

Phase 14

BPNR-Chop Turn

Summary

A Chop Turn is achieved by turning your back to the defender at a 45-degree angle. Put your hand out to indicate the side of the body that you want the ball on. As you receive the ball from your teammate, cut the ball back across the body to the opposite side and finish the turn. Your body position is your first fake; the defender will start to cheat the way you are facing. Make them believe!

Coaching points

- Back to Defender
- Hand out to indicate the side of the body you would like the ball
- Chop the ball back the opposite way with the inside of the foot and
- complete the turn

AR- Standing Header

Summary

Now we work on heading while standing on our feet. Remember the form that we've been working on so far. The power is found by the snap in the back and neck through the ball, not in the legs. Keep your eyes open and mouth shut. Keep your elbows up for protection. Use your hands in front to create a Target. Alternate placing the left foot or right foot forward. Drive through the ball with the forehead.

Coaching points

- Bend at the waist
- Alternate foot position
- Eyes open mouth shut
- Elbows out
- Drive the forehead through the ball

OR-UCD S runs

Summary

This drill is intended to help you get used to your body weight shifting from side to side as you approach the defender, so that at any moment you can push off to the left or the right with the outside of the foot and drive past them.

Coaching points

- Push the ball straight in front of you with the outside of the foot
- Run in an S pattern shifting your weight from side to side behind the ball
- As you approach the defender, drive away the outside of the foot.

BP- Hook Kata

Summary

Now we are going to work on our passing and receiving while working on our change of Direction with the hook turn. Play the ball at the wall and receive it with the inside of the right or left foot. Drive away with the same foot, straight back away from the wall. Hook the ball with the outside of the foot and return to the starting position. Repeat with the opposite leg.

Coaching points

- Play the ball firmly with the inside of the foot
- Receive the ball with the working foot
- Drive away from the wall
- Act as if you're going to shoot it as you make the hook turn
- Get your plant foot close enough so that you can reach to the back of the ball when you make your turn.

BS- Straight Dribble Setup Touch Laces

Summary

Dribble in a straight line with the outside of the foot for two or three touches. Touch the ball 2-3 yards away at a 45-degree angle. Prostep long and quick towards the ball and drive it into the target with the laces.

Coaching points

- Dribble in a straight line with your three toes.
- 45-degree angle touch with your shooting foot.
- Prostep long and quick
- Strike with the laces
- Drive through the ball with a locked ankle