

TURNS • DRIBBLING MOVES

1. INSIDE HOOK
 2. OUTSIDE HOOK
 3. DRAG BACK
 4. STEP OVER
 5. SCISSORS
 6. CRUYFF (INSIDE HOOK VAR)
 7. REVELINO - (STEP OVER VAR.) - PUSH TO OUTSIDE VICE HOOK INSIDE
 8. MELISOUICH (INSIDE - INSIDE ≈ TAP - TAP)
 9. MARADONNA (SPIN)
 10. BEARDSLEY (FLAIR HIPS)
 11. MATHEWS (BIG TOE LITTLE TOE = MOVE) (DROP SHOULDER = FAKE)
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QUICK FEET.

- STANDING BEHIND BALL (2 YDS), QUICK STEPS TO BALL, SEND FOOT AROUND (SCISSORS MOTION), QUICKLY GET BACK TO START (ALTERNATE FEET)
- S.A.A. WHEN GET TO BALL, MOVE BALL TO LEFT WITH SOLE OF RIGHT FOOT, STOP BALL w/ SOLE OF LEFT FOOT, QUICKLY BACK TO START (VICE VERSA)
- IN SIDE TO SIDE MOTION: INSIDE LEFT, OUTSIDE RIGHT, INSIDE RIGHT, OUTSIDE LEFT, INSIDE LEFT, ETC ..
- INSIDE RIGHT TO INSIDE LEFT (PUSH BALL FORWARD), CATCH BALL WITH SOLE OF RIGHT AND BRING BACK TO TOUCH TO THE LEFT WITH INSIDE OF RIGHT (FORM A TRIANGLE) (REVERSE)
- SOLE OF RIGHT FOOT, DRAG BACK TO THE INSIDE OF LEFT FOOT WHICH PASSES BALL TO INSIDE RIGHT WHICH PASSES SLIGHTLY FORWARD AND TO THE LEFT, CATCH BALL WITH SOLE OF LEFT FOOT AND DRAG BACK TO INSIDE OF THE RIGHT FOOT (MAKING AN X PATTERN)