



The Cruyff

- Dribble with a ball to a cone approx 10-15 yards away
- Slow down as you approach cone taking smaller steps
- As you approach cone set up as you are going to strike the ball with your right foot
- Place non-kicking foot alongside ball
- Instead of striking the ball with your right foot, pretend to strike it
- Then swing your right leg over and hook it around the far side of the ball
- Exaggerate arm swing when you are pretending to kick the ball
- Follow this by flicking the ball through your legs with the inside of your right foot
- Spin out keeping your body low, looking to create space and the penetrating pass
- Accelerate after turn to get away from opposition