

Phase 20

BPNR-Turn to Laces Far Post

Summary

Driving into the box with the outside leg requires the ball be driven to the far post across the face of the keepers with pace. Use any turn to the outside. Take a touch with the outside leg and drive the ball with the laces to the far post. Make sure that your plant foot is pointed just inside the far post. Drive through the center of the ball with the laces.

Coaching Points

- Use any turn to the outside
- Take a touch with the 3 toes of the outside leg if needed
- Drive the ball with the laces to the far post

AR- Chest to Sombrero

Summary

Often times when receiving the ball out of the air you're closed down quickly by a Defender. Having developed a touch that will allow you to immediately change the direction the ball before it strikes the ground can get you out of a tight situation. Receive the ball out of the air with the chest. Keep your elbows up and your back arched. Before the ball strikes the ground lob the ball over the approaching defender and run around on the other side and receive it.

Coaching Points

- Receive the ball relaxed
- Be aware of the closing Defender
- Lob the ball over the defender without allowing it to bounce

OR- UCD Surfboard, all moves

Summary

Finally, we have a Defender who is a playing good defense with a good body position. They wait patiently, one foot forward, one foot back prepared to run in one direction. In this situation you want to use a move that will off balance the defender **IN THE DIRECTION THAT THEY ARE FACING** and attack **THEIR BACK**.

Coaching Points

- Fake the Front
- Attack the back
- Drive away with the outside of the foot

BP- Bob, Hook, Chop, Cruyff Kata

Summary

Now we take all our change of direction turns and put them together. Make sure that every turn is a Big Fake. Make the defender get on their heels and Flinch with every fake. In the middle make sure that you're squaring up getting your hips Square to the Target. Play a firm ball with the inside of the foot receiving it with the foot on the side you're going to be working next. The turn sequence is: 2 Bob turns, 2 Hook turns, 2 Chop turns, 2 Cruyff.

Coaching Points

- Big ball fake
- Square up in the middle
- Use the foot on the side your about to work

BS- Cow to Far post laces

Summary

This drill is all about getting the hips turned and squared up to the far post. When you need to turn the hips, the longer the stride the harder it is to turn. Therefore, we need to take short quick steps as we approach the ball to get our plant foot turned to the back post before we strike it. Cow the defender and make a bent run as you approach the ball. Take short quick steps before your long PROSTEP to get the plant foot twisted to the far Post. Drive the ball across the face of goal with the laces.

Coaching Points

- Short quick steps before the pro step
- Twist the plant foot to the far post as you land
- Drive through the center of the ball with the laces to the far post