**Technical Ball Skills for Academy**

Inside/Outside Same Foot

Shuttles in 3s

One player has ball, dribbles at passive defender, beats defender, change ends

Outside/Inside Alternate Feet

Short-Short-Long

Two players have ball and do same move at each other

Roll it/Catch it

Follow your pass around grid, or in another pattern

Toe Tap

Lunge

Tap-Tap-Roll

Dutch circle

Scissor

In-In-In-Out

Cut Catch

Roll Out Tap In

Free pass and move

In/Out

Tap Scissor

Drag and turn

Lima Bean

Pass and move with combination

Pass chase force first touch