

## USF Real Player Improvement

I want to improve...

Ex: My first touch

I will improve by...

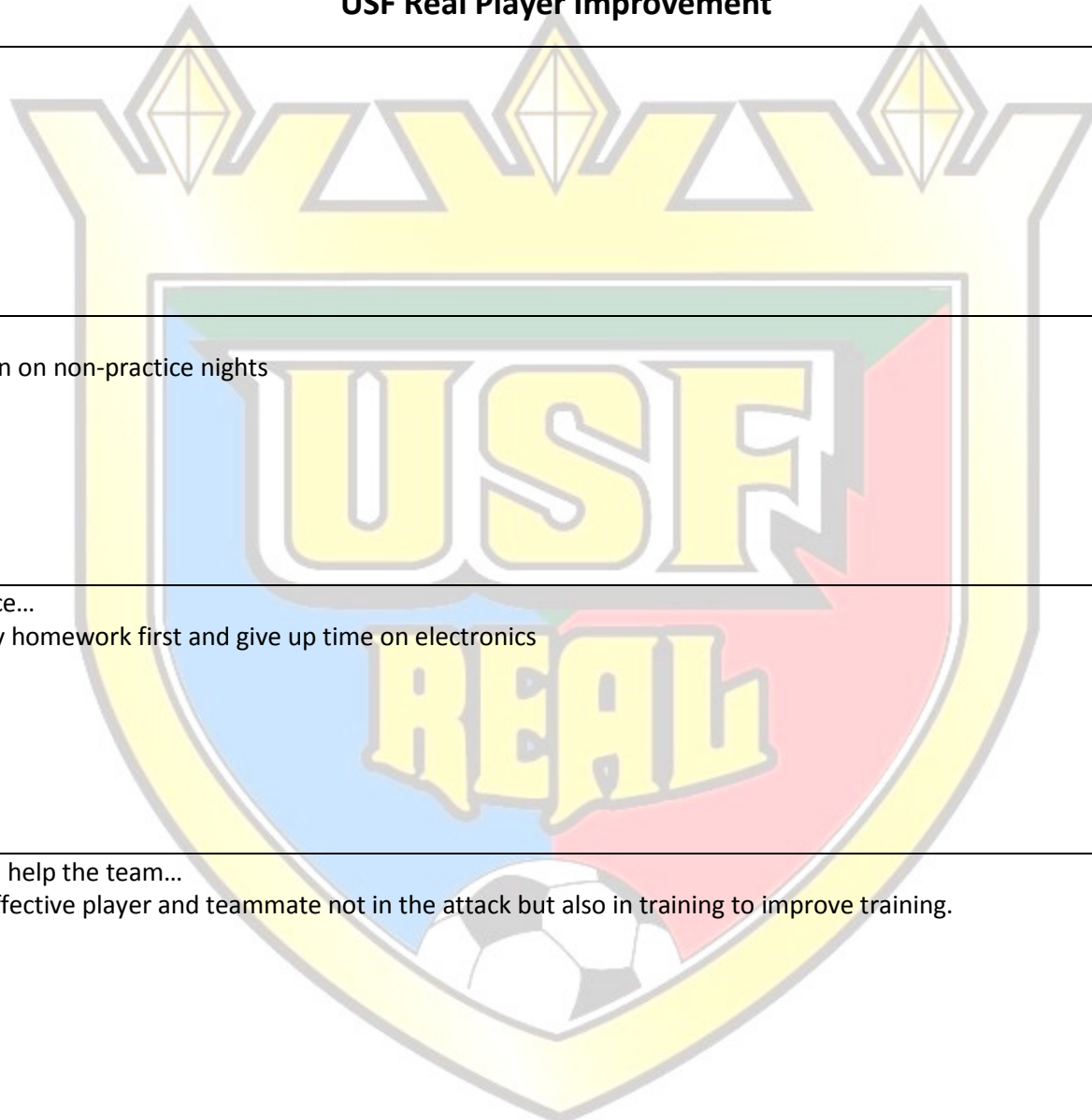
Ex: Juggling for 15 min on non-practice nights

I am willing to sacrifice...

Ex: I will complete my homework first and give up time on electronics

My improvement will help the team...

Ex: I will be a more effective player and teammate not in the attack but also in training to improve training.





## Dribbling Moves (Coerver Moves)

- 1 – Hip Swivel – Fake with inside of one foot by swiveling hips toward ball, then reverse direction and take ball with inside of the other foot.
- 2 – Matthews – Fake with inside of foot nudging ball by dipping shoulder, then take ball in opposite direction with outside of same foot.
- 3 – Cap – Cut ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot.
- 4 – Stepover – With the ball moving, stepover ball so ball is outside of stepover foot, turn and take ball with other foot.
- 5 – Scissors Over Ball – Step behind ball as if preparing to take it with the outside of one foot, then step over the ball and take it with the outside of the other foot.
- 6 – Rivolino – Same as stepover, but take the ball with outside of stepover foot
- 7 – Vee – Fake pass with instep (across body), pull ball back with sole and take in opposite direction with inside of same foot.
- 8 – Cruyff – Fake kick with instep of foot, but instead pull ball behind the standing leg and change directions
- 9 – Inside of foot cut – Cut the ball across the body with the inside of foot while simultaneously stepping over it and take outside of opposite foot.
- 10 –  $\frac{3}{4}$  Inside of foot turn – Cut ball back with inside of foot, continue turning  $\frac{3}{4}$  of the way around and take the ball with inside of same foot.
- 11 –  $\frac{3}{4}$  Outside of foot turn – Cut ball back with outside of foot, continue turning  $\frac{3}{4}$  of the way around and take the ball with the outside of the same foot.
- 12 – Scissors behind the ball – Step behind ball as if preparing to take it with outside of one foot, fake, then take it with outside of opposite foot.
- 13 – Scissors in front of ball – Step behind ball as if preparing to take it with outside of one foot, then step around front of ball and take it with outside of the other foot.
- 14- Double Scissors – Push ball forward, make alternate scissors steps and take with outside of first foot.
- 15 – Reverse Matthews – Fake with outside of one foot, step behind and take ball with outside of opposite foot.
- 16 – Stepover – Scissors – With ball rolling, stepover followed by scissors with same foot and take with outside of other foot.
- 17 – Front Roll – While moving forward, pull ball across body with sole and take with outside of opposite foot.
- 18 – Scotch – With ball moving, step over and ahead of ball; tap the ball forward with the opposite foot behind the stepover foot and explode away.