

Foot Work Skills Description

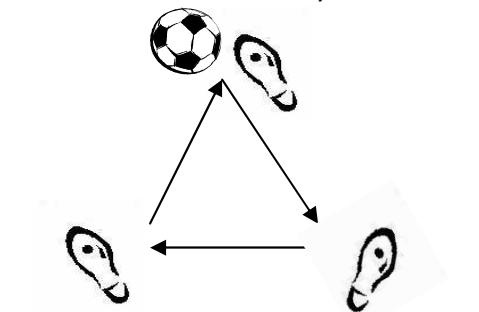
Fast Feet

- Place the ball in between you feet, with your legs shoulder width apart
- Slightly bend your knees
- Knock the ball in between you feet as quickly as you can, using the instep



Triangles

- Start with the ball slightly in front of you
- Drag the ball back with the sole of your right foot at an angle so your legs are shoulder width apart
- Pass the ball across to your left foot using the instep of your right
- Pass the ball forward at an angle with your left foot
- Stop it with the sole of your right foot and continue the process
- Do the same exercise but now start with your left foot



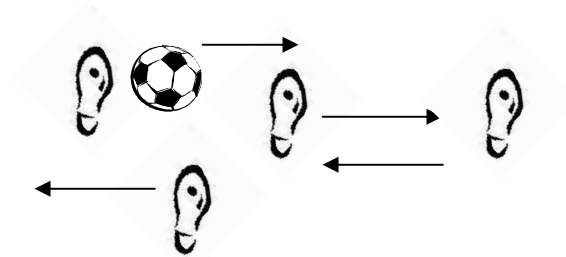
Drag-Push

- Ball Starts in front of you, drag the ball back using the sole of your foot
- Then push the ball forward at a slight angle using your laces
- Stop the ball with the sole of your other foot and quickly pull the ball back
- Push it forward again at slight angle and continue process.



Inside-Outside

- Start with the ball slightly in front of you
- Play the ball side-wards with the instep of one foot
- With the other foot play the ball in the same direction with the outside of the foot
- Then use the inside of the same foot to pass the ball back in the opposite direction
- With the other foot play the ball in the same direction with the outside of the foot
- Use the inside of the same foot and continue the exercise



Toe Taps

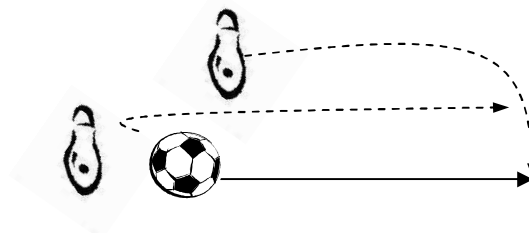
- Stand a few inches behind the ball
- Using the sole of one foot touch the top of the ball
- Switch and then use the sole of the other
- Find a rhythm and make sure you hop in between each one, by being on the balls of your feet

Double Taps

- This is a combination of fast Feet and Toe Taps
- Once again find a rhythm, it is easier if you say the process to yourself, side to side, top, top
- So knock the ball from one foot to the other using the insteps
- Then follow that by touching the top of the ball with two toe taps
- Continue the exercise

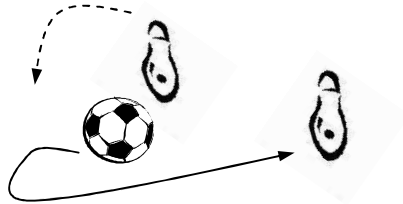
Slaps

- Start with the sole of your foot on top of the ball
- Allow your body to lean and go to one side, leaving the ball and your foot on top of it still in the starting position
- Then using the sole of your foot drag the ball sideways allowing it roll across your body
- At this point your leg should be crossed but with a distance between them
- Then bring your back leg round to the front and stop the ball using the instep of your foot
- Repeat exercise with other foot



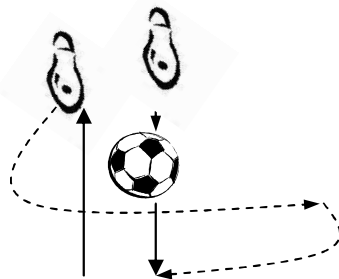
Squeeze & Push

- Have the ball underneath you body
- Place the sole of your foot on top of the ball
- Roll it to the side so it opens your legs and push it back with the inside almost keeping your foot in contact with it the whole time
- The continue the exercise using the other foot



Step Over - Push Thru

- Have the ball slightly out on front of you
- Step around the ball, going from inside to outside
- Make sure the step is around the ball and ends out in front but diagonally to the ball
- Then with you back foot, push the ball forward with a delicate touch using the instep
- With the foot that then went around the ball, drag it back to the start and continue the exercise with the other foot



Body Triangles

- Start with the ball out in front of you
- Drag it back with the sole of your foot till it goes all the way past your standing foot
- Then with the instep pass it around the back of your standing foot
- Your standing foot will then stop the ball and push it forward with the sole of your foot to the start position. Rotate which way the ball moves around

