

## Appendix E: Ball Mastery Moves

### Juggling

- Start with a ball in your hands and toss the ball slightly in the air.
- Attempt to use a body part (any body part except for your hands or arms) to knock the ball back up into the air.
- As the ball begins to fall again, move into position underneath the path of the ball to knock it into the air again using any body part (except for your hands or arms).
- Continue and count the number of successful times you knock the ball up into the air without the ball striking the ground (“One, two, three...”).
- Once the ball strikes the ground, repeat the activity but start your count over.

### Toe taps

- With your feet shoulder width apart, place the ball between your feet with the middle of the ball between your toes.
- Both of your feet should be almost touching the ball to start.
- Place one foot on top of the ball with all your weight on the other foot.
- Jump slightly so the foot that was on top of the ball comes off and you land on that foot.
- After your foot lands, tap the top of the ball with your other foot.
- Once you develop a rhythm, try to move faster.

### Foundations

- With your feet shoulder width apart, place the ball between your feet with the middle of the ball between your insteps.
- Put your weight on your right foot and raise your left foot a few inches off of the ground.
- Shift your weight and land on the left foot.
- As your foot rises, tap the ball with your instep towards the foot that is now on the ground.
- Once you develop a rhythm, try to move faster.

### Roll to side

- Place ball on the inside of your right foot.
- Use your instep and the sole of your right foot to roll the ball across your body from right to left, continuing until your right leg crosses over your planted left leg.

- Swing your left foot out to the left, stopping the rolling ball with your instep, so that your feet are shoulder width apart again. (If you are familiar with the karaoke warmup, this move looks similar to that.)
- Repeat the process in the opposite direction, this time moving from left to right.

### **Pull and turn**

- Place the ball between your feet with the middle of the ball between your toes.
- Tap the ball forward with the instep of your right foot.
- Pull the ball back with the sole of your right foot, then push the ball diagonally in front of the left foot.
- Pull it back with the sole of your left foot and push the ball diagonally in front of your right foot and repeat.
- Once you develop a rhythm, try to move faster.

### **Inside of the foot chop**

- Dribble the ball around the grid, waiting for the signal to perform the move.
- Fake an instep kick and push the ball with the inside of your foot across the body.
- Touch the ball with the outside of your other foot and explode.
- Practice the move with each foot.
- Once you grasp the move, try to move faster.

### **Outside of the foot cut**

- Dribble the ball around the grid, waiting for the signal to perform the move.
- Fake an outside of the foot pass with one foot.
- Shift your weight to this foot, touch the ball with the inside of your other foot and explode.
- Practice the move with each foot.
- Once you grasp the move, try to move faster.

### **Veers**

- Place the ball between your feet with the middle of the ball between your toes.
- Push the ball forward with the instep of one foot.
- Pull the ball back with the sole of the same foot, then tap it to the other foot and repeat.
- Once you grasp the move, try to move faster.

### **Cruyff**

- Dribble the ball around the grid, waiting for the signal to perform the move.
- Fake a kick with the inside of your right foot and pull the ball behind your left leg to change directions.
- While turning left, tap the ball with the outside of your left foot and accelerate.
- Practice the move with each foot.
- Once you grasp the move, try to move faster.

### **Step-over**

- Dribble the ball around the grid, waiting for the signal to perform the move.
- With your right foot, step over the ball from the outside of the ball to the inside.
- While turning right, push the ball with the outside of your right foot and accelerate.
- Practice the move with each foot.
- Once you grasp the move, try to move faster.

### **Double step-over**

- Dribble the ball around the grid, waiting for the signal to perform the move.
- With your right foot, step over the ball from the outside of the ball to the inside, and shift your weight to your right leg.
- With your left foot, step over the ball from the outside of the ball to the inside.
- Shift your weight to your left leg, take the ball with your right leg and accelerate.
- Once you grasp the move, try to move faster.

### **Scissors**

- Dribble the ball around the grid, waiting for the signal to perform the move.
- With your right foot, step over the ball from the inside to the outside.
- Push the ball to the left with the outside of your left foot and accelerate.
- Practice the move with each foot.
- Once you grasp the move, try to move faster.

### **Double scissors**

- Dribble the ball around the grid, waiting for the signal to perform the move.
- With your right foot, step over the ball from the inside of the body to the outside.
- With your left foot, step over the ball from the inside of the body to the outside.
- Push the ball with the instep of either foot and accelerate.