



MCS Quick Touch System

2 Starting Systems

1. The Base System – outside left, inside left, outside right, inside right, ect.
2. Quick Feet – tap ball between legs with speed

7 Moves

1. The Pull – pull the ball across your body with the bottom of your foot
2. The Chop – swing your leg around the ball to fake a shot or long pass, then tap the ball across your body
3. The Flick – roll the ball on top of your foot and flick it up about 1 to 2 in. above the ground, then tap the ball across your body
4. Pull Behind Leg – pull the ball behind you, then tap it in front of you with the same leg
5. Chop Behind Leg – swing you leg around the ball, then tap it behind your plant leg
6. The Double Touch – take one touch with the inside of your foot, then simultaneously pivot your standing leg and take a touch with the outside of your other foot
7. Step Over – bring the outside of your foot around the ball from the inside of the ball to the outside, then touch the ball with the outside of your other foot