

Phase 2

Ball Protection: Between

Gaining position on a defender is the first step to winning possession or keeping possession. Getting "Between" is a simple concept, but it has to be made into a habit.

- Get "Between" the opponent and the ball.
- Step in with the inside leg and make yourself big. Arms out, knees bent and get strong!
- Deal with the ball AFTER getting "Between"

Aerial Receiving: Inside Wedge

When you cannot take the ball directly out of the air, one of the most common ways is to cover the bounce with the inside of the foot, flattening the balls flight to the side.

- Angle the knee in and the foot out.
- Cover the ball with inside of the foot as it hits the ground
- Lean the way you want the ball to travel and dribble away.

Ball Striking: Pro Step, Inside

Players that strike the ball well have a long, airborne step as their last stride. We call this the PRO STEP. It insures a good plant foot, strength as well as momentum for the follow through.

- Put your plant foot alongside the ball
- Lunge back with your Shooting foot and stand up
- Stand on your Shooting foot and swing your Plant foot
- Throw your body in the air and land your plant foot next to the ball
- Strike it with the inside of the foot, toe up and out.

Body Position and Receiving: Drift Run, Far Foot

Time and Space are a player's best friends. A Drift Run separates you from the defender. Receiving the ball with the Far Foot gives us good body position that provides information. It allows us to see the BDT, Ball, Defender and Target.

- Drift away from your defender
- Receive the ball with your Far Foot
- Make sure you can see BDT, Ball, Defender, Target
- Drive away with the outside of the foot

Offensive Recognition: Committed Defender, The Chair

A Committed Defender is easy to beat if recognized early. Simply avoiding the tackle to the side and accelerating past is enough. Use the Defenders Triangle if you can't use a committed defender

- As defender approaches, roll the ball with the sole of the foot across the body in a straight line
- Switch to the inside of the opposite foot and play the ball alongside the defender
- Accelerate away