

Dodge

The attacking player stands behind the defender, she must transfer weight quickly to one side in order to send the defender one way before sprinting the other way.

Double dodge

The attacker must fake on both sides before sprinting out on the original side of the defender to receive the ball.

Front cut

Attacker runs along side the defender before stopping and quickly cutting inside behind them to receive the ball, this must be done sharply to be effective.

Change of direction

Attacker runs out one way taking their defender with them before very quickly transferring weight to change direction in order to receive the pass.

Change of pace

This time the attacker suddenly changes the pace of their run in order to lose their defender to receive the pass.

Straight sprint

Attacker sprints towards the ball in a straight line leaving the defender behind

1/2 turn

Attacker stands to the side of the defender, rolls so they are back to back and then rolls back to that side and reaches out to receive the ball.

Full turn

Similar to the half turn but this time the attacker starts on one side rolls all the way around the defender to receive the ball on the other side.