

Winning Mood Moves by Number

180 Degree Movements (Back moves)

(Explanation for right foot) - Back moves are for situations where forward movement is not the best choice. After a back move the player may dribble into space or drop a pass.

- 1) **Inside Chop** - Place the outside of left foot beside the ball, pivot on the sole of the left foot, chop back with the inside of the right foot.
- 2) **Outside Chop** - Place the inside of left foot beside the ball one shoulder width away from it. Reach with the outside of the left foot and chop back.
- 3) **Chop behind the back** - Place the inside of the left foot beside the ball. Pivot body so ball is behind player. Reach behind the back with the right foot. Chop with the inside of foot and finish pivoting body.
- 4) **Step over** - Step over the ball with left foot. Place the outside of left foot beside the ball. Pivot on the sole of the left foot and chop back with the inside of the right foot. (this is the same as move (1) except player steps over ball instead of directly stepping alongside. The move assimilates the start of a pass.)
- 5) **Step on - take back with same foot** - Step (light touch) on top of ball with the sole of the right foot. (to stop the ball) Step over the ball with the right foot (player's body should be in 9 o'clock position), turn body and take ball back with the inside of the right foot. Note - Many players will turn the wrong way. The player should be able to see the ball during the entire movement.
- 6) **Step on - take back with other foot** - Step (light touch) on top of the ball with the sole of the right foot (to stop the ball) Step over the ball with the right foot. (player's body should be in 9 o'clock position) Turn body and take ball back with the outside of the left foot. Note - this move is a little faster than move (5) but may not shield as well.

90 Degree Movements (Side Moves)

Side moves are for situations where the player a defender is in front of the player and he/she wants to find space to the side.

- 7) **Inside - Outside** - Chop to the left side with inside of right foot, push further outside with outside of left foot. Note - This move is good if opponent is not too close.
- 8) **Inside - Inside** - Chop back with the inside of the right foot (move (4)) Keeping the ball close, chop to the side with the inside of the left foot. Note - this move is better than move (7) if opponent is close because you can shield the ball.
- 9) **Outside foot pull across (with sole of outside foot to the other foot)** - Place the sole of the right foot on top of the ball, pull in front of the body. Make a small hop to help turn the body counterclockwise when pulling the ball. Take ball to the 9 o'clock position with the inside of the left foot.
- 10) **Step on pull behind back** - Place the inside of the left foot beside the ball. Place the sole of the right foot on top of the ball, pull behind the standing leg making a small hop forward with the left foot (to avoid interference) and chop with the inside of the right foot to the 9 o'clock position.
- 11) **Inside foot pull across with sole of foot turn with same foot** - With the right foot on the inside position next to the ball, step on top of the ball with the sole of the right foot and pull in front of the body while turning to the 3 o'clock position. Take to the 3 o'clock position with the inside of the right foot.

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Feinting Movements

Opponent Behind Player (Spin or post up moves)

These moves are intended to beat an opponent to dribble, pass or shoot. The player needs to get in the habit of looking over the shoulder, communicating with the passer and coming to the ball if needed.

- 12a) **Hip movement** - Catch the ball with the right foot. (Opponent is in back on the right side.) Step back with the right foot. (Ball in front of player centered between legs) Fake shoulder and hips to the side the opponent is standing on. Take ball to the other (left) side with the inside of the right foot.
- 12b) **Double hip movement** - Same as (12) except fake into player, then fake the other way and then go in the direction of the first fake.
- 12c) **Double hip movement** (w/o stopping ball) - Before touching the ball from the pass (ball going to players' right), fake right, then left and go with the ball to right side dribbling with the left foot.
- 13) **Step over movement** (movement 20) - Catch the ball with the right foot. (Player on the left side) Step over the ball (fake pass) with the right foot. Bring the left foot alongside the right foot and go right pushing the ball with the outside of the right foot.
- 14) **Pull ball behind back** - With the opponent on the left side, receive ball with the right foot. Place the sole of the right foot on the ball. Turn counterclockwise and push the ball with the sole of the foot to the right side. Finish turning body (now facing opponent) and push ball further out with the outside of the left foot.
- 15) **Go outside and pull behind back** - Same as move (14) except dribble to the side first, then make move.

