

2012 Spring Recreational Practice Curriculum



Individual Dribbling Technique

- Taps** While hopping, touch ball with sole of foot, every hop.
- Shuffles** Tapping ball back and forth between insteps.
- Zig-Zags** Alternating inside and outside of same foot while touching ball every step, player should be making ball move in zig-zag pattern.
- Walk the Dog** aka **Rake** – Using the sole of the foot to roll the ball across the body.
- Little Piggies** aka **Outside of Foot** - Using the "three little toes" to dribble. Do not let players turn foot. This should be within natural running form.
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Individual Dribbling Moves

- Step On a Bug** aka **Pull-Back** - Ball is stopped with sole of foot, pulled back and pushed with laces of same foot. Can also push with inside or outside of foot.
- Shake and Bake** aka **Waddle** – Fake behind ball in one direction, with outside of opposite foot, push ball 45 degrees forward past defender.
- Crazy Legs** aka **Scissor** – Same as Waddle, however, instead of doing fake behind the ball, perform fake stepping over the ball. Players can progress to multiple Scissors.
- Ole!** aka **Zico** – Run past the ball, as it stays between feet, turn (so body is between ball and defender) and with the foot that is closest to the ball, push the ball with the outside of the foot in the exact opposite direction of where you were dribbling.
- Chase Your Tail** aka **Hagi** - With inside or outside of foot spin in complete circle (away from opponent), continue in original direction of travel (only 360 degree turn). This should be performed in 3-4 touches.
- Pato** Tap ball across your body with your instep, on your last tap, hop on opposite foot (without letting tapping foot touch the ground) and push ball with outside of tapping foot 45 degrees in opposite direction.
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Progression of Moves for Age Levels

- Pre K & Kind** Step on a Bug, Shake and Bake
- 1st and 2nd Grade** Step on a Bug, Shake and Bake, Crazy Legs
- 3rd and 4th Grade** Step on a Bug, Shake and Bake, Crazy Legs, Ole
- 5th and 6th Grade** Step on a Bug, Shake and Bake, Crazy Legs, Ole, Hagi
- 7th - 9th Grade** Step on a Bug, Shake and Bake, Crazy Legs, Ole, Hagi, Pato