

FOOTABILITY

System Essentials:

Base System

1. executed with the outside of the foot, then immediately touching the ball with the inside of the same foot.
2. one foot executes the move, while the other executes the base system

Quick Feet

1. knocking the ball back and forth between the insides of the feet a minimum of 5 times

Set-up Get-away

1. set-up touch is always executed with the foot after making the move, the getaway touch is always executed with the outside of the opposite foot
2. always explode with the getaway touch

Moves Overview:

1. the foot pull

- a. touch the ball with the outside of the foot while rotating your body completely sideways; collect the ball with the sole of your toe; pull the ball laterally across the front of your body
- b. execute the move with both feet in conjunction with the base system
- c. establish rhythm using quick feet, then setup and getaway with foot pull using both feet
- d. execute the move against passive defender with both feet
- e. things to remember
 - i. rotate your body as you touch the ball with outside of foot
 - ii. collect the ball with the sole of the toe
 - iii. pull the ball laterally back across your body

2. the chop

- a. touch once or twice with the outside of the foot before chopping the ball across the front of your body with the inside of the same foot selling the fake kick to deceive the defender
- b. using the chop with the base system and using both feet
- c. establish rhythm using quick feet, the setup and getaway with the chop using both feet
- d. execute the move against passive defender with both feet
- e. things to remember
 - i. you must rotate your body completely sideways
 - ii. wind up your arm that is opposite the foot executing the move
 - iii. your plant foot must be away from the ball to allow proper spacing
 - iv. wrap the foot executing the move around the ball to control it

3. pull behind standing leg

- a. using the sole of your toe pull the ball diagonally backwards behind your standing leg, temporarily take your foot off the ball; then play it behind your standing leg; limit yourself to two touches
- b. using the pull behind standing leg with the base system and using both feet
- c. establish rhythm using quick feet, then setup (initial lateral touch) and getaway with the pull behind standing leg using both feet
- d. execute the move against passive defender with both feet

- e. things to remember
 - i. plant foot must be next to ball
- 4. double foot pull
 - a. use the sole of the toe of your foot to pull ball back diagonally to the opposite foot, then touch it with the inside of the opposite foot, pivot, and take away with the outside of 2nd foot
 - b. using base system, immediately play outside of foot then double touch
 - c. against passive defender: double touch then pull back and getaway with outside of opposite foot
 - d. things to remember
 - i. take a pivot step in order to shift your weight
- 5. chop behind standing leg
 - a. wind up to sell the fake, then chop ball behind the standing leg
 - b. using the base system
 - c. things to remember
 - i. rotate your body completely sideways
 - ii. wind up your arm opposite the foot executing the move
 - iii. place your plant foot in front of the ball
 - iv. collect the ball with the inside of your foot
- 6. the foot around
 - a. touch with outside of foot twice, then scissor around ball with same foot, then take away with outside of opposite foot
 - b. with base system: outside-inside-touch-foot around
 - c. after quick feet: touch-foot around-outside getaway-getaway
 - d. things to remember
 - i. bend your knees
 - ii. take a short step
 - iii. don't reach; keep the ball underneath your body