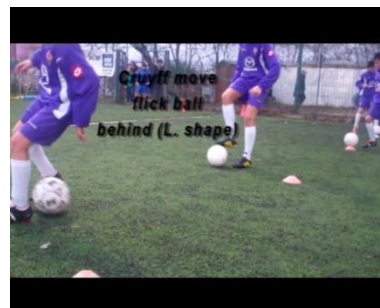


Coach's tips: In addition to the details below make sure you have:

- 1) Good posture (balance, arms side-forward, truck over the knees)
- 2) Good rhythm (have an internal count (1-2-3) that repeats over & over)

Note: Start slow and easy as you get better pick up the tempo. High intensity for each exercise is eventually your final goal with a low number or no mistakes at all. You need to master a total control of the ball.



<i>Inside - Outside</i>	<i>Inside-Inside Roll (rt.-lft. across)</i>	<i>Cruyff Move (L shape)</i>	<i>Pull back across</i>
<ul style="list-style-type: none"> • Knee & Body over the ball at the moment of ball contact • Cut inside with last 1/3 part of the foot (big toe bone area) • Cut outside with final 1/3 part of foot (small toe area) with ankle turned little outward • <u>Ball contact</u>: ankle semi-soft • <u>Ball contact</u>: bend knees for good balance and extension to follow 	<ul style="list-style-type: none"> • Inside-Inside with middle part of the foot (arch area) • Ball under-front of the body • Lock both ankles • Knees semi bent • <u>Roll</u> with last 1/3 part of sole • Ankle semi soft • <u>Ball contact</u>: top part • Ball at an angle to the body to start the roll • Roll with leg-foot across-front of the body 	<ul style="list-style-type: none"> • Ball under-behind the body • Ankle lock • <u>Ball contact</u>: middle inside foot (arch area) • Ball contact area middle-inside • Opposite foot-leg in front inside angle (enough space) to flick the ball to other side. 	<ul style="list-style-type: none"> • Push ball in front (create space separation to the leg) with angle. • Pull back with opposite foot across body • Feet moving to adjust to the ball to keep good balance • <u>Ball contact</u>: top area of the ball • <u>Ball contact</u>: with most of the sole (3/4) • Ankle flex upward • Knees bent



<i>Step over</i>	<i>Scissor</i>	<i>½ roll outside roll across</i>	<i>½ roll left-right</i>
<ul style="list-style-type: none"> • Leg kick forward-side of the ball • Land across side of the ball • Body leaning forward for balance & next move • At the end of step over knees bent –spring for next move • Arms swing • Truck slightly bent forward & semi rotated to follow the leg is landing 	<ul style="list-style-type: none"> • Leg starts behind ball across body – around - front –side ball • Knees bent for good ball • At the start of scissor: opposite foot side of the ball to create room for other foot to come across 	<ul style="list-style-type: none"> • Ball under knee & body • Knees bent • <u>Ball contact:</u> (1/2 roll) side-edge of sole • Ball contact starts top area to finish outside (ball spin inside) • Roll across – as same the previous one. 	<ul style="list-style-type: none"> • Same as previous one (1/2 roll outside)