The Foundation: Star Pattern, Across The Box
Emphasis On: Accurate Technical Execution, Foot Speed, Balance, Coordination, and Agility

Lace Dribble Jogging:
Curl Walk:
Curl Walk, Skipping:
Curl Walk Running:
Reverse Curl Walk: (Balance & coordination exercise)
Happy Feet Forward/Backwards: (1/2 way switch from forward to backward)
Four Touch Turning, Clockwise Counter Clockwise: (alternate feet)
Happy Feet Sideways: (four touches then turn in opposite direction-4 touches to turn)
Step On, Lace Tap Forward: (one touch variation, alternate feet)
Roll it Right Foot, Inside, Inside, Roll it Left Foot, Inside, Inside:
Inside Outside:
Roll It, Inside Outside:
Inside Right, Outside Left: (double scissors 1⁄2 way)
Inside Outside Right, Inside Outside Left: (double scissors 1⁄2 way)
Toe Touches Forward 1⁄2 way switch to Backwards:
Two Lace Dribbles, Pullback:
Cut Behind the Leg:
Pullback, Cut Behind the Leg:
Matthews: (alternating feet) Hop to Inside take with Outside
Fake Matthew's w/Scissors: (alternating feet)
Fake Matthew's w/Lunge:
Elastico/Ronaldinho: (alternating feet) Feint to take with Outside take with Inside
Infinite Scissors:
Lace Dribble (four Touches) Double Lunge:
Scissors Right, Matthew's Right-Scissors Left, Matthew's Left: (alternating feet)
Scissors Right, Matthew's Left-Scissors Left, Matthew's Right: (alternating feet)
Roll It, Stop It w/Opposite Foot:
Roll It, Stop It w/Same Foot:
Roll It:
Roll It Step Over: (alternating feet)
Roll It Step Over, Step Over: (alternating feet)
Roll It Step Over, Scissors: (alternating feet)
Roll It Step Over, Scissors, Double Scissors: (alternating feet)
Lace Dribble Draw Back (three touches) Pass Around:
Juninho: (Inside of Foot to Outside of foot behind the standing leg)
Step On, Step Over:
Step On, Step Over, Step Over, Lunge:
Step On, Lunge:
Step On, Side Scissors:
Step On, Drag Through:
Step On, Toe Poke:
Step On, Roll It: (with the sole of the foot)
Juggle:
Rainbow Kick:
Lace Dribble (Sprinting)