

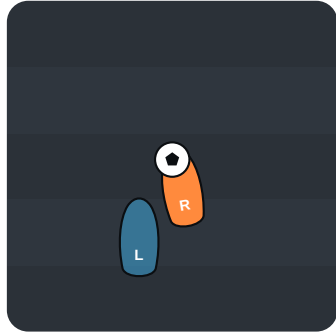
LEVEL 1 · BALL MASTERY

Toe Taps

Made famous by the Coerver ball-mastery drills

1. Ball still in front of you. Knees bent, up on your toes.
2. Tap the TOP of the ball with the bottom of your right toes.
3. Swap! Right foot down, LEFT toes tap the top.
4. Right... left... right... like running on the spot!
5. Do 20 taps, rest, then try it looking UP.

Safety: If you stamp on the ball you can roll off it and twist an ankle. Tap the top softly.



Step 2, seen from above (up = forwards)

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Practised with your LEFT foot too? Write L in the box!

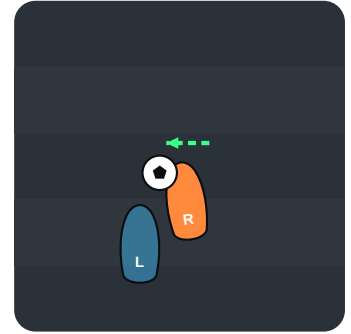
LEVEL 1 · BALL MASTERY

Sole Rolls

Made famous by futsal players (in one study, a top team stopped the ball with the sole 3 times out of 4)

1. Put the sole of your right foot on top of the ball.
2. Roll it LEFT, across the front of your body.
3. Stop it with the sole of your LEFT foot.
4. Now roll it back to the RIGHT.
5. Stop it with your right sole. Left, right, left... keep rolling!

Tip: Keep your weight on your standing leg, not on the ball. Little hops help.



Step 2, seen from above (up = forwards)

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

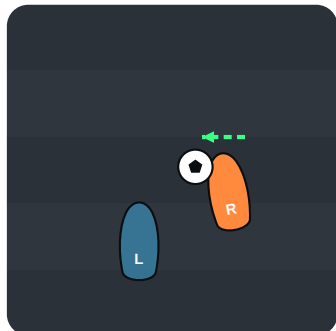
Practised with your LEFT foot too? Write L in the box!

LEVEL 1 · BALL MASTERY

Inside–Outside Taps

1. Ball just in front of your RIGHT foot.
2. Tap it RIGHT with the OUTSIDE of your right foot. One shoe-width!
3. Tap it back LEFT with the INSIDE of the same foot.
4. Out... in... out... in. Like a windscreen wiper!
5. Hop lightly on your left leg. 20 taps, then switch feet.

Tip: Soft touches, ball close. The elastico (Level 3) is two of these squeezed into one!



Step 3, seen from above (up = forwards)

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

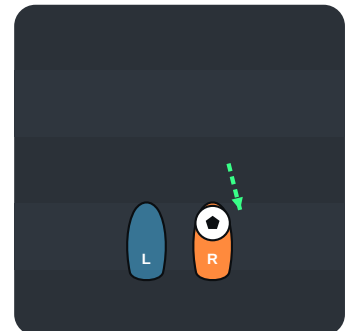
Practised with your LEFT foot too? Write L in the box!

LEVEL 1 · BALL MASTERY

Keepy-Uppies

1. Hold the ball out, then drop it onto your right laces.
2. Kick it gently straight UP (only waist high!) and catch it.
3. Next: drop, kick, kick, catch. Then try three!
4. Use your LEFT laces too. Lock your ankle, toes up a little.
5. Right, left, right... beat yesterday's record!

Safety: Feet and thighs only at your age. Save heading practice for when you're older.



Step 1, seen from above (up = forwards)

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

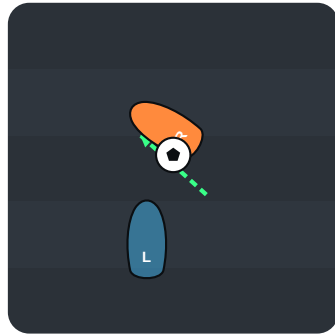
Practised with your LEFT foot too? Write L in the box!

