



AURORA ARSENAL SOCCER CLUB

FAST FOOTWORK

Descriptions

1. Foundation (all fast footwork moves start with the foundation). Step up and down to pass ball 4-6 inches between feet. The ball is passed between the feet with very soft, light touches. Be sure your weight is forward on balls of your feet. With each step, you should be coming down on your toes first, then your heels. Your knees should stay bent at all times. Move the ball forward and backward. Be sure you are stepping up and down; not sideways (so you are running in place over the ball). Do not swing your hips. Find a comfortable rhythm.

2. 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.

3. 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.

4. Side-to-Side Push-Pull.

Tap the ball back and forth with the inside of both feet. Push the ball forward with one foot and pull it back with the sole of the opposite foot.

5. Side-to-Side Step-On.

Roll the ball outside with the sole of your foot by stepping lightly on the ball and then tapping the ball back to the inside with the inside of the same foot.

6. Side-to-Side Front Roll.

Tap the ball back and forth with the inside of both feet. Push the ball slightly forward and then pull it back across your body with the front part of the sole of your foot.

7. Pull Instep Push.

Push the ball forward and pull it back with the sole of your foot, then tap the ball forward with the instep of the same foot.

8. Pull a Vee.

Push the ball forward and pull it back with the sole of the foot while turning and then take the ball with the inside of the same foot (clockwise and counter-clockwise turns using both feet).

9. Pull & Take with Outside of the Foot.

Push the ball forward then pull it back with the sole of the foot, then push the ball diagonally forward with the outside of the foot.

10. Pull & Roll Behind.

Push the ball forward and then pull it 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.

11. Pull Turn.

Push the ball forward with one foot and pull it back with the other, while turning toward the ball and then take the ball in the opposite direction with the inside of the first foot.

12. Inside of the Foot Turn.

Push the ball forward. Move past the ball and turn toward the ball and take it with the inside of the foot in the opposite direction.

13. Outside of the Foot Turn.

Push the ball forward. Move past the ball and turn toward the ball while taking it with the outside of the foot in the opposite direction.

14. Cruyff.

Push the ball forward. Fake a kick with the inside of the foot, but instead pull the ball behind the standing leg and change directions.

15. Stepover Turn.

Push the ball forward. Step over the ball with one foot, turn toward the ball and take it in the opposite direction.

16. Full Sole Roll.

Roll the sole of one 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.

17. Scissors.

Starting with the ball to one side, step over or in front of the 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 the ball with the sole of the first foot.

18. 360 (Maradona).

Push the ball forward. Stop the ball with the sole of one foot while stepping past it. Turn and drag the ball back with sole of other foot. Continue turning all the way around and take the ball with the inside of the first foot.

19. Kick Over the Ball.

Kick over the ball with the inside of the foot and then pull it back with the sole of the same foot.

Moves To Beat An Opponent

1. **Hip Swivel** -- Fake with inside of one foot by swiveling hips toward ball, then reverse direction and take the ball with the inside of the other foot.
2. **Matthews** -- Fake with inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of same foot.
3. **Cap** -- Cut the ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot.
4. **Stepover** -- With ball moving, step over ball so ball is outside of stepover foot, turn and take the ball with the other foot. (Stepover opposite foot)
5. **Scissors Over Ball** -- Step behind ball as if preparing to take it with the outside of one foot, then step over the ball and take it with the outside of the other foot.
6. **Rivelino** -- Same as stepover, but take the ball with outside of stepover foot. (Stepover same foot)
7. **Vee** -- Fake pass with instep (across body), pull ball back with sole and take in opposite direction with the inside of the same foot (clockwise or counter-clockwise turn depending on foot used).
8. **Cruyff** -- Fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.
9. **Inside of Foot Cut** -- Cut the ball across your body with inside of foot while simultaneously stepping over it and take with outside of opposite foot.
10. **3/4 Inside of Foot Turn** -- Cut ball back with inside of foot, continue turning 3/4 of the way around and take the ball with the inside of the same foot (cut turn inside of foot).
11. **3/4 Outside of Foot Turn** -- Cut ball back with outside of foot, continue turning 3/4 of the way around and take the ball with the outside of the same foot (cut turn outside of foot).
12. **Scissors Behind Ball** -- Step behind ball as if preparing to take it with outside of one foot, fake, then take it with the outside of the opposite foot (easy to learn).
13. **Scissors in Front of Ball** -- Step behind ball as if preparing to take it with outside of one foot, then step around front of ball and take it with outside of the other foot.
14. **Double Scissors** -- Push ball forward, make alternate scissors steps and take with outside of first foot (ineffective if too close to opponent).
15. **Reverse Matthews** -- Fake with outside of one foot, step behind and take with outside of opposite foot.
16. **Stepover - Scissors** -- Ball rolling. Stepover followed by scissors with same foot and take with outside of other foot.

17. Front Roll -- While moving forward, pull ball across body with sole and take with outside of opposite foot.

18. Scotch -- With ball moving, step over and ahead of ball; tap the ball forward with the opposite foot behind the stepover foot.