



# Level One

Dribble



Body Feint



Inside/Outside



Drag Back



Step Over



Push & Go



1 V 1

Moves



# Level Two

Cruyff Turn



Stop Turn



Outside Hook



Inside Hook



Drag Back



Step Over Scissors

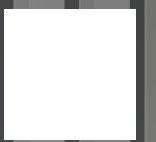


Change of Direction



# Level Three

5 Strong Foot



10 Strong Foot



20 Either Foot



30 Either Foot



50 Either Foot



50 Alternating Foot



## Juggling



# Level Four

Inside/Outside



Inside Spin



Outside Over



Inside Across



Inside Push



Outside Push



Receiving