

Foot Skill Drills for the Individual

Ball Taps – player rotates between left and right foot tapping the top of the ball, have player progress to moving around the ball.

Push Outs – push the ball out very slightly with the inside of your right foot; pull back with the sole of your right foot, repeat with the left foot.

Kick Outs – repeat above exercise using the laces, pulling back with the sole.

Flick Outs - repeat the above using the outside of your foot, pulling back with the sole.

Passes from Foot to Foot – pass between each foot while remaining in one place.

Side to Side Rolls – using the sole of your right foot, roll the ball across your body to the left, take a quick step and with and roll it again to your left with your right foot, use the sole of your left foot and stop the ball and roll it to your right, step quickly, then another roll to your right.

Back and Forth Rolls – start with the ball in front of your right foot, using the sole of your right foot roll across the top of the ball and move the ball to your left, immediately move the ball back to your right with the bottom of your left foot.

Inside Foot Cut and Turn – with the ball in front of you, use the inside of your right foot to cut the ball to your left, turn with the ball and use your left foot to cut the ball back to your right, swivel your hips quickly to make a sharp turn.

Pull Turn – push the ball out with the inside of your right foot, with the sole of your right foot pull the ball behind you turning to your right, explode dribble away, then repeat with the left foot remembering to turn to your left when using your left foot.