

FITZ'S FAST FEET...

The difference between Ordinary and Extraordinary, is that little EXTRA!

- 1) Pull ball back with inside of right foot (across body) Take away with the outside of the left foot.
- 2) Dribble Right and cut ball back with the outside of left foot (2nd part of #1)
- 3) Cut ball across the body with the inside/outside of the same foot (zig-zag).
- 4) Turn ball (back) across body (outer foot-toe) then with the inside of the other foot.
- 5) Step over ball (ball should be between your feet) take away with outside of other foot. (#2)
- 6) Step on ball with outer foot. Bring other foot across the ball, step outer foot on ground and take away with outside of other foot. (#2)
- 7) FAKE SHOT- Draw ball behind body and touch to the other side with inside of foot, repeat #2.
- 8) Draw ball back with toes of inside foot-spin and take away with inside of the same foot.

