

## Phase 17

### BPNR- Gate Turn, Pull Through

#### Summary

For this turn we're going to pull the ball between the defender and ourselves showing the ball to the defender for a second before quickly moving out to the opposite side. Set up at a 45-degree angle. Receive the ball with the inside of the foot and turn towards the defender pulling the ball back and to the side before accelerating away with the outside of the foot.

#### Coaching points

- 45-degree angle
- Use the inside of the foot
- Pull ball between Defender
- Accelerate away with the outside of the foot

### Aerial Receiving- Jumping Header

#### Summary

The same rules apply here as to a standing header. Keep your eyes open, mouth shut, elbows up. Now we use our legs to propel ourselves into the air to reach the ball at its highest point. Find your power from arching your back and snapping the upper body and neck through the ball.

#### Coaching Points

- Eyes open, mouth shut, elbows up
- Time Jump to highest point
- Arch back and snap forward at the waist
- Attack ball with the forehead

### OR- UCD Matthews

#### Summary

Approach the Uncommitted Defender at 50% speed with the inside of the foot. Tap the ball to the inside with the inside of the foot and then immediately to the outside. Try to do this without putting the foot down in between the touches. Use the outside of the foot and drive past the defender.

#### Coaching Points

- Use the inside and outside of the same foot
- Do not put the foot down between the touches
- Explode away with the outside of the foot

### BP- Cruyff Kata

#### Summary

As we do the Cruyff Kata we need to make sure that we make a big shot fake and then the plant foot in front of the ball. This allows plenty of room behind the leg for the touch with the inside of the foot. Square up in the middle, remembering to use the opposite foot to pass and receive and repeat on the other side.

#### Coaching Points

- Big fake
- Plant foot in front of the ball
- One touch behind the leg
- Accelerate away with the outside of the opposite foot

### BS- Turn Shaped Ball Far Post

#### Summary

Use any turn to go towards the inside of the field bend the ball with the inside of the foot to the far post. This makes the Keeper's dive to the ball as far away from him as possible allowing the ball to curve around his outstretched hand and then into the corner

#### Coaching Points

- Any turn to the inside
- plant foot pointed just outside the post
- Inside of the foot big toe knuckle to bend the ball around the keeper to the far post