



Turning Exercise: The Cruyff

Here is another move that is great for changing directions, maintaining ball control, and protecting the ball from defenders. Bobby Burling demonstrates how to do it in this video. Here are the coaching points:

Coaching Points

- Use the inside of the foot to drag the ball behind our other foot.
- As we change direction we push the ball with the outside of our foot.
- Maintain a low center of gravity.

DESCRIPTION