LEVEL 2 · BEAT YOUR PLAYER

Step-Over

Made famous by Ronaldo of Brazil in the 1990s

1. Dribble at the defender, ball between your feet.
2. Lean LEFT and swing your right foot over the FRONT of the ball. Don't touch it!
3. Plant it down on the far LEFT side. The defender goes that way too!
4. Now push the ball RIGHT with the OUTSIDE of that same right foot.
5. BURST away into the space!



Step 2, seen from above (up = forwards)

Tip: Lean your shoulders with the fake. The defender watches your body, not the ball.

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

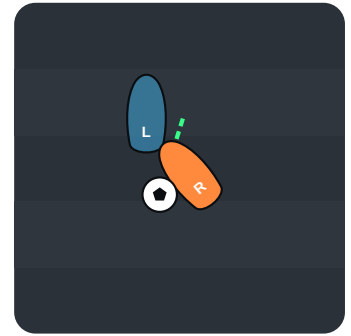
Practised with your LEFT foot too? Write L in the box!

LEVEL 2 · BEAT YOUR PLAYER

Cruyff Turn

Made famous by Johan Cruyff at the 1974 World Cup

1. Dribble with the ball just in front of you.
2. Pretend to SHOOT: plant your left foot just past the ball, swing your right leg back.
3. DON'T kick! Drag the ball BEHIND your left leg with the inside of your right foot.
4. SPIN! Turn your body to follow the ball.
5. Speed away in the new direction!



Step 3, seen from above (up = forwards)

Tip: Really SELL the fake shot. Slow down near the defender, then zoom away after the turn.

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

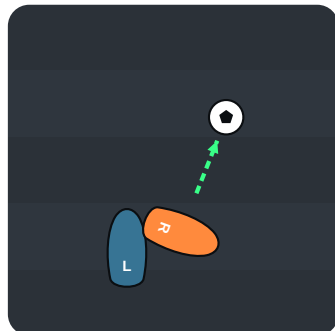
Practised with your LEFT foot too? Write L in the box!

LEVEL 2 · BEAT YOUR PLAYER

V-Move

Made famous by Ferenc Puskás at Wembley, 1953

1. Ball in front of your LEFT foot. Put your right sole on top of it.
2. Pull it BACK with your sole, towards where your right foot was.
3. Turn your foot out and push the ball FORWARD-RIGHT with its inside.
4. Accelerate after it. The ball just drew a V!



Step 3, seen from above (up = forwards)

Safety: Keep your standing knee soft and don't put your weight on the ball, or you can roll off and fall.

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

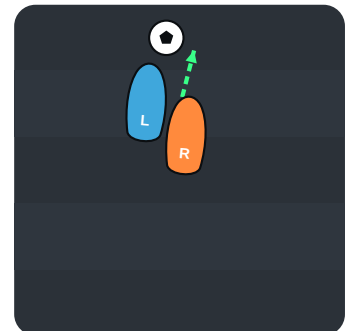
Practised with your LEFT foot too? Write L in the box!

LEVEL 2 · BEAT YOUR PLAYER

La Croqueta

Made famous by Andrés Iniesta, who learned it from Michael Laudrup

1. Dribble slowly at the defender, ball between your feet.
2. When they reach out a leg, tap the ball LEFT with the inside of your right foot...
3. ...onto the inside of your LEFT foot, and push it straight FORWARD past them.
4. Let your body carry you through the gap. Left-right-GONE!



Step 4, seen from above (up = forwards)

Tip: Tiny, quick touches. It's brilliant when TWO defenders come at you: split them!

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

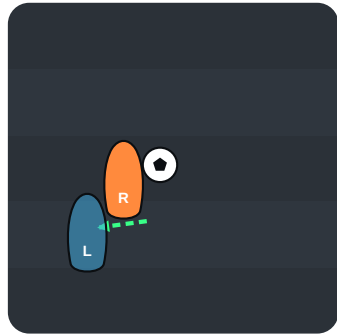
Practised with your LEFT foot too? Write L in the box!

LEVEL 2 · BEAT YOUR PLAYER

The Matthews

Made famous by Sir Stanley Matthews, the Wizard of Dribble

1. Ball in front of your right foot. Lean your body LEFT.
2. **PUSH:** a tiny tap to the left with the inside of your right foot.
3. **HOP** a little to the left, like you're going that way...
4. ...**TAKE:** flick it back RIGHT with the outside of the same foot!
5. Your body said LEFT. Your foot said RIGHT. Gotcha!