Opponent Next to Player

These moves are intended to beat an opponent when dribbling, usually to turn a corner or make a cross pass.

- 16a) **Locomotive** - While dribbling with opponent on the left side, wave the right foot over the ball to fake stopping the ball. Accelerate while dribbling the ball. (fake stop and go)
- 16b) **Locomotive w ball** - While dribbling with opponent on the left side, stop the ball with the sole of the right foot . Accelerate dribbling the ball in the same direction. (stop and go)
- 16c) **Locomotive w ball** - While dribbling with opponent on the left side, stop the ball with the sole of the right foot then pull back slightly and then dribble forward (stop, misdirection and go)
- 17) **Step over Movement** (movement 4) While dribbling with the opponent on the left side, step over the ball with the right foot. Turn and chop backwards with the left foot. Either go backwards or spin around opponent.

Opponent in Front of Player

Similar to side moves

- 18) **Chop to inside with toes** - Same as move (9).
- 19) **Shooting movement** (movement (10) with shooting movement) Approach the ball as if shooting. Begin shooting movement with the right leg. The right shooting foot stops over the top of the ball. Place sole of the right foot on top of the ball. Pull behind the standing leg making a small hop forward with the left foot (to avoid interference) and chop with the inside of the right foot to the 9 o'clock position.
- 20) **Step over - go sideways** - Step over the ball with the right foot, place the left foot alongside of the right foot. Push the ball to the right with the outside of the right foot.
- 21) **Step over scissors**- Combination move (20) and (22)

Note - Move (1) and move (3) can also be effective in these situations.

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Passing Movements

These moves are intended to find space in order to go around the opponent while the player is dribbling the ball.

- 22a) **Scissors** - Step to the left side with the left foot then pass right foot over the ball and plant the right foot on the right side of the ball. Next take the ball to the left with the outside of the left foot.
- 22b) **Pre-scissors** - Step to the left side with the left foot then take ball to the right with outside of the right foot.
- 23) **Double scissors** - Step to the left side with the left foot then pass the right foot over the ball and plant the right foot on the right side of the ball. Next take the left foot over the top of the ball and then plant the left foot on the left side of the ball. Take the ball to the right side with the outside of the right foot.
- 24) **Scissors same way** - Step to the left side with the left foot then pass right foot over the ball and plant the right foot on the right side of the ball. Keep going right taking the ball with you with the inside of the left foot.
- 25) **Matthews move** - Move left hopping on the left foot while dragging the ball with the inside of the right foot. Then push ball to the right with outside of the right foot.
- 26) **Matthews and scissors** - Move left hopping on the left foot while dragging the ball with the inside of the right foot. Then do a scissors move starting with the right foot passing over the ball.
- 27) **Overstep** - move (20)
- 28) **Overstep with scissors** move (21)
- 29) **Vandenburg move** - While dribbling towards an opponent, head slightly to the right of the opponent. Step on top of the ball with the sole of the right foot and pull it slightly toward the righth. Then step over the ball with the right foot. Spin the body counterclockwise and pull the ball forward (player facing backward) with the sole of the left foot. Complete the spin and dribble forward. (Stop and go)

Other Techniques

Receiving

- 30) **Trapping ball with the sole of foot** - Throw the ball into the air. On the first bounce player moves the sole of the foot over the top of the ball and traps the ball under their foot.
- 31) **Trapping with the chest (soft catch)** - Partner throws ball to player's chest. Player receives ball with chest by moving chest backwards (to catch softly). Ball should land at feet.
- 32) **Trapping with chest** - Partner throws ball to player's chest. Player receives ball with chest by rocking forward to bring the ball quickly to their feet.
- 33) **Running through the ball** - Throw the ball into the air. Run through the ball with chest bent over and hardening the stomach to bring the ball to the feet. Bring under control with the feet.
- 34) **Heading** - Partner throws ball to player's head. Player rocks forward with elbows out to the side and uses forehead to bring ball to their feet.
- 35) **Receiving with foot** - Partner passes ball to player and runs directly at the player. Player receives ball with inside of the foot and directs the pass right or left by turning his/her receiving foot. Player goes around the person serving to the server's original position.

