

Phase 11

BPNR-FF scissor attack center

Summary

Use a Check Run to create space from the defender. Receive the ball with the far foot. Immediately scissor with the far foot and attack the center of the field with the outside of the opposite foot.

Coaching points

- Check run
- Far Foot receive
- Scissor with receiving foot
- Attack the center of the field with the opposite foot

AR- Sitting Header

Summary

When training to head a ball, the first technique we focus on is bending at the waist for power. We start in a seated position and our elbows out and our knees extended while in a half sit-up position. Make a target with your hands and have your partner toss the ball to the target hands. Attack the ball with your Hairline while bringing your elbows back and snapping the head forward.

Coaching points

- Eyes open mouth shut
- Strike with the hairline
- Drive your head through your hands
- Drive elbows back

OR- Committed Defender behind, Hip Clues

Summary

When a defender is running alongside an attacker, the defender unknowingly hints as to how he or she may be beat.

Look for the defender's hips. If they are BEHIND the attacker, simply cut in front and gain the positional advantage into the space. "Hips Behind, the Goal is Mine"

If the defender's hips are in front of the attacker, cut the ball behind them and accelerate away. "Hips that Beat Me Cut it Sweetly"

Coaching Points

- Clues: Where are the Defenders HIPS
- "Hips that Beat Me Cut it Sweetly" Cut the ball behind the defender
- "Hips Behind, the Goal is Mine" Drive in front of the defender

BP- Sole Receive Sole Roll

Summary

Receive the ball sideways while in a shielding position. Patiently wait for the defender to commit to your back side. Sole roll and keep the defender on your back while driving away.

Coaching points

- Receive the ball sideways
- Receive with the sole of the foot
- Be Patient and wait for the Defender to overplay
- Sole roll the ball away from the defender sealing them off.

BS- Laces L Prostep

Summary

Start with your plant foot alongside the ball. Next take a lunge step back. Then lunge step to the left or right opposite the foot you're going to kick with. The change here is that we're coming from an angle with a PROSTEP. Therefore, the plant foot has to twist to point at the Target when we land. Make sure that the PROSTEP is long and quick and drive the laces through the ball. Keep a locked ankle through the follow-through.

Coaching points

- Lunge back from plant foot
- Lunge over one step
- Prostep to the ball long and quick
- Twist plant foot to point at target
- Keep ankle locked all the way through the follow-through