



Double Scissors.

Dribble ball towards the cone and have both feet to the right of the ball

As you approach lift your left foot over the top of the ball and plant it 12 inches to the left

As you do this dip your shoulders to the left and fake a move in that direction

Then quickly bring your right foot around behind the ball but don't plant it

Instead lift your right foot over the ball in the opposite direction and dip your shoulders to the right

As you do the scissors with your right foot bring the left foot around behind the ball but don't plant it

Finally explode to the left taking the ball with the outside of your left foot