

## *Phase 13*

### **BPNR- Wall Pass**

#### Summary

The wall pass is the simplest play for two teammates to beat a defender. Play the ball to the teammate who is even with the defender. Make your run behind the defender to receive the ball on the opposite side. Ball should be played with the inside of the foot and returned with the inside of the foot by the teammate.

#### Coaching points

- Play the pass and attack the space by running behind the defender.
- Receive the return pass with the inside of the foot
- Accelerate away

### **AR- Diving header**

#### Summary

The diving header is one of the most spectacular ways to attack the ball. Fortunately, it only requires timing and bravery. Start in a squatting position, eyes on the ball. This time we will use our legs for power, driving our body through the ball. Keep the eyes open and mouth shut. Strike the ball with the hairline.

#### Coaching points

- Eyes open mouth shut  
Drive with the legs towards the ball, arms extended.  
Strike the ball with the forehead and catch yourself with your hands

### **OR- CD behind Ronaldo chop**

#### Summary

A Committed Defender is running alongside the attacker or chasing him down from behind. Pretend as if to kick the ball forward and strike the ball behind the leg with the inside of the foot, accelerating away behind the defender.

#### Coaching points

- Look for the hips being even with or in front of the attacker's hips.
- Fake strike
- Cut with the Inside of the foot behind the leg
- Accelerate away with the outside of the opposite foot

### **BP- Cruyff**

The Cruyff allows a player to quickly change direction with one touch and accelerate away by committing the defender to the fake. Pretend as if to shoot or strike the ball in the direction that you are dribbling. Take a PROSTEP, planting the foot between the ball and the defender. Cut the ball behind the plant foot with the inside of the foot in one touch. Accelerate away with the outside of the opposite foot.

#### Coaching points

- Fake as if to strike or shoot
- Prostep in front of the ball
- Cut the ball behind the leg with one touch with the inside of the foot
- Accelerate away with the outside of the opposite foot

### **BS- Laces Setup touch**

#### Summary

Now we progress to striking a moving ball with the laces. Push the ball out at a 45-degree angle with the outside of the **shooting** foot. Take a long quick Prostep, twisting the plant foot to point at the Target. Strike with a locked ankle through the center of the ball. Follow through at the Target, holding the locked ankle until the follow-through is complete.

#### Coaching points

- Using the outside of the foot push the ball out at a 45-degree angle to Target.
- Prostep long and quick
- Twist plant foot to Target
- Keep a Locked ankle
- Strike through the center of the ball
- Hold locked ankle until follow through is complete