



The Scissors.

Dribble ball towards the cone and have both feet to the right of the ball

As you approach lift your left foot over the top of the ball and plant it 12 inches to the left

As you do this dip your shoulders to the left and fake a move in that direction

Then quickly bring your right foot around behind the ball so that you can play away with the outside of that foot

The ball should be played at a forty five degree forward angle

Explode five yards to finish between the flags