**BALL MASTERY**
**CHECKLIST**

| **BALL MASTERY 1: FUNDAMENTALS** | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Rolling the ball with the Sole of your Foot | | | | | | | | | | | | | |
| Drawback and Push with the Laces | | | | | | | | | | | | | |
| Drawback and Push with the Inside of Foot | | | | | | | | | | | | | |
| Drawback and Push with the Outside of Foot | | | | | | | | | | | | | |
| Tap, Tap Squeeze | | | | | | | | | | | | | |
| Triple Sole Drag | | | | | | | | | | | | | |
| Tap, Tap Roll (drag) | | | | | | | | | | | | | |
| Scissors Drag | | | | | | | | | | | | | |
| Scissors Push with the Outside of Foot | | | | | | | | | | | | | |
| Step-over Drag | | | | | | | | | | | | | |
| Pattern Dribbling: Inside/Outside Rt; then Left | | | | | | | | | | | | | |
| Pattern Dribbling: Inside Rt/Outside Lt/Inside Lt/Outside Rt-Repeat Pattern | | | | | | | | | | | | | |
| Tap, Tap Right Chop (cut) with Inside of Foot; then repeat Left | | | | | | | | | | | | | |
| Tap, Tap Right Trap and Pivot with Sole of Foot; then repeat Left | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| **BALL MASTERY 2: INTERMEDIATE** | | | | | | | | | | | | | |
| Drawback "V" Push the Ball with the Outside of the Drawback Foot | | | | | | | | | | | | | |
| Drawback "V" Push the Ball with the Inside of the Drawback Foot | | | | | | | | | | | | | |
| Sole Drage | | | | | | | | | | | | | |
| Figure 8- Right Foot Only; Left Foot Only; Both Feet | | | | | | | | | | | | | |
| **UPS and BACKS with a Directional Change:** Chop (cut) with inside of Foot; | | | | | | | | | | | | | |
| Hook with Outside of Foot; Trap and Pivot with Sole of Foot; Step-Over | | | | | | | | | | | | | |
| Chop; Step-Over Hook with the Outside of Foot | | | | | | | | | | | | | |
| Tap, Tap Scissors | | | | | | | | | | | | | |
| Spin | | | | | | | | | | | | | |
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| **DIRECTIONAL CHANGES (TURNS)** | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Chop (cut) with Inside of Foot | | | | | | | | | | | | |
| Hook (cut) with the Outside of Foot | | | | | | | | | | | | |
| Trap and Pivot with the Sole of the Foot | | | | | | | | | | | | |
| Trap Drawback with the Sole of the Foot and Change Direction | | | | | | | | | | | | |
| Soccer Ballet | | | | | | | | | | | | |
| Cruyff | | | | | | | | | | | | |
| Scissors followed by a move (Drag, chop, push with outside of foot) | | | | | | | | | | | | |
| Step-Over followed by a move (drag, chop, hook) | | | | | | | | | | | | |