

BUSC Skills Series: Exposure by Age Group

Skill	Name	U9	U10	U11	U12	U13
Cuts	Twisting Pullback	X				
	Inside Chop	X				
	Outside Chop	X				
	Cruyff	X				
	Shielding Pullback	X				
Moves	Shimmy	X				
	Matthews	X				
	Fake Shot	X				
	Scissors-Double Scissors	X				
	Stepover-Double Stepover	X				
	Wave	X				
	Stop and Go	X				
	Step and Push	X				
Cuts	Corkscrew		X			
	Conte		X			
	Pullback Cruyff		X			
			X			
	Outside Twist Off		X			
Moves	Inside Twist Off		X			
	1-footed V		X			
	2-footed V		X			
	Cristiano Ronaldo		X			
	Maradona		X			
Cuts	Reverse Matthews			X		
Moves	Elastico			X		
	Stepover Scissors			X		
	Zidane			X		
Cuts	Michael Owen				X	
	Kanu				X	
Moves	Licorice				X	
	Reverse Licorice				X	
	Snake				X	
	Reverse Snake				X	
	FREESTYLE	X	X	X	X	