

Coerver Moves:

There are many different moves to develop ball control and ball touch. Many of these moves were popularized by Weill Coerver, a noted Dutch coach. Make these moves more game like by exploding off the ball and sprinting 5 yards after the move. Do each for 1 minute.

Hat-Dance (toe-tap) - Lightly tap the top of the ball using the front sole of the foot, alternating taps with either foot. Try to keep the ball from moving by tapping gently from the top. When the ball can be kept still, try "Around the World" by taking slightly larger steps as you come down from each tap so that you manage to circle the ball.

Inside roll - Roll the ball to the inside of your body, using the sole of one foot. Try to position the sole of the foot on the ball towards the outside edge, so that the ball rotates just enough to allow you to put your rolling foot down briefly so that you can keep moving in the same direction. Repeat, going in the opposite direction with the other foot.

Outside roll - Roll the ball towards the outside of your body, using the sole of one foot. Try to position the sole of the foot on the ball towards the inside edge, so that the ball rotates just enough to allow you to put your rolling foot down briefly so that you can keep moving in the same direction. Repeat, going in the opposite direction with the other foot.

Drag Back - Alternating feet and using a skipping-type step, pull the ball backwards with light touches.

Push Forward - Alternating feet and using a skipping type step, push the ball forward with light touches.

Tic-Toc (Boxing) - Using the inside front edges of the feet, knock the ball back and forth rapidly between the feet, so that the ball is in constant motion and the ball is redirected with every touch. Basically, the ball is being "boxed" from one side to the other, then back again.

Pull-Back/Push Forward - Use sole of foot to pull ball back, then immediately use front of same foot to push it forward. Alternate feet.

Vee - Make a V-shaped pattern, starting at the top of the V, pulling the ball down towards the center of the body, then pushing the ball back out to the other leg of the V. Variations include switching legs after each Vee, and alternating inside or outside start of the Vee.

Multi-Directional Roll - Assorted moves (often coach/player invented) in which the ball is rolled in various directions before being pulled or pushed or cut back behind the leg or tapped to the other foot for a repeat.

Inside/Outside Cuts (Snake) - Do a series of easy cuts/taps with the inside, then outside, of the same foot so that the ball "snakes" across the field as you move along. Repeat with opposite foot. As they progress, encourage the players to exaggerate the moves so that they must stretch and reach to cut the ball back.

Dribbling Moves For Beginning to Intermediate Players - There are hundreds of moves (some which vary only slightly from other moves). Some are basic and some very complex. Many are named for the player who "invented" the move or made it famous. Often, a move may have more than one name – so expect regional variations.

It is important to remember the function of a move is to move the ball away from the defender so that you can retain possession long enough to do something productive with the ball (i.e., get it to a teammate or shoot it into the net or wait until the defender makes a mistake so that you can go around him).

Once players have developed their ball control skills (also commonly called “touch”), and have obtained a repertoire of basic dribbling moves, they will begin to learn some basic fakes which will trick a defender into believing that they are going one way – when they really intend to go somewhere else. Most of these fakes require that the player learn to let the upper body sway and go limp, so that they basically pull their torso in the new direction (starting with the hips). Practice of fakes/feints in front of a mirror is always helpful. However, even with much practice, younger players often will not be able to execute a fake as believably as an older player unless they are very limber.

Descriptions: The description of moves will include the mechanics and will always be described for use with the right foot. The default (N) will be the forward direction of the attackers run. After the name of the turn, the _defender’s position will be noted (N, E, or W) Generally the attacker will be approaching a defender head-on (i.e., defender will be directly N) or protecting ball by placing body between the 2 of them (W or E). All moves are best-executed with the knees bent, the buttocks down (to lower the center of gravity), and with the player perched on the balls of his feet and ready to explode in any direction quickly.

Check – a/k/a “Magic Hop” (Defender to W) - Do a slight skipping step on the left foot, while simultaneously tapping top of the ball with the sole of the right foot. DO NOT PUT any weight on right foot – a slight tap is all that is needed to stop/slow the ball. Allow right foot to continue through running motion, but turn right foot towards left as it is planted, so that you can immediately push off back to the S.

