



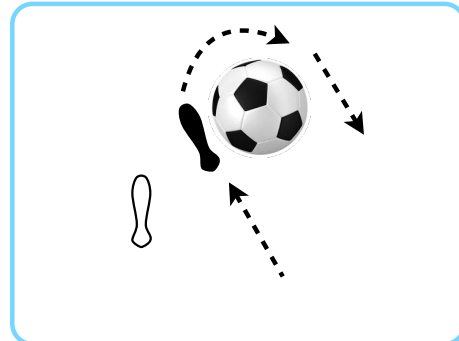
★ RECREATIONAL ★ COACHING CURRICULUM

SCISSORS MOVE

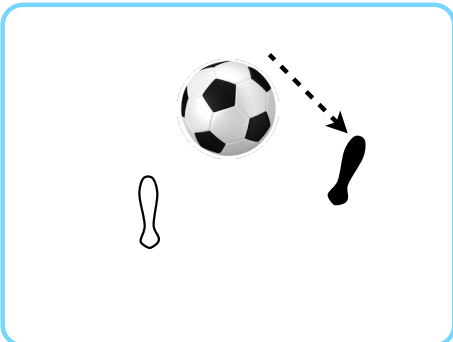
STEP 1: The ball should be directly in front of the player as they dribble and before executing the move.



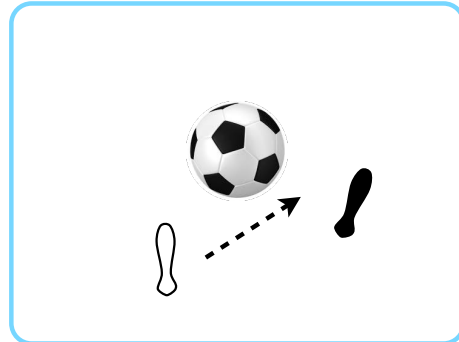
STEP 2: The player's non-kicking foot (black) should circle the ball (inside to outside).



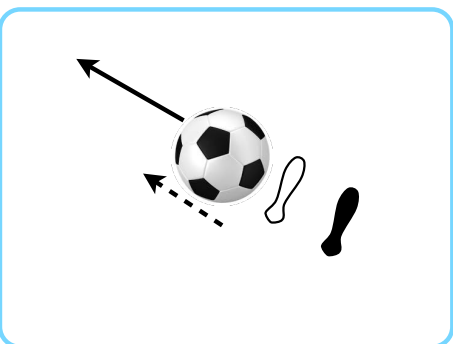
STEP 3: When the player's non-kicking foot (black) steps down, they should bend their knee and drop their shoulder.



STEP 4: After the player's non-kicking foot steps down, the kicking foot should come to the inside of the ball.



STEP 5: In the same motion as Step 4, the kicking foot should push the ball diagonally past the defender.



STEP 6: As the ball is pushed, both feet should swivel and the player should accelerate with the ball.

