

## The Cruyff Turn

Former Dutch footballer Hendrik Johannes Crujff (better known as Johan Cruyff or the 'total footballer') has a ton of accolades under his belt that we probably wouldn't have the space to list here. What we can share however is the famous soccer move that has now been labelled the 'Cruyff Turn'.

The Cruyff Turn has the element of disguise, fooling players into thinking the ball is headed in a direction that it is inevitably not. To do this move Cruyff would typically look to pass or cross the ball but, instead of kicking it, he would place the ball behind his non kicking foot with the inside of his other foot then make a 180 degree turn and accelerate away.

- **Step 1**  
Align your body and feet like you are going to make a pass – keep non kicking foot next to the ball.
- **Step 2**  
Make it look like you are about to kick the ball, instead use the inside of your foot to drag the ball back behind your standing leg.
- **Step 3**  
Pivot on your standing leg, putting your body between the ball and your opposition. This should ideally be a 180 degree turn.
- **Step 4**  
Accelerate away, cross, pass or make a shot.

To see the Cruyff Turn explained in further detail, check this out:

<http://www.soccer-tricks-exclusive.com/cruyff-turn-soccer-tutorial.html>