

NAME:

TEAM NAME:

To improve your ball skills there is no better way than repetition, repetition and more repetition. This chart will provide you with a record of all the hard work and improvement that you are making to your soccer skills.

Soccer Homework Instructions:

- Select a skill move from the skills list. The skill must match the star level.
- Add the skill name to the scorecard below and get started.
- Remember, it doesn't have to be completed on a soccer field. Anywhere that is safe will do (a backyard or at school for example)
- Complete the skills in sets of 50, or do more if you like.
- Check off the numbers alongside your skill move each time you complete 50 repetitions.
- Feel free to practice more than one skill at a time, but any you start, make sure you finish to master the skill.
- Once you have completed a star level and had it signed off by parents, move on to the next star level and challenge yourself. GOOD LUCK! AND ENJOY THE SELF-IMPROVEMENT!

Skill Move Name	Attempts Achieved. Check Off										Parent Sig. & Date
★	50	100	150	200	250	300	350	400	450	500	
★	50	100	150	200	250	300	350	400	450	500	
★	50	100	150	200	250	300	350	400	450	500	Bronze
★ ★	50	100	150	200	250	300	350	400	450	500	
★ ★	50	100	150	200	250	300	350	400	450	500	
★ ★	50	100	150	200	250	300	350	400	450	500	Bronze Rare
★ ★ ★	50	100	150	200	250	300	350	400	450	500	
★ ★ ★	50	100	150	200	250	300	350	400	450	500	
★ ★ ★	50	100	150	200	250	300	350	400	450	500	Silver
★ ★ ★ ★	50	100	150	200	250	300	350	400	450	500	
★ ★ ★ ★	50	100	150	200	250	300	350	400	450	500	Silver Rare
★ ★ ★ ★	50	100	150	200	250	300	350	400	450	500	
★ ★ ★ ★ ★	50	100	150	200	250	300	350	400	450	500	Gold
★ ★ ★ ★ ★	50	100	150	200	250	300	350	400	450	500	
★ ★ ★ ★ ★	50	100	150	200	250	300	350	400	450	500	Gold Rare



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Soccer Skill Moves List

Here is a selection of skill moves for players to choose from. Players must **complete 3 skills** in each star level before moving on to the **next star level**. If any of these descriptions seem confusing, take a look on www.youtube.com.

★ Skill Moves:

- Toe Taps
 - *With the ball slightly in front of the player, place one foot on top of the ball and roll it very gently forward. As the ball starts to rotate, quickly switch feet and pull the ball back toward the body slightly. Repeat as quickly as possible to create a push pull motion. The ball should always be moving.*
- Ball rolls (brush)
 - *With the ball slightly in front and to the side of the player, put the sole of the foot on top of the ball, bend the knee, and roll it toward the standing foot. While the ball is in mid roll, the leg used to roll the ball should cross over in front of the standing foot. As soon as the rolling foot lands, the standing foot should step in the direction that the ball is rolling, uncrossing the legs.*
- Insides (Bells)
 - *With the ball underneath the player, strike it gently with the inside of one foot, toward the opposite foot. As soon as the ball starts to move, repeat this with the opposite foot. Bend the knees, lift the heels slightly off the ground and repeat as quickly as possible to create a side to side motion. The ball should always be moving.*
- Feinting
 - *When moving with the ball, place the non-striking foot to the side of the ball, bend slightly at the knee, and lean the body in the same direction as the non-striking foot. As the non-striking foot lands, use the outside of the opposite foot to move the ball in the other direction, ideally diagonally. As the non-striking foot is bent at the knee, this will allow the player to push off for a change of speed as the player changes direction.*
- Juggles (with feet only)
 - *Keep the ball in the air with repeated small touches of the ball.*

★★ Skill Moves:

- Pull back
 - *With the ball slightly in front of the player, place one foot on top of the ball and pull it backwards, behind the body. As the ball starts to move, rotate the hips so that the ball is always in the line of sight. It is important not to jump when changing direction with the ball.*
- Scissors (stationary ball)
 - *Keeping the ball stationary on the ground, players practice moving their feet around the soccer ball. The right foot will move around the ball in a clockwise direction and the left foot will move around the ball in a counter clockwise direction. Players should swap to scissor with the other foot after each scissor in a continuous loop. Players are advised to land on the balls of their feet to be able to perform this move more efficiently and eventually quicker. The ball should not move during this skill practice.*
- Stepover (stationary ball)
 - *Keeping the ball stationary on the ground, players line up as if they are about to strike a pass or a shot. As the 'striking foot comes through, it does NOT connect with the ball and instead moves outside and over the ball. As the striking foot lands, uncross legs and perform with the other foot. Repeat this process to become more efficient and ultimately quicker at this skill.*