Pull-back (Defender to left or NW) - Place sole of right foot on ball. Pull/roll the ball behind you (S to SE).

Vee (Defender to N) - Put ball towards NW at an easy reach. Pull ball back towards center of body with the sole of the right foot (SE), then push ball back out to NE with sole of foot (making a V-shape by the path of the ball).

Vee II (Defender to N) - In some parts of the country, the Vee starts as above. However, when pulled back to the midline, the opposite leg of the V is made by a push-pass with the inside of the left foot or the outside of the right foot.

Inside of the Foot Cut (Defender to the NE) - Use inside of right foot to reach over ball which is on right foot and moving slightly towards right (directly towards defender), then swivel hips and cut ball back sharply to left (W) with the inside of right foot.

Outside of the Foot Cut (Defender to the W) - With ball travelling towards NW (directly towards defender), reach over the ball with the outside of the right foot and pull ball sharply back towards the E/SE.

Inside of the Foot Chop (Defender to the W) -With ball travelling forward at speed, do pivoting hop on plant foot while reaching over ball with inside of right foot; chop across path of ball with laces; and then pull ball back towards S with inside of right foot.

Matthews (Defender to N) - Execute a quick inside of the foot cut to the left (W), followed by an immediate cut back to the right (E) with the outside of the same foot – exploding as you go into the second cut.

Inside Circle Turn (Defender to NE) - With inside of the foot, cut ball to left (W), cut again to S, and then cut again so that you end up again heading towards the NE (Note: Newer/smaller players may require 1-2 additional touches to complete the circle). Get them to aim for as few touches as possible to keep control.

Beckenbauer -a/k/a Outside Circle Turn (Defender to N) - When approaching a defender, do outside cut to pull ball towards E, a second to turn S, and then a third to accelerate away forwards to the opposite side (NW) [Note: This is also called a outside circle turn in many circles].

Behind The Leg Cut (Defender to NE) - Put left foot to side and slightly ahead of ball. Tap ball back behind support leg and take away with outside of left foot.

Gascoigne (Defender to E) - Place tip of sole of left foot on top of ball to stop ball. As soon as defender bites or hesitates, explode quickly forward using front of left foot (or a quick toe poke). Modifications include using a slight roll-back, followed by a quick acceleration.

Step-over (Defender to NE) - Place right foot slightly behind the ball. Swing left foot in front of ball, putting weight on left foot as it comes to rest in front of right foot. Swing right foot around the left foot and the ball as far as you can comfortably reach towards the left side (W), so that you swivel around to the left and end up facing S to SW.

Barnes (single scissors) (Defender to NW) - Position ball on outside of left foot. Circle in front of ball with left foot, planting left foot beside the ball. Take ball away with outside of R foot.

Denilson (Defender to N) - Basically a triple scissors.

Fake shot (Defender to N) - Approach the defender as if you are going to shoot. As defender stops, cut ball sharply in front of body with the inside of right foot. (W or NW)

Beardsley (double hip swivel) (Defender to N) - When running with ball, quickly swivel hips to left, as if to pass with R foot. When defender bites, quickly swivel hips back to left, and take ball away with inside of L foot.

Double cut (Defender to N) - Similar to the Beardsley, but actually do execute two cuts – rather than faking the first cut.

Cruyff (Defender to W) (pronounced like St. Croix, with an f on the end) - Set-up in a passing position for a right foot pass. Right foot fakes a pass or kick, but circles around and in front of the ball (pointing at other toe at 90 degree angle). Using inside of the right foot, push the ball behind leg and spin off to left. Basically, a fake kick with a behind the leg cut.

Maradona (Defender to N) - Place left foot on ball, jump and rotate body about 180 while foot is still on top of ball, then pull back around another 180 degrees. Basically, a circle turn using a piroette to make _ of the turn and then a sole-drag to finish the turn. Note: In some areas, a Maradona starts as a Cruyff, with the piroette/drag as you spin off.