Step 3, seen from above (up = forwards)

Tip: Keep your foot close to the ball the whole time. Push, hop, take!

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

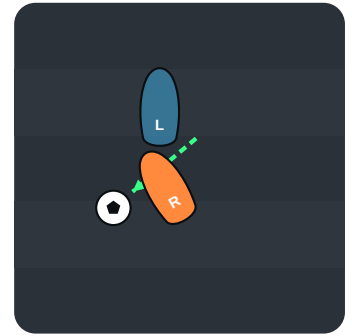
Practised with your LEFT foot too? Write L in the box!

LEVEL 2 · BEAT YOUR PLAYER

Ronaldo Chop

Made famous by Cristiano Ronaldo as a young winger

1. Run forward with the ball.
2. Step your left foot just past and beside the ball.
3. Swing your right foot **BEHIND** your left leg and chop the ball with its inside.
4. Turn and run after it!



Step 3, seen from above (up = forwards)

Tip: It's a Cruyff turn on the run. Don't stop, just chop! Try it at walking speed first.

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

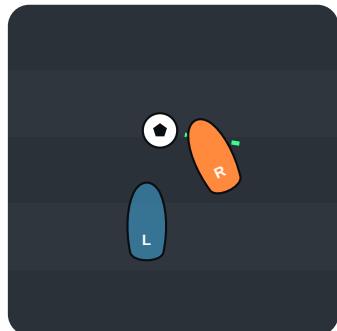
Practised with your LEFT foot too? Write L in the box!

LEVEL 3 · SHOW-OFF

Elastico

Made famous by Rivellino at the 1970 World Cup (it's credited to Sérgio Echigo)

1. Dribble slowly, ball in front of your right foot.
2. Push it a little RIGHT with the outside of your foot, near your little toe.
3. Keep your foot **ON** the ball and wrap it round to the other side...
4. ...and **SNAP** it back LEFT with the inside. Two touches, **ONE** movement!
5. Explode past the defender!



Step 4, seen from above (up = forwards)

Tip: Learn it standing still, then walking, then jogging. Your foot never leaves the ball.

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

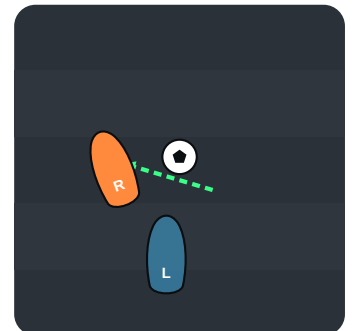
Practised with your LEFT foot too? Write L in the box!

LEVEL 3 · SHOW-OFF

Double Step-Over

Made famous by Cristiano Ronaldo's lightning step-overs

1. Ball still between your feet. Defender in front!
2. Step over with your **RIGHT** foot, towards the left...
3. ...then straight away your **LEFT** foot, towards the right!
4. Defender leaning right? Push the ball **LEFT** with the outside of your left foot.
5. Burst away! Two fakes make a defender **DIZZY**.



Step 2, seen from above (up = forwards)

Tip: Small, **FAST** steps. Quick feet beat high legs. Keep the ball still between them.

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Practised with your LEFT foot too? Write L in the box!

LEVEL 3 · SHOW-OFF

Roulette

Made famous by Maradona, Michael Laudrup and Zinedine Zidane

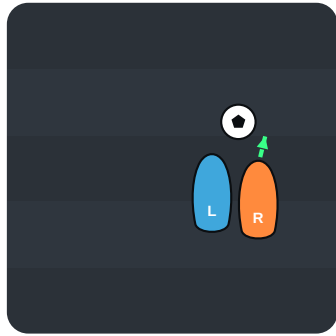
1. Dribble, then STOP the ball with the sole of your right foot.
2. Drag it BACK towards you...
3. ...plant your right foot just in front of your left, and start to SPIN...
4. Back to the defender! Put your LEFT sole on the ball...
5. ...and drag it round as you keep turning.
6. Finish the spin facing forwards, and GO!

Safety: Learn it slowly. Practise in trainers or boots on grass, never in socks on a smooth floor.

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Practised with your LEFT foot too? Write L in the box!