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- L Turn
 - *With the ball slightly in front of the player, place one foot on top of the ball and drag it backwards until the ball is just behind the standing foot. Bring the dominant (Kicking) foot to the outside of the ball and use the inside to move the ball behind the standing foot. Once the turn is completed, use the outside of the standing foot to take a touch into space.*
- Stop & Go
 - *While dribbling with the ball, a player will stop the ball with one foot and push it forward with the other. For optimum efficiency in this skill, players should try to perform this skill in a skipping action, with the high foot of the skip being the foot to stop the ball and the low skipping foot being the one to touch the ball forwards. This way the ball stops and moves again, but the player maintains momentum to get around the defender.*

★★★ Skill Moves:

- Scissors (moving ball and push away with outside of foot)
 - *As a player moves with the ball slightly in front of them, take one foot and move it in a complete circle around the back of the ball in a clockwise direction with the right foot, or a counter clockwise direction with the left foot. As the foot lands, bend the knee and lean the body in the direction of the knee. As the knee bends, bring the opposite foot behind the ball and use the outside to push the ball in the opposite direction that the body is leaning with a change of speed. Advanced players will be able to repeat multiple scissors with both feet, always taking the ball with the opposite foot of the final scissor move.*
- Stepover (moving ball and push away with outside of foot)
 - *As a player moves with the ball slightly in front of them, they are to line up as if they are about to strike for a pass or a shot. As the 'striking foot' comes through, it does not connect with the ball and instead moves outside and over the ball. The striking foot will then cross over the front of the standing foot but must move again straight away. As soon as the striking foot lands, uncross the legs, take the ball with the outside of the foot and rotate the hips outwards, moving the ball in the opposite direction than the intended shot/pass.*
- V Shape
 - *With the ball slightly in front and to the side of the player, place the closest foot on top of the ball. Pull the ball back, diagonally toward the opposite foot. As the ball starts to move, take a slight hop backwards and land the foot that rolled the ball with a bent knee. As the ball crosses in front of the standing foot, use the outside to push the ball diagonally forward, in the opposite direction that it is rolling. The ball will have moved like a letter V, and because one knee is bent, the player can change speed as the move is completed.*
- Zidane Roulette
 - *While dribbling forward towards a defender, the player will stop the ball with one foot and place it on the ground in front of the ball to protect the ball from the defender. This will make the player turn to face side ways as this happens. Now the ball should be stationary with a foot either side of the ball. At this point lift the back foot (the foot furthest away from the defender) and pull the ball back while continuing to spin in the same direction. The player may want to hold out a firm arm to hold off the defender while performing the second part of this skill move.*
- Double Touch
 - *The player will have their standing foot slightly in front of the ball to start this move. The player will pass the ball onto their standing foot to have the ball move quickly off in the other direction. Players should be told to be on their toes and do quick movements to make this skill move work effectively.*
- Ronaldo Chop
 - *While dribbling, the player will skip into the air, placing their kicking foot behind the non-kicking foot. On the landing, using the inside of the kicking foot, the player will push the ball behind the non-kicking foot, cutting the ball to the opposite side of the body.*



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- Outside of the foot juggles
 - *The player will keep the ball in the air with continuous touches of the soccer ball, using only the outside of their foot.*

★★★★ Skill Moves:

- The (Brazilian) Ronaldo - Ball roll (brush) with a stepover
 - *This move involves combining the ball roll and the stepover. The player begins by dribbling towards the defender. As they approach the defender the player will roll the ball across their body (as they would in a ball roll move), but this time the player will use the other foot to stepover the ball and land the foot in between the defender and the ball (acting as a shield) so the defender cannot steal the ball. For the most success in this skill, the ball roll needs to be performed with power, so that the ball will go through the legs when the stepover is performed.*
- Kleberson Slammer
 - *This move includes the ball roll and the feint to trick the defender in to moving in the wrong direction and is most effective from a standing (stationary) position. The player will perform a ball roll, but also jump in the same direction as the ball, so that their legs do not cross. As the player lands the kicking foot should land with the outside of the foot next to the ball, which allows the player to push the ball away with the outside of the foot.*
- The Rivaldo (L-turn with a ball roll)
 - *The move is similar to the L Turn but with an obvious difference at the end. With the ball slightly in front of the player, place one foot on top of the ball and drag it backwards until the ball is just behind the standing foot. Bring the dominant (Kicking) foot to the outside of the ball and use the inside to move the ball behind the standing foot. Once the ball has passed the standing foot. The standing foot should be used to roll the ball back in front of the front of the player.*
- Juninho fake pass
 - *The player pretends to pass the ball across their body, buy pushing the ball with the inside of their foot. As their kicking leg becomes extended, they stop the ball with the sole of their foot on top of the ball. The player then pulls it back across their body and pushes it away in the other direction.*
- L Turn Fake (stop the ball while playing it behind the standing leg)
 - *The move is similar to the L Turn but with an obvious difference at the end. With the ball slightly in front of the player, place one foot on top of the ball and drag it backwards until the ball is just behind the standing foot. Bring the dominant (Kicking) foot to the outside of the ball and use the inside to move the ball behind the standing foot. As the ball moves beyond the standing leg, use the top of the kicking foot to stop the ball and bring it back through to the kicking foot's side of the body.*
- Hocus Pocus
 - *Place the standing foot slightly in front of the ball to allow room for the move behind this leg. Then use the inside of the kicking foot to push the ball behind the standing leg. Before the ball gets away from the player they should use the top of this same foot to touch the ball forwards, but from around the back of the other foot.*
- Pelé (basic) Rainbow (trapped between ankles)
 - *While dribbling forwards, the player jumps to the ball trapping it between both ankles. The player needs to squeeze the ball to keep it from slipping as they jump forward. As the player jumps they should lift their ankles towards their back, lifting the ball up. The player will release the ball mid-jump and the ball should 'rainbow' over their head so that it falls in front of them.*



