

FAST FOOT SKILLS

1.) FOUNDATION FOR SKILLS - Knees slightly bent, weight forward on toes, the ball is passed between the feet using soft, light touches. Develop a rhythm and gradually increase speed.

2.) SIDE TO SIDE PUSH – PULL - Push the ball out with the inside of right foot, pull the ball back with sole of the left foot, and return to *foundation*. Repeat opposite.

3.) PULL 90° - Push the ball forward with the inside of the right foot. Pull the ball back with the sole of the same foot, *hop n' turn your body*, and push the ball out at a 90 degree angle with the inside of the right foot. Return to *foundation*. Repeat opposite.

4.) SOLE OVER - Step on the top of the ball softly with the sole. With a quick motion, roll the ball to the outside and then quickly slide the ball back toward the inside. Repeat with opposite foot. Continue alternating and gradually increase pace. You should begin to dance.

5.) BEHIND THE LEG - Push the ball softly forward with the inside of the left foot. Then reach out with the sole of the right foot and pull back (past) the left leg, tap the ball, turn (to the left), put the ball back into *foundation*. Repeat opposite.

6.) STEP OVER PIVOT - Push the ball forward with the right foot. Step around the front of the ball with the left foot to the top right corner of the ball, pivot to the left, touch the ball with the right foot, go in the opposite direction. Return to *foundation*. Repeat opposite.

7.) PUSH – PULL - Ball is softly pushed out in front with the right foot laces and then pulled back with the sole of the right foot. Repeat with the other foot. Continue alternating and gradually increase pace. You should begin to dance.

8.) SIDE ROLL - Plant the left foot and lean to the left side, sole over with the right sole moving the ball across the body and bringing the right foot over the left foot. Quickly step down past the ball with the right foot and bring the left foot to catch the ball. Put back into *foundation*. Repeat opposite way.

9.) PULL AND GET - Push the ball out with the inside of the left foot. Reach with the sole of the right foot, pull and release the ball back in the opposite direction. Pivot left, and gain possession of the ball. Put back into *foundation*. Repeat opposite way.

10.) MARADONA - Push the ball forward and lightly step on top of the ball with the sole of the right foot. Continue forward and pivot left, stepping down with the right foot and stepping on with the sole of the trailing left foot. Now facing the opposite direction, roll the ball in the original direction with the left foot, continue pivoting left and moving forward with the ball. This move is to be done moving forward continuously.

11.) SOLE TOUCH - Quickly alternate touching the top of the ball with the soles of each foot. Eventually, move the ball backwards, forwards, and sideways while alternating between right and left soles.

12.) CAPPING AND SWEEPING - To “cap” means to use the inside of the foot; to “sweep” means to use the outside of the foot. Practice a variety of combinations.