

Phase 18

BNR- Turn plus Wall

Summary

Make a turn to the outside away from your teammates run. Immediately play the ball back to him between the defender with the outside leg. Receive it back on the other side of the defender before continuing on.

Coaching Points

- Turn away from your teammates run
- Outside leg plays the pass
- Accelerate past Defender

AR-Flick Header

Summary

A Flick header helps the ball continue in the general direction its traveling. Using the top of the head or even the forehead flick the ball on by making contact with the bottom of the ball and moving your head in the direction of travel. Even a slight deflection near the goal can cause the keeper to misjudge the ball.

Coaching Points

- Contact the bottom of the ball
- Use the top of the head to flick the ball in the direction the ball is traveling
- Follow through with the head in the direction of ball

OR-UCD Stepmover

Summary

Approach the uncommitted defender at 50% speed. Cross one foot over the top of the ball and set it down. Drive away with the same foot using the outside of the foot at 100%.

Coaching Points

- Hard swivel of the hips across the ball
- Accelerate away with the same foot
- Use the outside of the foot to continue to protect the ball

BP-Chop Kata

Summary

The Chop Kata is done with a big ball fake making sure that the plant foot goes behind the ball so that when we cut it across our body there's plenty of space. Drive away with the outside of the opposite foot. When you get back to the center square up and use the opposite foot to play the ball. Receive the ball with the same foot and repeat on the opposite side.

Coaching Points

- Big Shot fake
- Plant foot behind the ball
- Chop the ball with the inside of the foot
- Accelerated way with the outside of the foot

BS- Inside Leg, Inside Foot, Far Post

Summary

Having composure inside the box requires a relaxed body and a calm mind. Use the inside leg, farthest from the goal to protect the ball from the defender. Use the inside of the foot to keep the ball low and place it in the corner.

Coaching Points

- Use the inside leg farthest from the goal
- Use the inside of the foot keeping the toe up to make sure the ball stays low
- Place the ball past the keeper in the far post