



MOVES TO BEAT AN OPPONENT

(explanations of some great attacking moves)

- **Hip Swivel** – Fake with inside of one foot by swiveling hips toward ball, then reverse direction and take the ball with the inside of the other foot.
- **Matthews** – Fake with inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of same foot. (explode)
- **Cap Cap** – Cut ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot.
- **Stepover** – With ball moving, stepover ball so ball is outside of stepover foot, turn and take the ball with the other foot.
- **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.
- **Rivolino** – Same as stepover, but take the ball with outside of stepover foot.
- **Vee** – Fake pass with instep (across body), pull ball back with sole and take in opposite direction with the inside of the same foot.
- **Cruyff** – Fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.
- **Inside of Foot Cut** – Cut the ball across body with inside of foot while simultaneously stepping over it and take with outside of opposite foot.
- **¾ Inside of Foot Turn** – Cut ball back with inside of foot, continue turning ¾ of the way around and take the ball with the inside of the same foot.