Step 6, seen from above (up = forwards)

LEVEL 3 · SHOW-OFF

Rabona

Made famous by Ricardo Infante (1948) and Erik Lamela (2021)

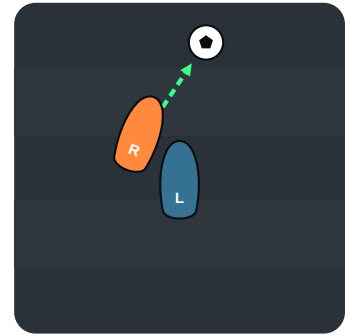
1. Plant your LEFT foot firmly beside the ball, with the ball just to its outside.
2. Lean back a little, arms out, and swing your right leg BEHIND your left.
3. Kick the ball from BEHIND your standing leg, low on the ball.
4. Follow through towards your target. RABONA!

Safety: Tangled legs mean falls! Learn it slowly on grass, kicking a still ball softly, with nobody close.

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Practised with your LEFT foot too? Write L in the box!



Step 4, seen from above (up = forwards)

LEVEL 3 · SHOW-OFF

Around the World

Made famous by circus jugglers Enrico Rastelli and Francis Brunn

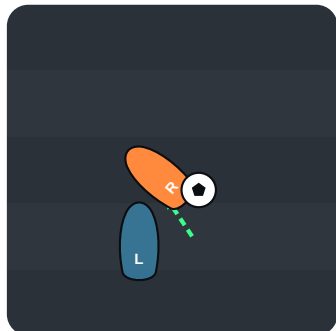
1. First: steady keepy-uppies on your right foot.
2. Give it one kick a little higher and softer, straight UP.
3. Swing your foot round the ball: inside first...
4. ...round the front...
5. ...round the outside...
6. ...and back UNDER it in time to kick again. Around the world!

Tip: Your foot does a lap of the ball while it's in the air, like the Moon going round the Earth.

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Practised with your LEFT foot too? Write L in the box!



Step 3, seen from above (up = forwards)

LEVEL 4 · LEGENDS

The Panenka

Made famous by Antonín Panenka in the Euro 1976 final

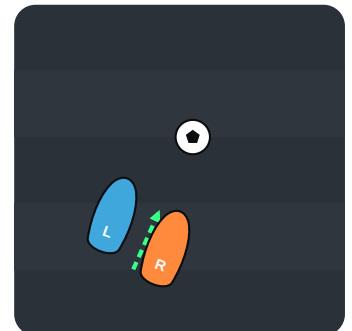
1. Run up like you're going to BLAST it into a corner.
2. Last step: plant your left foot. Watch the KEEPER, not the ball!
3. The keeper dives! Slide your foot UNDER the ball and dink it softly.
4. It floats like a feather... right into the middle of the goal!

Tip: Only works if the keeper dives early. If they stay in the middle, it's the easiest save in the world!

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Practised with your LEFT foot too? Write L in the box!



Step 1, seen from above (up = forwards)

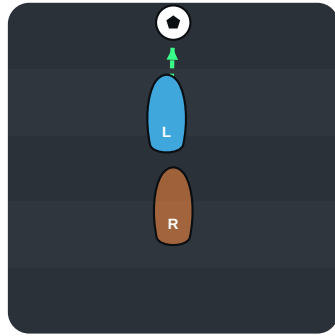
LEVEL 4 · LEGENDS

Rainbow Flick

Made famous by Jay-Jay Okocha, over Ray Parlour in 2003

1. Ball between your feet.
2. Left foot in FRONT of the ball, right foot BEHIND it.
3. Roll the ball UP the back of your left heel with your right sole.
4. FLICK your left heel up hard. The ball flies over your head!
5. Look up, find it, chase it!

Safety: Practise on grass with lots of space and nobody standing close.



Step 4, seen from above (up = forwards)

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Practised with your LEFT foot too? Write L in the box!

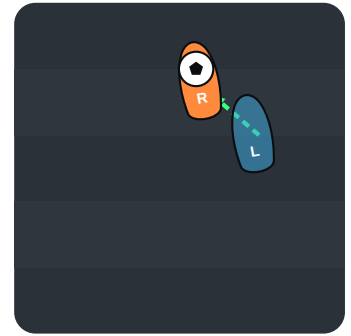
LEVEL 4 · LEGENDS

Sombrero Flick

Made famous by Pelé, aged 17, in the 1958 World Cup final

1. The ball drops towards you (or flick it up with your toe).
2. Scoop under it with your toes. Pop it JUST over the defender's head.
3. Nip AROUND the defender while it's in the air.
4. Catch it on your foot before it bounces!

