with the sole, then tap ball forward with the instep of the same foot.
- **Pull & Take with outside of foot** – Push the ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot.
- **Pull & Roll behind** – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot. Control the ball with the sole of the other foot.



- **Pull turn** – Push ball forward with one foot and pull it back with the other while turning toward ball and take the ball in the opposite direction with the inside of the first foot.
- **Inside of foot turn** – Push ball forward, move past ball and turn toward ball and take it with the inside of the foot in the opposite direction.
- **Outside of foot turn** – Push ball forward, move past ball and turn toward ball while outside of the foot in opposite direction.
- **Cruyff** – Push the ball forward, fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.
- **Stepover turn** – Push ball forward, step over ball with one foot, turn toward ball and take it in the opposite direction.
- **Full sole roll** – Roll the sole of on foot forward over the ball and to the outside so the ball stops against your heel. Turn and take the ball with the sole of the other foot with a Step-On.
- **Scissors** – Starting with the ball to one side, step over or in front of ball so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and then stop ball with the sole of the first foot.
- **360** – Push ball forward, stop it with the sole of one foot while stepping past it, turn and drag ball back with sole of other foot and then stop ball with the sole of the first foot.
- **Kick over ball** – Kick over ball with inside of foot then pull it back with the sole of the same foot.