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Goalie Receiving

In all of these techniques the goalie starts in a "gorilla" stance with the knees slightly bent, feet shoulder width wide and arms relaxed at the side. When the keeper decides to catch the ball he YELLS "Keeper" or "Keep" to let everyone know he is going after the ball.

- 36) **Above the waist catch** - Hands catch the ball with a "W" or diamond for smaller hands. The W is formed with the thumbs touching and the other fingers pointed to the outside. The diamond is formed with the thumbs and index fingers touching. For footwork - when moving to the goalie's left the goalie pushes off with the right foot and positions the body in front of the ball. (Push hop glide)
- 37) **Low catch** - Little fingers together. Forearms parallel, elbows almost touching. Catch with hands, bring to the body. Footwork - running to the right side, right leg knee is bent "out" in front of body, the trailing knee is bent "under" the body. Typically done for easier balls on the run.
- 38) **Collapse** - No steps. Fall on players side. Catch in front of body or face.
- 39) **Falling Dive** - Running to right. Push off back leg. Go feet first. Inside (left) leg extended out, slightly towards front. Fall to side. Hands in front of face to catch the ball.

40) Jumping catch

Goalie Distribution

- 41) Short Punt
- 42) Clearing Punt
- 43) Under hand throw
- 44) Side arm throw
- 45) Overhand throw

Miscellaneous

- 46) **Heading** - Stand with one leg in front of the other. Hands are extended out in front of chest. Back is arched and chin is tucked in towards chest. To strike the ball, arms are pulled back and out to the side while the body goes forward. Eyes are open and the head strikes the ball with the forehead.
- 47) Defensive footwork
- 48) **Instep shot** - Player is at a slight angle from ball. Player watches ball through entire sequence. Approach with small steps. Take one large step to place standing leg along side of ball about shoulder width away. Body is slightly forward. Toe is pointed straight and ankle is locked. The shoelaces strike in the heart of the ball. Momentum carries foot and body through the ball (follow through). Player is balanced throughout the procedure. (should not be running through shot)
- 49) Instep chip
- 50) **Inside foot pass** - Player is at a slight angle from ball. Player watches ball through entire sequence. Approach with small steps. Place standing leg along side of ball about shoulder width away. Body is slightly forward. Foot is in the normal perpendicular position and the ankle is turned sideways and locked. The side of the foot strikes in the heart of the ball. Momentum carries foot and body through the ball (follow through). Player is balanced throughout the procedure.
- 51) **Throw-in** - Player must deliver ball from behind and over the head with equal force from both arms. Ball must be released above the head. For a long throw, player should step forward with one bent leg and drag the other leg behind. Both feet must be on the ground.

Comments

These moves are building blocks to creative soccer. Players should experiment using these moves in different situations. Players are unlikely to become expert in all the moves but should be capable of executing all of them at a minimum level of proficiency. Players should be encouraged to have several

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favorite moves that they can execute flawlessly. If they only have one move of each type they will become predictable and easily defended.

All players need to be equally good with their right and left feet. Also to be effective the player needs to fake with the body and hips. Doing the foot movements without body movements will not fool anyone. Acceleration and deceleration are also key.

Players also need to work on good vision. They need to look behind in appropriate situations and keep their head up looking for space and teammates to pass to.

How well some of these moves will work is not entirely up to the individual but is dependent on their teammates. E.g. To make effective moves with opponents in the player's back, passes must be made crisply and to the correct side of the body. Communication between the passer and the receiver is essential.

For players to become effective they must practice at home. Repetition is key. As players become capable of completing the move without thinking they will then be ready to do the move with some defensive pressure. The pressure allows them to get timing down which is essential for successful completion of the move. Eventually the player will be capable of successfully executing the move in game situations.