



Here is a small selection of basic foot skills, fakes, cuts and turns we can teach the players. There are hundreds more out there! Check the links at the bottom of the page for places to find more on video.

Toe Taps

- Stand a few inches behind the ball
- Using the sole of one foot touch the top of the ball
- Switch and then use the sole of the other
- Find a rhythm and make sure you hop in between each one, by being on the balls of your feet
- Progress to moving 360 around the ball
- Try to look up

Happy Feet

- Place the ball in between you feet, with your legs shoulder width apart
- Slightly bend your knees
- Knock the ball in between you feet as quickly as you can, using the instep
- Try to look up

Combo's

- This is a combination of fast Feet and Toe Taps
- Once again find a rhythm, it is easier if you say the process to yourself, side to side, top, top
- So knock the ball from one foot to the other using the insteps
- Then follow that by touching the top of the ball with two toe taps
- Continue the exercise



Drag and Push

- Ball Starts in front of you, drag the ball back using the sole of your foot
- Then push the ball forward at a slight angle using your laces
- Stop the ball with the sole of your other foot and quickly pull the ball back
- Push it forward again at slight angle and continue process

Squeeze & Push

- Have the ball underneath your body
- Place the sole of your foot on top of the ball
- Roll it to the side so it opens your legs and push it back with the inside almost keeping your foot in contact with it the whole time
- The continue the exercise using the other foot U-Shapes
- Start with the ball out in front of you
- Drag it back with the sole of your foot till it goes all the way past your standing foot
- Then with the instep pass it around the back of your standing foot
- Your standing foot will then stop the ball and push it forward with the sole of your foot to the start position. Rotate which way the ball moves around

Inside-Outside – Singles

- Start with the ball slightly in front of you
- Play the ball side-wards with the instep of one foot
- With the other foot play the ball in the same direction with the outside of the foot
- Then use the inside of the same foot to pass the ball back in the oppositedirection



- With the other foot play the ball in the same direction with the outside of the foot
- Use the inside of the same foot and continue the exercise

Inside-Outside – Doubles

- Start with the ball slightly in front of you
- Play the ball side-wards with the instep of one foot
- With the other foot play the ball in the same direction with the outside of the foot
- Then use the inside of the same foot to pass the ball back in the opposite direction
- With the other foot play the ball in the same direction with the outside of the foot
- Use the inside of the same foot and continue the exercise

Turns/ Cuts/Fakes

Outside Hook

- Place the non-kicking foot at a comfortable distance away from the ball.
- The player should pivot the kicking foot and using the outside of the foot flicks the ball back in the opposite direction.
- The player should then turn in the opposite direction. The turn takes player through 180 degrees.

Inside Hook

- Place the non-kicking foot directly at the side of the ball.
- The player should pivot on the non-kicking foot and make contact with the inside of the kicking foot.
- The player should then turn in the opposite direction. The turn takes the player through 180 degrees.



Drag back

- Place the non-kicking foot at the side of the ball.
- Place the kicking foot on top of the ball.
- The player drags the ball back using the sole of the foot in the opposite direction.
- The player turns in the opposite direction. The turn takes the player through 180 degrees

The "Cruyff"

- Place the non-kicking foot at the side of the ball.
- Bring the kicking foot around the front of the ball thus creating an angle of 90 degrees with the non-kicking foot.
- Using the inside of the kicking foot push the ball back in the opposite direction.
- The player should then turn and pivot around on the non kicking foot. The turn takes the player through 180 degrees.

The Reverse Cruyff

- The player starts the move from directly behind the ball. The player takes the non-kicking foot across his body and places it slightly in front of the ball.
- The ball is going to be played with the laces of the kicking foot, on the side of the ball furthest away from the player's original position.
- The ball is then flicked away in the opposite direction. The player has turned 180 degrees.

Step over

- Place left foot next to the ball.
- The inside of the right foot swings around the ball
- The player then turns the ball with the outside of the right foot



The player has turned 180 degrees.

Scissors

- Place the non-kicking foot at a comfortable distance away from the ball.
- Bring the outside of the kicking foot around the ball and with the outside of the opposite foot flick the ball away.
- Progress to a double scissors using both feet

The Ronaldo

- Place the non-kicking foot slightly behind the ball.
- Role the ball with the bottom of the kicking foot across the body.
- The non-kicking foot, steps over the rolling ball.
- Using the outside of the non-kicking flick the ball away (10 o'clock/2 o'clock).

The Romario

- The player dribbles the ball forward. The player stops the ball using the sole of the foot.
- As the player's foot moves off the ball the player uses the same foot to move the ball forward again with the instep of the foot.

The Henry

- The player roles the ball with the sole of the foot across the body.
- The player transfers his/her weight onto the kicking foot and stops the ball with the big toe of the non-kicking foot.
- In one movement the player flicks the ball with the outside of the kicking foot.



The Maradona

- The player places the non-kicking foot next to the ball.
- The player places the kicking foot onto the ball and in one motion the player switches feet on the ball whilst rotating 360 degrees. When the player switches feet the player drags the ball with the sole of the foot into the direction where the player wishes to go.

Want to see some moves on video or find many more skills, moves, cut's and fakes?

Then check out some of the links below:

Video of Turns/Cuts

<http://www.youtube.com/watch?v=VsDKZHdxV4g>

Dribbling and Turning Videos - NY Red Bulls Academy

<http://www.redbullsacademy.com/training/skills.aspx>

Videos of the moves in games:

<http://www.soccer-training-methods.com/soccer-moves.html>