Tip: Practise lifting the ball over a cone or a chair first. It only has to clear their head!



Step 4, seen from above (up = forwards)

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Practised with your LEFT foot too? Write L in the box!

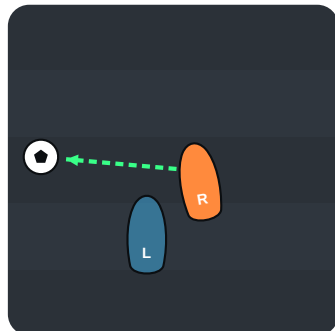
LEVEL 4 · LEGENDS

No-Look Pass

Made famous by Ronaldinho

1. BEFORE the ball comes, peek: where's your teammate? (On your LEFT.)
2. Control it in front of you.
3. Turn your head and look RIGHT. Don't look at your teammate!
4. Now pass LEFT with the inside of your right foot. Firm and simple!

Tip: Your eyes tell a fib and your foot tells the truth. Know where your friend is FIRST.



Step 4, seen from above (up = forwards)

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Practised with your LEFT foot too? Write L in the box!

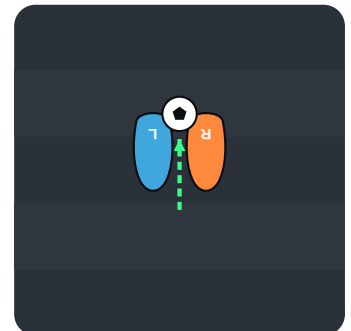
LEVEL 4 · LEGENDS

Scorpion Kick

Made famous by René Higuita, a goalkeeper, at Wembley in 1995

1. Crash mat down? Grown-up watching? Then a soft, looping ball comes at you.
2. Fall forwards onto your hands, ON THE CRASH MAT.
3. Arch your back like a scorpion's tail and swing both heels up over your head...
4. ...SMACK! Your heels send it back where it came from.

Safety: Crash mat (or a mattress on the FLOOR) ONLY, with a grown-up watching. Never on hard ground. Learn to fall first (Chapter 7)!



Step 3, seen from above (up = forwards)

I practised it! Tick a box each time:

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Practised with your LEFT foot too? Write L in the box!

The 30-Day Skill Challenge

One small task a day, about ten minutes. Colour in the circle when you have done it.

Day 1 50 toe taps. Count out loud! ☐	Day 2 Sole rolls: 20 each way. ☐	Day 3 Keepy-uppies: drop, kick, catch x10. ☐	Day 4 Inside–outside taps: 20 each foot. ☐	Day 5 Toe taps looking UP, not down. ☐
Day 6 Keepy-uppies: set your record! ☐	Day 7 Teach a grown-up toe taps. ☐	Day 8 Step-over, standing still. 10 each foot. ☐	Day 9 Cruyff turn, walking. Fake, hide, go! ☐	Day 10 Step-over at a shoe "defender". ☐
Day 11 V-move: draw 10 Vs with the ball. ☐	Day 12 La Croqueta between two shoes. ☐	Day 13 Weak foot only: 3 minutes of touches. ☐	Day 14 Easy day: just beat your keepy-uppy record. ☐	Day 15 The Matthews: push, hop, take x10. ☐
Day 16 Ronaldo chop at walking speed. ☐	Day 17 Combo: step-over, then Cruyff turn. ☐	Day 18 1-minute toe-tap test. Write it down! ☐	Day 19 Elastico standing still. S-l-o-w! ☐	Day 20 Double step-over at a shoe. ☐
Day 21 Roulette, slowly. Spin both ways. ☐	Day 22 Weak-foot day: every trick with your weaker foot. ☐	Day 23 Rest day! Sleep may help skills stick. ☐	Day 24 Around the world: 10 tries. ☐	Day 25 Rabona: soft kicks, on grass. ☐
Day 26 Rainbow flick: count your fails! ☐	Day 27 Panenka with a grown-up in goal. Make them dive first! ☐	Day 28 Pick your 3 best tricks. Make a combo! ☐	Day 29 1-minute toe-tap test again. Better? ☐	Day 30 Show a grown-up your 5 best tricks! ☐

30 days! You are a Street Skills Master. Now go and nutmeg someone (nicely).