

## Phase 16

### **BPNR-Cruyff Turn**

#### Summary

Set up at a 45-degree angle to the defender and with your hand out to indicate the side you want the ball. As the ball comes in receive it with the foot closest to the defender. Knock it behind your other leg to the opposite side and complete the turn.

#### Coaching points

- 45-degree angle to the Defender
- Inside of the foot closest to the Defender.
- Play ball behind the standing leg
- Accelerate away with the same foot

### **AR-Cruyff Wedge**

#### Summary

A Cruyff Wedge, is the Cruyff turn done with a ball that is dropping out of the air. Step in front of the ball as it bounces and cut the ball behind the leg with the inside of the foot. Switch feet and dribble away.

#### Coaching Points

- Time the bounce
- Cruyff with the inside of the foot behind the leg
- Drive away with the opposite foot

### **OR- UCD Scissors**

#### Summary

The scissors movement is exactly the same as the head fake movement with the exception that the foot goes in front of the ball instead of behind the ball. Again we have an Uncommitted Defender with their hips Square to us, so all we need to do is make them lean to one side or the other. Approach the defender at half speed. Move the dribbling foot around the ball opposite the direction you intend to go. Accelerate away with the outside of the opposite foot at full speed.

#### Coaching points

- Clue: Uncommitted Defender with Square Hips
- Approach at HALF speed
- Drive away with the outside of the opposite foot at FULL speed

### **BP- Hook, Bob Kata**

#### Summary

In this drill combine the Bob and Hook movement together. Start out receiving the ball with the right foot off the wall or off your team-mate. Drive out at a 90-degree angle. Do the Bob move with the right foot and come back to the center. Repeat on the left side. Come back to the middle and play the ball into the wall. Receive the ball off the wall and come straight back. Do a hook turn with the receiving foot and then repeat with the opposite foot.

#### Coaching points

- Crisp passes off the wall
- Receive the ball with the foot on the side you want to work
- Exaggerate the shot fakes on all moves
- Quickly square up back in the middle to play the pass into the wall.

### **BS – 1v1 Laces Far Post**

#### Summary

Our objective is to strike the ball to the far post with our laces. Drive the ball across the face of goal to the far post, trying to hit the inside netting of the far post. Approach the uncommitted defender and do any move that would make them move to the left or right (head fake, scissor, etc). Take the ball away with the outside of the shooting foot. Drive the ball back across the face of the goal with the laces.

#### Coaching points

- Use a Uncommitted Defender move
- Take last touch with the outside of the shooting foot
- Short, quick steps to turn the plant foot to the Far Post
- Drive the ball the Far Post with your laces.