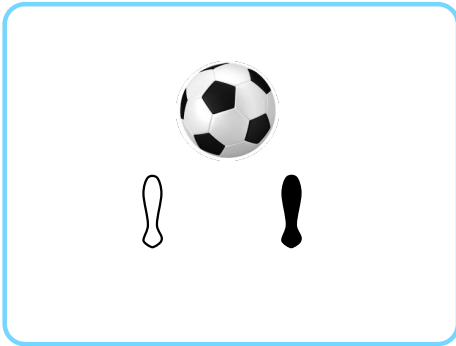




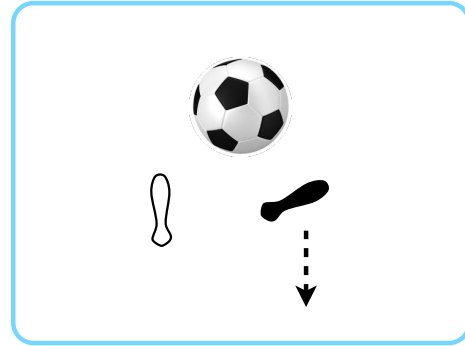
★ RECREATIONAL ★ COACHING CURRICULUM

INSIDE CUT MOVE

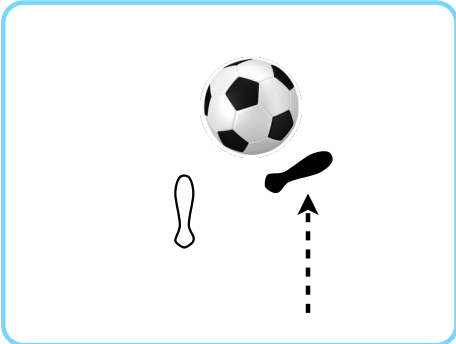
STEP 1: The ball should be directly in front of the player as they dribble and before executing the move.



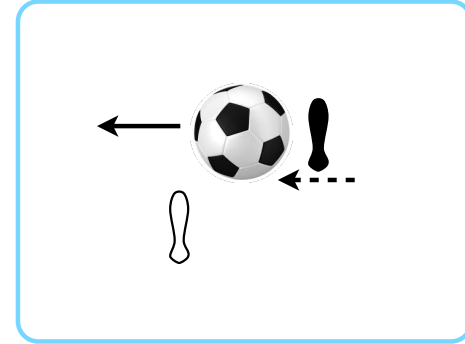
STEP 2: The players kicking foot should move back to show that they are about to pass or shoot the ball.



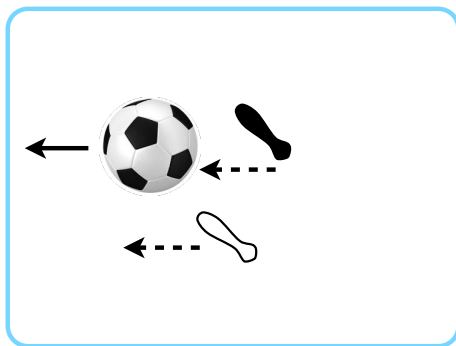
STEP 3: As the players foot moves forward they should either show their inside of the foot to pass or laces to shoot



STEP 4: As the foot approaches the ball, move it to the side and strike it directly across the body.



STEP 5: In the same motion as STEP 4, step down with the kicking foot and swivel your non-kicking foot.



STEP 6: Accelerate after the ball and into the space beating the defender.