



# NEW ENGLAND AZTEC

*A Complete Soccer Association*



## Fakes, Disguises, Terms you should know

### *Fake Take*

The disguising foot is drawn behind the ball with the toe pointing down. The player then threatens to move the ball away with this foot. The player shifts his foot back to a slightly wider position than the original stance. The player also shifts his body weight over the disguising leg. He bends the disguising leg and drives out of the move in the opposite direction by making contact on the ball with the instep of the opposite foot.

### *Fake-fake Take*

The disguising foot is drawn behind the ball with the toe pointing down. The player then threatens to move the ball away with this foot. The player shifts his foot back to a slightly wider position than the original stance. The player also shifts his body weight over the disguising leg. Next he transfers his weight onto his other leg to repeat the process. He bends the second disguising leg and drives out of the move in the opposite direction by making contact on the ball with the instep of the opposite foot.

### *Circle Take*

The circle take is also known as a step-over. Sweep one foot low in front of the ball and push off with the other foot.

### *Circle-circle Take*

Encourage the players to keep their feet shoulder width apart. The sweeping leg action is critical to disguise the player's true intentions. Notice the first sweeping leg is also the leg the player will drive the ball out of his feet with. This technique is used to disguise the direction the player on the ball intends to move. The move also unbalances the defender, making it easier to eliminate him.

### *Inside-inside Flick*

The player moves the ball to his inside using the inside of his foot. The body weight of the player should always be on the opposite leg, which is the standing leg. The player digs his toe under the ball and scoops it up, over and into the space beyond. After the initial contact on the ball with the flicking foot, a quick adjustment of the foot position is required to push the ball forward. Point the toe down after the initial contact.



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## *Inside Hook*

This move is introduced and developed by the player pushing the ball out in front of him and checking his shoulders to make sure there is space to turn into. The player Pivots 180 degrees on the standing leg to turn in the other direction. He uses the inside of the kicking foot to push the ball away.

## *Outside Hook*

On approach to the turn, the player extends his leg over and reaches to the front half of the ball. Contact is made on the ball before the player's foot touches the floor. Contact is made with the outside of the kicking foot. A cutting, or chopping action is required.

## *Stop Turn*

The player starts by pushing the ball out of his feet. He checks his shoulders for space to turn into. He uses the studs of on his boot to stop the ball dead and turn 180 degrees. He then moves the ball off and out of the feet with the opposite foot.

## *Check your shoulders*

Have a look around. Look for space, opposing players, and teammates depending on the situation.

As used by the Everton Academy utilizing “The Everton Way”, [evertonway.com](http://evertonway.com)