



3

Keep turning, stepping over the ball and switching feet to drag the ball back with your

4

left foot this time
Now finish your turn to face the way you were

back of your feet



5

And you'll be facing the way you were originally running
You've got the defender--



6

As you're with the ball in front of you...
... so you're ready to accelerate away!



"At the same time, I turn my whole body to the left. Now, as I'm turning, I switch feet and use my left foot to drag the ball back again. By the time I've gone full circle, I am facing the same way as when I started and I have the ball in front of me. I'm ready to accelerate away."

"That's wicked!" said Robbie. "Sick!"

"Exactly!" smiled Jamie. "OK, your turn now. You'll probably muck it up the first time, but don't worry, I did