

Phase 19

BPNR- Rainbow Turn

Summary

Sometimes the ball takes an awkward bounce and having an extra tool in your toolbox to deal with it can be the difference between breaking down the defense and losing possession. With the defender on your back, as the ball comes in, pop it into the air with other foot. Make a half-turn and use your heel to knock the ball over the defender's head. Turn away from the ball and accelerate away.

Coaching Points

- Pop the ball up with the foot farthest from the defender.
- Half Turn
- Use heel to pop ball over defender's head

AR-Outside of foot Flick

Summary

Not every ball it comes to you as you are running is in the right place. Often times the ball will come in at waist height from behind and you need to get the ball in front of you without breaking stride. As the ball arrives from about a 45-degree angle behind you, use the outside of your foot to flick the ball in front and continue your running.

Coaching Points

- Open up your body at a 45-degree angle
- Use the outside of the foot to flick the ball forward
- Play the ball in front of you without breaking stride

OR-Fake Matthews

Summary

Approach the Uncommitted Defender at 50% speed. Touch the ball with the inside of the foot to one side. With the SAME foot, scissor around the ball as if taking it away with the outside. Switch to the opposite foot and drive away with the three toes.

Coaching Points

- Approach Uncommitted Defender at 50% speed
- Inside touch, scissor with the same foot.
- Take away with the outside of the opposite foot at 100%

BP-Hook Cruyff Kata

Summary

Now we are going to combine two changes of direction together. Play the ball into the wall and open up to one side. With a big ball fake, Cruyff the ball behind the leg. Drive back to the center and play the ball into the wall. Repeat on the opposite side. Bring the ball back to center and play the ball into the wall. Receive with the right foot and drive away from the wall. Hook the ball with the outside of the same foot. Play the ball into the wall and repeat with the opposite foot.

Once you have done a left and right Cruyff and a left and right Hook, start the Kata over and continue training.

Coaching Points

- Big ball fakes
- Same foot that receives does the turns
- Square Hips up in the middle

BS- Straight Dribble, COW, Inside Foot

Summary

The purpose of this drill is to work on opening up the hip for a composed finish to the far post, past an on rushing keeper. Dribble in a straight line towards the end line. Cow the defender with the outside of the foot. Open up the inside leg and use the inside of the foot to curl the ball to the back post.

Coaching Points

- 1 foot does all the work
- Dribble with the three toes
- Cow the defender with the three toes
- Open up the inside leg
- Place it at the far post with the inside of the foot