

## **Still More Advanced Foot Skills**

Here are some more advanced skills the kids can work on. When demonstrating these moves break them down into component steps. It is a good idea with the younger ages if you could have several older travel players at your practice to help demonstrate the first time.

### **Scissors**

For illustration purposes we'll call the right foot the scissor foot and the left foot the plant foot. The move can of course also be done in the opposite direction.

Using the left foot, lift foot toward the left (plant) foot. The motion of the moving the right foot is behind the ball. Continue a circular motion with the right foot over the top of the ball and out to the side. The whole body is leaning to the right "*selling*" the move to the defender. Shift weight from left to the right. Bring the originally planted foot (left) towards the now planted foot (right) it. Explode away with outside of left foot with an outside of foot push.

The move "*sells*" the move to the ball carrier's right and then moves quickly in the opposite direction.

### **Double Scissors**

After shifting weight to the right on first scissors, the left foot executes a 2<sup>nd</sup> scissors shifting weight back to the left foot. The right foot then follows the left and the explosive move, with the outside of the right foot is now to the right.

This move is intended to get the defender moving first one way, and then after he/she sees the original fake, to move in a second direction, which is also a fake.

### **Scissors Brush (or Scissors – Drag)**

This is a combination move which utilizes the previously learned brush move in conjunction with a scissors. After shifting weight on scissors, drag ball with inside of standing foot across the body.

This move can be used when the defender does not "*buy*" the first scissor fake. If the opening is to the ball carriers right, (defender's left), then the move is continued to the right by brushing the top of the ball and then accelerating to space.

## **Scissors Drag Turn**

After **scissors brush**, bring foot which is dragging the ball around the back of the ball and explode in opposite direction with outside of this same foot

## **Scissors Roll Drag Turn**

After shifting weight on scissors, drag ball with sole of standing foot making the ball roll and with outside of this same foot change directions and explode away with outside of the same foot.

## **Cruyff**

The Cruyff terminology is slightly different than the Scissor. In the Cruyff we have a faking foot and a plant foot.

The Cruyff begins with a fake cross pass. After the fake touch behind the plant leg with the inside of the faking foot. The weight is now shifted from the plant leg to the faking foot. Turn toward the plant foot and then explode with instep of plant foot in any direction depending upon the placement of the defender.

The first time the children try this they should play the ball back and away from pressure. This is a great cover move. It is also a great simple move on the wing and when dribbling laterally across the field.

## **Stepover Turn (Step Over Right – Turn Right)**

Fake an instep kick or inside of the foot kick. Then continue moving the foot around the front of the ball to the other side and back several inches. Flex knee (step down) and shift weight to this foot. Turn body back toward the ball and explode with other originally plant foot using inside of foot or instep (shoe laces area); great move on the wings or when pinned into a tight space.

## **Rivolino**

This move is similar to a scissor and is sometimes confused with it. In this move the faking foot moves across in front of the ball, *brushing the grass*. It then crosses over the plant leg so, if stopped at this point, you have made an "X" with your legs. The faking foot is then planted.

At this point you have several options. You can cover the ball with the inside of the original plant foot and play the ball back away from pressure. You can bring it back across in front of the new plant foot and do a brush in the opposite direction. You can combine a move by playing the ball back and then instep driving in the opposite direction. There are a lot of other possibilities.

One of the easiest ways to get the players working on these drills is to do the following:

Two players face each other, each with a ball.

Coach calls out the move he wants the players to perform

Players drive, under control, towards the center cones as shown.

Pull move at center cone **AND MAKE SURE** both players move past cone in the same direction. (either both to *their* right, or to *their* left)

