



★ RECREATIONAL ★ COACHING CURRICULUM

STEP FAKE

STEP 1: The ball should be directly in front of the player as they dribble and before executing the move.



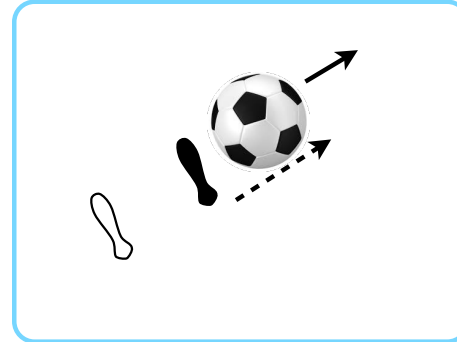
STEP 2: The player's non-kicking foot should step to the outside of the ball, bend their knee and drop their shoulder.



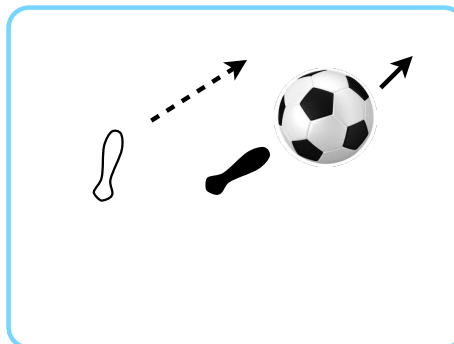
STEP 3: The player's kicking foot should come to the inside of the ball, while doing this fake to pass or shoot.



STEP 4: After faking, push the ball out diagonally with the outside of the kicking foot.



STEP 5: In the same motion as STEP 4, turn your non-kicking foot and body to accelerate out into the space.



STEP 6: Explode into the space leaving the defender behind you.