

Mid-Valley Area Eastern Area Northern Area Southern Area

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Footwork

Footwork Drills

This section covers basic footwork exercises, moves designed to beat an opponent and two practice session routines to enhance ball control that should be part of any teams practice.

BASIC FOOTWORK

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.

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.

Side to Side Push-Pull

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

Side to Side Step-On

Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.

Side to Side Front Roll

Tap ball back and forth with inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

Pull Instep Push

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

Pull a Vee

Push the ball forward and pull it back the sole of the foot while turning and then take the ball with the inside of the same foot.

Pull & Take with Outside of foot

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

Pull & Roll Behind

Push the ball forward and pull the ball 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. feet.

Pull turn

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

Inside of foot turn

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

Outside of foot turn

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

Cruyff

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

Stepover Turn

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

1 2

3 4

The ball is in the middle of this imaginary square. The numbers are for feet positions, so think of the square (I know it looks like a rectangle) as having sides about shoulder width apart. The feet are in positions 3 (lf) and 4(rf). Ball is in middle area. Right foot steps over the ball to position 1. Player pivots on right foot toward position 2. Left foot lands on position 2. Player is now standing on 1 (rf) and 2(lf), facing 3 and 4. After they have this part figured out, have them carry the ball away with the left foot instead on stopping on position 2.

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.

Scissors

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

360

Push ball forward, stop it with the sole of one foot while stepping past it, turn and drag ball back with sole of other foot, continue turning all the way around and take the ball with the inside of the first foot.

Kick Over ball

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

Foundation

Step up and down to pass ball 4-6 inches between feet. Ball is passed between the feet with very soft, light touches. Be sure weight is forward on balls of feet. With each step you should be coming down on your toes first; then your heels. Knees stay bent at all times. Move the ball forward and backward. Be sure you are stepping up and down; not sideways. Work at getting a comfortable rhythm.

MOVES TO BEAT AN OPPONENT

Hip Swivel

Fake with inside of one foot by swivelling hips toward ball, then reverse direction and take the ball with the inside of the other foot.

Mathews

Fake with inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of same foot. (explode)

Cap

Cut ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot.

Stepover

With ball moving, stepover ball so ball is outside of stepover foot, turn and take the ball with the other foot.

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.

Rivolino

Same as stepover, but take the ball with outside of stepover foot.

Vee

Fake pass with instep (across body), pull ball back with sole and take in opposite direction with the inside of the same foot.

Cruyff

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

Inside of foot cut

Cut the ball across body with inside of foot while simultaneously stepping over it and take with outside of opposite foot.

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

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

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)

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.

Double Scissors

Push ball forward, make alternate scissors steps and take with outside of first foot. (ineffective)

close to opponent)

Reverse Mathews

Fake with outside of one foot, step behind and take with outside of opposite foot. (also called body swerve or Touch 'n go)

Stepover - Scissors

Ball rolling. Stepover followed by scissors with same foot and take with outside of other foot.

Front Roll

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

Scotch

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

SEVEN MINUTE WORKOUT

This drill should be part of every practice session. It should only take about seven minutes and should be used to start your practice. Done correctly this workout should result in about a 1000 touches.

2 Rolls (4 each foot)

- 1) Inside Roll
- 2) Outside roll

3 Foundation (4 each foot, alternating feet 3 touches between moves)

- 1) Side to Side Push-Pull
- 2) Side to Side Step-On
- 3) Side to Side Front Roll

4 Pull back and go. Do sequence with one foot then switch (4 times each foot)

- 1) Pull, Instep Push
- 2) Pull a Vee
- 3) Pull & Take with Outside of foot
- 4) Pull & Roll Behind

5 Turns: Travel 10 feet turn 180 degrees use 3 touches between turns (4 times each foot)

- 1) Pull Turn
- 2) Inside of foot turn
- 3) Outside of foot turn
- 4) Cruyff
- 5) Stepover Turn

6 Change of direction with fakes, 3 touches between turns (4 times each foot)

- 1) Hip Swivel
- 2) Mathews
- 3) Cap
- 4) Stepover
- 5) Scissors

6) Rivolino

You can substitute any of the "Moves to Beat an Opponent". Complete daily Drill is almost 1,000 touches on the ball.

25 Minute Workout

Spend another ten minutes passing against a wall, both feet, both one and two-touch, instep and inside of feet, include fake kicks. Keep feet moving and work on accuracy.

Spend five minutes juggling the ball trying to get as many consecutive juggles as possible. Try to better your previous best.

Do 50 to 100 sit-ups, then stretch.

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