

Phase 15

BPNR-Hook Turn

Summary

Set your body sideways onto the defender. Put your hand out on the side that you want the ball. Pretend as if to kick the ball and take it away with the outside of your foot. Then switch to the opposite foot to drive away.

Coaching points

- Sideways on
- Hand out to indicate side
- Shot fake
- Take away with the outside of the foot
- Switch feet to protect the ball

AR-Redirect Header

Summary

Bend at the waist and drive across the Flight of the ball as it arrives. Strike it with the forehead keeping the eyes open and mouth shut.

Coaching points

- Drive through from the waist.
- Eyes open mouth shut.
- Elbows up to protect yourself

OR-UCD Head Fake

Summary

The head fake is the most basic of body fakes against an Uncommitted Defender. The purpose is to get the defender to lean and put their body weight on one leg and then drive away in the opposite direction. Drive at the defender with the outside of the foot and take a hard step behind the ball to one side, dropping the shoulder. Push off the foot and drive away with the outside of the opposite foot.

Coaching points

- Approach Defender
- Take a hard Step in One Direction
- Drop The shoulder behind the ball
- Accelerate away with the outside of the opposite foot.

BP- Bob Kata

Summary

Now we work on our change of direction from side-to-side. Play the ball at the wall with the inside of the foot receive it with the same foot. Drive to the side at a right angle to the wall. Use the sole of the foot to make your Bob turn and drive back to the center of the field with the opposite foot. Play the ball at the wall, receiving it with the opposite foot. Repeat on the opposite side.

Coaching points

- Same foot that passes, does the dribbling and the BOB
- Get your hips Square in the center of the field
- Plant foot facing your target when you make the pass

BS- Angled Dribble, Far Post, Inside

Summary

One of the signs of a technical finisher while in the box is their ability to place the ball accurately with the inside of the foot past the keeper. Drive at an angle with the inside leg. Take a setup touch with your 3 toes. With the inside leg, place the ball in the far post with the inside of the foot. Use your big toe knuckle to impart curve to the ball. Aim just outside the post to allow for the bend of the ball to come back in around the keeper.

Coaching points

- Angled dribble with Inside leg.
- Setup Touch with 3 Toes
- Place the ball at the far post with the inside of the foot focusing on the big toe knuckle
- Be calm