



The Stanley Matthews

Dribble ball towards cone

As you get close to cone touch the ball six inches with the inside of the right foot

At the same time make a big hop 24 inches sideways to the left with your left foot

Be sure to dip your left shoulder as you hop

Then push off and move the ball forward and to the right with the outside of your right foot

Accelerate away past the cones and stop the ball in between the other flags

When performing this move, look to develop a convincing body fake and a quick change of direction