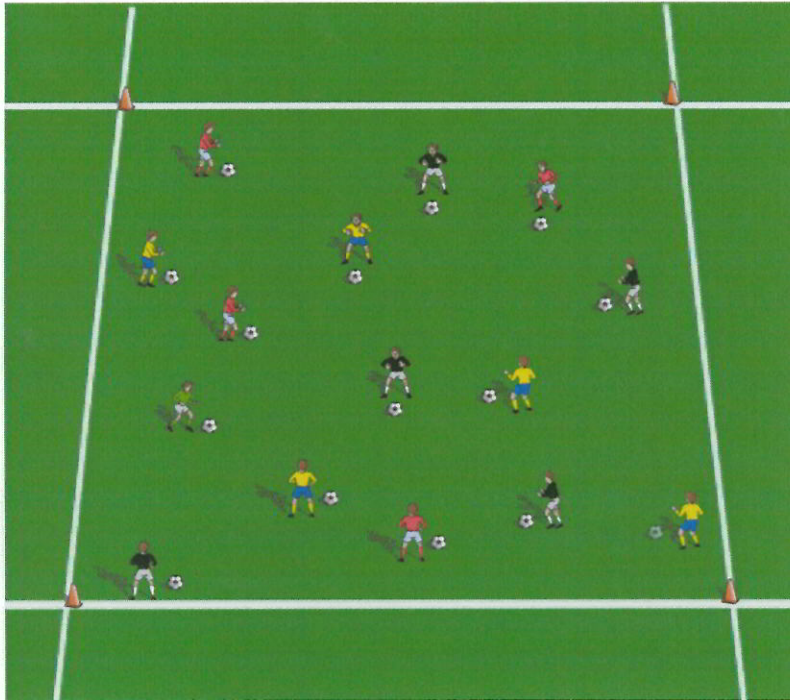


FOOT SKILLS

ORGANIZATION: Area determined by the number of players present. One ball/per player.

INSTRUCTION: Players work within determined area. Each foot skill to be performed for two minutes; increase the speed of the foot skill once players feel more comfortable with the technique. Alternate between left and right foot.



¾ Inside Turn

- Touch the front of the ball with the inside of the big toe
- With quick touches turn the ball 270 degrees
- Head up see space; move to space quickly

¾ Outside Turn

- Touch the front of the ball with the outside of the baby toe
- With quick touches turn the ball 270 degrees
- Head up see space; move to space quickly

Step Over Turn

- Step over ball with one foot (outside of ball to inside of ball)
- Turn and take with inside of opposite foot

Tuck

- ‘Twist’ at the waist, hip, ankle
- Tap the front of the ball with the inside of the big toe behind the standing leg
- Take away with the outside of the opposite foot