

## Phase 10

### BPNR- FF Outside Nutmeg

#### Summary

Check run the defender away and receive the ball from the passer with the far foot. Immediately play the ball between the defender's legs with the outside of the foot

#### Coaching points

- Check run
- Far foot receive
- Outside of the foot between defender's legs

### AR- Wedge Sole

#### Summary

Taking the ball out of the air cannot always be done without allowing the ball to bounce first. The first way that we're going to deal with the ball off the bounce is using the sole of the foot. With the toe up and heel down put the sole of the foot over the ball as the ball strikes the ground. Press the foot forward and play the ball into the open space in front of you.

#### Coaching points

- Toe up heel down
- Put the sole of the foot over the ball as it bounces
- Press forward into the space in front of you

### OR- CD 45 Outside

#### Summary

This time we have a Committed Defender approaching at a 45-degree angle. Give a little ball fake to the front of the defender. With the dribbling foot, cut the ball behind the defender with the outside of the foot and accelerate away.

#### Coaching points

- CLUE: committed Defender approaching at 45 degrees
- Fake the front of the defender
- Cut the ball with the outside of the same foot behind the defender and accelerate away

### BP- Sole Shield pull back seal

#### Summary

Receive the ball in a sideways position to the defender. This allows us to have an open body position to see passer and defender. It also keeps the ball farther away from the defender as we receive it. Hold the ball with the sole of the foot. As the defender overplays to the front, pull the ball back with the sole of the foot and use the arms and your back to seal the defender as you switch feet and drive away.

#### Coaching points

- Receive the ball sideways on.
- Receive the ball with the sole of the foot, toe up, heel down.
- Wait for Defender to overplay to the front and then pull the ball back.
- Seal with the arms and the back
- Drive away with opposite foot

### BS- Laces Prostep

#### Summary

This time we use the PROSTEP to strike the ball with the laces.

Take one lunge step back from your plant foot. Stand on your kicking foot and swing your plant foot. With one big swing, PROSTEP and land next to the ball with your plant foot pointed at the target. Drive your laces through the center of the ball, keeping your ankle locked through the follow-through.

#### Coaching points

- Plant foot pointed at Target
- Lunge step back
- Swing plant foot and PROSTEP to the ball.
- Drive laces through the ball
- Keep ankle lock through the follow-through