



20 Top Turns, Moves and Fakes

- 1) Toe Taps
 - Begin by standing behind the ball
 - Then place one foot on top of the ball
 - Quickly change feet by hopping off our standing leg. Your standing foot now rests on top of the ball
 - Repeat the motion, both feet should cross in mid-air
 - Once you have acquired the timing and rhythm, try changing the direction you are facing
 - You can also use this skill to move the ball forwards and backwards

- 2) Side to Side Taps
 - Begin by standing with the ball between your feet
 - Keep your knees slightly bent and turn feet inward
 - Tap the ball from one foot to the other using inside of big toe
 - As the skill becomes easier try and look forward, not at the ball
 - Once you've mastered the skill try turning 90 degrees every 5 seconds

- 3) Sideways Roll
 - Begin by standing directly behind the ball
 - Roll the right foot up and over the ball making it roll to the left
 - Once the right foot lands, quickly move your left foot to the left
 - Repeat the roll with the right foot and continue as before
 - Try moving 10 yards one way then 10 the opposite way with other foot

- 4) Dribble Stop Dribble
 - Begin by dribbling the ball 5 yards forwards
 - Stop dead planting your non-kicking foot by the ball with your other foot on the ball
 - After a momentary pause push ball forward and continue dribbling

- 5) Dribble Fake Stop Dribble
 - Begin by dribbling the ball 5 yards forwards
 - Pretend to stop by pushing your right foot over the ball
 - Be sure to hop onto your left foot as you do this
 - Bring the right foot back quickly behind the ball
 - Then push the ball forward and accelerate away

- 6) Inside Turn
 - Begin by dribbling ball 10 yards forward
 - Slow down and shorten your strides as you approach the turning point
 - Using 2/ 3 gentle touches with inside of the right foot, turn to the left
 - Try and make the radius of the turning circle as small as possible

- 7) Inside Hook
 - Begin by dribbling ball 10 yards forward
 - Slow down and shorten your strides as you approach the turning point
 - Reach around the furthest side of the ball with the inside of right foot
 - Using 1 sharp cut with the inside of your right foot, turn body 180 degrees



- Pivot on standing foot to face direction from which you came
- 8) Outside hook
- Begin by dribbling ball 10 yards forward
 - Slow down and shorten your strides as you approach the turning point
 - Plant left foot and reach around far side of ball with outside of right foot
 - Pull your toes up and turn your right foot as far to the right as possible
 - Using 1 sharp cut with the outside of the right foot, flick the ball 180 degrees in opposite direction
 - Then turn whole body back toward the ball, remember to lean into the turn
- 9) Figure Eight
- Dribble ball in a figure of 8 around 2 cones, 8 yards apart
 - Begin just using outside and inside of your right foot (gentle touches)
 - Lower your body and bend knees as you turn
 - Use outside of R foot to turn to the right, and inside of R foot to turn left
 - Try to turn as sharply as possible, repeating using both feet
- 10) Drag Back Turn
- Begin by dribbling ball 10 yards forward, slowing down before the cone
 - Plant left foot next to ball and put right foot directly on top of it
 - Roll the ball backwards at least 2 yards, opening up your shoulders to allow ball to roll across in front of feet
 - Keeping eyes on the ball, turn, and push ball away in opposite direction
- 11) The Puskas
- Stand behind the ball and drag it backwards alongside your standing foot
 - As you do this, hop backwards so standing foot is always well behind ball
 - Push ball away at an angle with the inside of the foot and explode 5 yards
- 12) The Cruyff Turn
- Start by standing 1 yard behind the ball.
 - Step towards ball and plant left foot alongside the ball and set up as if you are going to kick the ball with right foot
 - Instead of kicking, swing right leg over and hook it around the far side of the ball until your right knee is turned inward towards your left knee
 - Be sure to exaggerate your arm swing when faking kicking the ball
 - Then flick the ball back through your legs with the inside of your right foot
 - Spin out to your left, keeping body low and immediately looking over left shoulder for the ball, accelerating away 5 yards to finish.
- 13) Spin Turn
- Begin by dribbling ball 10 yards forward, slowing down before the turn
 - Swing left foot over ball to fake a kick to the right. Exaggerate body movement to make fake convincing so defender moves to the right
 - Plant the foot a few inches beyond the right side of the ball



- Swivel 180 degrees back to the left, and push ball forwards with inside of right foot, accelerating away to finish
- 14) The Rivelino
- Begin by standing with both feet on the right hand side of the ball
 - Rapidly bring right foot forward towards ball as if to move in that direction
 - But miss the ball and then place your foot 3 inches on the opposite side
 - As you are doing this slide your left foot across the back of the ball until it's 12 inches on the other side
 - The ball should then be played away with the outside of your right foot
 - Play the ball forward at a 45 degree angle in the direction you are facing and explode 5 yards to finish
- 15) The Matthews
- Begin by standing with the ball between your toes, feet 12 inches apart
 - Touch ball lightly 6 inches with inside of right foot
 - At the same time make a big hop 2 feet sideways to the left with left foot
 - Be sure to dip your shoulder as you hop
 - Then push off with your left foot and move the ball forward and to the right with outside of right foot, then accelerate away to finish
 - (Look to develop a convincing body fake and quick change of direction)
- 16) The Scissors
- Begin by standing with both feet to the right hand side of the ball
 - Lift left foot over the top of the ball and plant it 12 inches to the left, dipping your shoulder to the left as you do this to fake a move in that direction
 - The quickly bring right foot around behind ball so you can play it away with the outside of that foot forwards at a 45 degree angle
 - Explode for 5 yards to the right to finish
- 17) The Double Scissors
- Begin by standing with both feet to the right hand side of the ball
 - Lift left foot over the top of the ball and plant it 12 inches to the left, dipping your shoulder to the left as you do this to fake a move in that direction
 - Then quickly bring right foot around behind the ball but don't plant it.
 - Instead lift right foot over the ball in opposite direction and dip shoulders to the right, bringing left foot around behind the ball as you do this
 - Finally explode to the left, taking the ball with the outside of the left foot
- 18) The Matthews/Scissors Combo
- Begin by standing with the ball between your toes, feet 12 inches apart
 - Touch ball lightly 6 inches with inside of right foot, the hop 2 feet to the left with your left foot



- Fake playing the ball with outside of right foot, but lift that foot up and over as you would in a scissors, planting it 12 inches to the right of the ball
- Finally bring left foot around ball and play it away with outside of left foot

19) The Beardsley

- Begin by dribbling towards a target
- Reach around the far side of the ball with inside of big toe, cutting the back directly along the line from which it was traveling
- You should now have swiveled back to face the direction from which you started, exaggerating the body movement as you swivel back
- Now reverse the swivel, quickly cutting ball back towards target with inside of big toe, and accelerate away

20) The Maradona Turn

- First place both feet behind the ball
- Then gently step on the top of the ball with the sole of your right foot
- Hop over the ball by pushing of the left foot, turning in the air to face the opposite direction ,landing with left foot on top of ball and right foot planted
- Roll ball backwards with left foot, opening body so it rolls across in front
- Complete move by turning as the ball rolls in front of you and dribble away