20 SECOND
V TURN

CHOOSE YOUR OPTION:
(RIGHT TO LEFT / LEFT TO RIGHT CONTINUOUS)

1. V BEHIND

2. V INFRONT SOLE / OUTSIDE OF FOOT

3. V INFRONT SOLE / INSIDE OF FOOT

4. V INFRONT SOLE / OUTSIDE OF OPPOSITE FOOT

5. V INFRONT SOLE / INSIDE OF OPPOSITE FOOT

PCS PLAYER CENTERED SPORTS

PCS PLAYER CENTERED SPORTS

20 SECOND
HALF
MARADONA

CHOOSE YOUR OPTION:
(RIGHT TO LEFT / LEFT TO RIGHT CONTINUOUS)

1. RIGHT FOOT / LEFT FOOT

2. RANDOM ORDER

3. SAME FOOT

PCS PLAYER CENTERED SPORTS

20 SECOND
DOMINATOR

CHOOSE YOUR OPTION:
(RIGHT TO LEFT / LEFT TO RIGHT CONTINUOUS)

1. ROLL ACROSS BODY

2. ROLL WITH SOLE & STOP WITH INSIDE

3. TAP TAP ROLL

4. ROLL WITH SAME FOOT ACROSS / UNCROSS

5. ROLL ACROSS, TAP FORWARD

PCS PLAYER CENTERED SPORTS

20 SECOND
CRUYFF
TURN

CHOOSE YOUR OPTION:
(RIGHT TO LEFT / LEFT TO RIGHT CONTINUOUS)

1. CRUYFF TURN, PUSH AWAY WITH OUTSIDE OF OTHER FOOT

2. CRUYFF TURN RIGHT FOOT INTO LEFT FOOT WITHOUT EXTRA TOUCH

3. CRUYFF TURN RIGHT FOOT, PULL BACK WITH LEFT FOOT AND PUSH WITH INSIDE OF RIGHT

PCS PLAYER CENTERED SPORTS

20 SECOND
U TURN

CHOOSE YOUR OPTION:
(RIGHT TO LEFT / LEFT TO RIGHT CONTINUOUS)

1. U TURN / PUSH OUTSIDE OF OPPOSITE FOOT

2. U TURN RIGHT FOOT CONTINUOUS

3. U TURN LEFT FOOT CONTINUOUS

4. U TURN LEFT FOOT AND RIGHT FOOT CONTINUOUS WITHOUT ANY EXTRA TOUCHES IN BETWEEN

5. DOUBLE U TURN WITH SAME FOOT AND SWITCH TO OPPOSITE FOOT

PCS PLAYER CENTERED SPORTS

20 SECOND
STEP OVER / SCISSORS

CHOOSE YOUR OPTION:
(RIGHT TO LEFT / LEFT TO RIGHT CONTINUOUS)

1. STEP OVER & PUSH WITH OUTSIDE OF OPPOSITE FOOT

2. STEP OVER TURN & PUSH WITH INSIDE OF OPPOSITE FOOT

3. SCISSORS RIGHT / PUSH OUTSIDE LEFT & REPEAT OPPOSITE WAY

4. STEP OVER / SCISSORS

5. SCISSORS / STEP OVER

6. RANDOM COMBO