



Nor Cal Rush Soccer Bronze Skills Passport

Name: _____

Inside Chop

a. dribble ball under control (outside Laces)

b. use inside of foot to cut "Chop" ball

c. change the direction of the ball

d. keep ball under control

e. accelerate into space

Outside Chop

a. dribble ball under control (outside Laces)

b. use outside of foot to cut "Chop" ball

c. change the direction of the ball

d. keep ball under control

e. accelerate into space

Pullback

a. dribble ball under control (outside Laces)

b. use sole of foot to pull ball back

c. change the direction of the ball

d. keep ball under control

e. accelerate into space