

# U10

## **FASTFEET**

1. CRADDLE
2. RAINBOW
3. TWIST & ROLL
4. WALKING ROLL
5. ONE FOOT FIREDANCE
6. FIREDANCE
7. ONE FOOT FIREDANCE FORWARD/BACKWARD
8. MOVING FIREDANCE
9. BOXING
10. INSIDE/OUTSIDE CHOPS
11. SPEED DRIBBLING
12. TRIANGLE
13. THE U
14. MOVING TRIANGLE
15. SLIDE
16. MOVING SLIDE
17. PULL/PUSH WITH THE INSIDE
18. PULL/PUSH WITH THE LACES
19. PULL/PUSH WITH OPPOSITE FOOT
20. THE X
21. INSIDE ROLL & STOP
22. CONTINUOUS ROLL
23. BOXING ½
24. FORWARD INSIDE ROLL & STOP
25. REVERSE HIP HOP

## **MOVES**

1. CUTTING INSIDE
2. CUTTING OUTSIDE
3. PULL BACK
4. SCISSORS
5. STUTTER
6. STEP OVER SAME FOOT
7. STEP OVER OPPOSITE FOOT
8. FAKE SHOT PULL BACK