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★★★★★ Skill Moves:

- **Ronaldinho – Ball roll with a scissor (same foot)**
 - *This move involves combining the ball roll and the scissor with the same foot. The player begins by dribbling towards the defender. As they approach the defender the player will roll the ball across their body (as they would in a ball roll move), but this time the player will use the same foot to scissor around the ball and land the foot in between the defender and the ball (acting as a shield) so the defender cannot steal the ball. The player can then use the outside of their other foot to push the ball away to safety and continue their dribble.*
- **Elastic / Élastico**
 - *Move the ball away from the body to side using the outside of the foot, then in the same motion move the kicking foot beyond the ball to touch it back across the body using the inside of the same foot. Pointing the toes towards the final direction of the ball when performing this skill will help.*
- **Reverse Elastic**
 - *This is the opposite of the élastico. Move the ball across the body using the inside of the foot. Then in the same motion move the kicking foot beyond the ball to bring it back in the opposite direction (away from the center of the body), using the outside of the foot. When pushing the ball away with the outside of the foot, pointing the toes upwards will make this a little easier.*
- **The Leonardo (fake kick - back heel - flick)**
 - *While dribbling, the player goes to kick the ball, but misses it with the outside of the foot being closest to the ball as it passes. The player then brings the heel of the kicking foot back down towards the ball, hitting the ball on to the standing foot. The standing foot should be angled so that the ball will hit the inside of the foot. As the ball contacts the standing foot, push the ball forward, around the outside of the kicking foot.*
- **Juninho 2, 360 (fake pass but turn forwards 360)**
 - *This is a more advanced move to the Juninho fake pass. Instead of pulling the ball back after pushing the ball, the player will continue to push the ball around in a complete circle. The player can choose to then pull the ball back after a complete circle or choose to complete this move with a push pass to a teammate.*
- **Rainbow flick**
 - *While dribbling the player will place one foot in front of the ball and use the inside of the other foot to trap the ball against the front foot's heel. The player should then use this foot to roll the ball up the heel before using the first foot to flick the ball over their head. The player should then be able continue running/dribbling with the ball.*
- **Waka Waka**
 - *The player should step over the ball, but angle their toes back towards their start position as much as possible. The player will then use their other foot to drag the ball behind their first foot, while turning 270 degrees (¾ of a circle) to dribble in a new direction. To know whether the player is turning in the right direction, the stepover and the final direction of dribble should be the same direction.*
- **Fake Rabona**
 - *This move is best used in a wide area when about to cross the ball. While dribbling, place the non-kicking foot on the 'wrong side' of the ball, as if attempting to kick the ball with the other foot from behind the standing leg. With the kicking leg swinging to kick the ball from behind the standing leg, instead of actually kicking the ball, stop it from moving, then move the standing leg so that the legs are no longer crossed. The player can then move the ball away in the other direction away from the defender.*



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- Inside Sombrero

- *When dribbling sideways using ball rolls away from the defender, use the foot closest to the defender to tempt them towards the ball (this is important so that when the player does the skill move, the defender is underneath). After a ball roll with the foot closest to the defender, use the other foot to flick it up and over the head of the defender. To help with the power in the flick, lift the ball by bending the knee but also point the toes upwards when flicking the ball up and over the defender. The player should then run around the defender to retrieve the ball.*

- Outside Sombrero

- *When dribbling sideways using ball rolls away from the defender, use the foot closest to the defender to tempt them towards the ball (this is important so that when the player does the skill move, the defender is underneath). After a ball roll with the foot closest to the defender, use the same foot to flick it up and over the head of the defender. To help with the power in the flick, lift the ball by bending the knee but also point the toes upwards when flicking the ball up and over the defender. The player should then run around the defender to retrieve the ball.*