

Phase 12

BPNR- Overlap

Summary

Play a square ball, 90 degree pass, to your teammate and run behind him into the open space on the other side. The teammate should attack the center of the field with their first touch before playing the ball back to the overlapping player.

Coaching points

- Square pass
- Second teammate attack the Center to create space and draw the defender.
- First runner overlaps, going behind the team-mate into space.

AR- Kneeling Header

Summary

Arch your back while keeping your elbows up. Make a Target with your hands, head high. Snap at the waist and drive your head through your hands and the ball. Snap at the waist with enough power that your body falls forward. Catch yourself with your hands on the ground.

If you have any concerns about heading being dangerous at a younger age, use any soft ball, or even a balloon. But please make sure the technique is taught correctly. The better the technique the less likely there is of injury as they get older.

Coaching points

- Arch the back, exaggerate!
- Elbows up
- Target hands
- Snap the head through the hands
- Drive the elbows back as you attack the ball

OR- CD behind stop n go, fake stop

Summary

A Committed Defender is running alongside or chasing down the attacker. Fake as if to stop or pull the ball back forcing The Defender to stop or slow their run. Immediately continue on in the same direction.

Coaching points

- Be aware of the Defenders hips
- If they are EVEN fake as if to pull the ball back or even stop the ball
- Continue forward as a Defender slows their run.

BP- Chop

Summary

Line up as if you're going to shoot or drive the ball. Plant your foot behind the ball and chop it back the way you came with the inside of the foot and drive away with the outside of the foot.

Coaching points

- Exaggerate the ball fake
- Plant foot goes behind the ball to clear room in front of it
- Chop the ball back with the inside of the foot opposite the direction of the dribble
- Drive away with the outside of the opposite foot

BS- Laces Natural run-up (no footage)

Summary new line

Take three to four normal steps straight back away from the Target and the ball. Then take three to four steps at an angle and face the ball. Take natural steps and approach the ball at a 45-degree angle. Take a long quick Prostep planting the foot pointed at the Target and driving through the ball with the laces. Make sure to hold the locked ankle all the way through the follow-through.

Coaching points

- 3 to 4 steps back and to the side comfortably
- Run up with a long quick Prostep
- Twist the plant foot point at the Target
- Drive through the ball with a locked ankle with the last shoelace
- Hold the locked ankle position until follow through complete