



Blackburn Rovers Academy

Ball Mastery Program

1. Toe Taps
2. Push Pulls
3. Side to Side
4. Side to Side & Stop
5. Roll Out



Ball Mastery Program

11. Roll Out Behind
12. Step Over & Turn
13. V Move
14. Inside Drag
15. Outside Drag

6. Stop Turn
7. Scissors
8. Outside Hook
9. Inside Hook
10. Double Touch
16. Maradona Turn
17. Ronaldo Chop
18. Inside to Outside
19. Cruyff Turn
20. L Turn