

Maradonna

First place both feet behind the ball

Gently step on the top of the ball with the sole of your right foot

Hop over the ball by pushing off from your left foot turning in the air to face the opposite direction

Land with your left foot on top of the ball and your right foot planted

Next roll the ball backwards with your left foot , opening your body so it rolls across in front of you

Complete this move by turning as the ball rolls in front of you and then dribble away