

## Phase 3

### Ball Protection: Sole Receiving and Shielding

**The players body is their primary defense against a defender.**

**Maintaining a sideways on body position with strength while keeping the ball under control is a necessity.**

- Sideways body position
- Receive the ball with the sole of the foot farthest from the DEFENDER
- Use ARM to hold off defender while bending the knees and dropping the hips to maintain a strong position

### Aerial Receiving: Outside Wedge

Covering the bounce out of the air and immediately moving with purpose is a necessary trait.

- Knee out, Foot in
- Cover the ball as it bounces with the outside of the foot
- Lean in the direction of the raised knee and dribble away

### Ball Striking: Inside strike, L- Prostep

Now we add the angled approach, engaging the entire body with all its leverage into the swing. It is of vital importance that the step is quick in order to be airborne. A slow step will result in a weakly struck ball most of the time.

- Take one lunge back and one step to the side to form the L
- Stand on the kicking foot and swing the PLANT foot
- PROSTEP next to the ball with the PLANT foot pointing at the target
- Make sure your PROSTEP is QUICK and AIRBORNE
- Strike the ball with the inside of the foot, toe up, heel down.

### Body Position and Receiving: Check Run, Far Foot- Across

**Receiving the ball with the far foot, the player will now be proactive in attacking the space to the side of a closing defender.**

**Make an aggressive first touch into the space across the body and play the ball with the opposite foot.**

- Check the defender away
- Receive the ball with the FAR FOOT
- Take an aggressive first touch in to the space ACROSS the body
- Strike the ball with the opposite foot.

### Offensive Recognition: Committed Defender, Outside-Inside

**Here the player takes advantage of a Committed Defender by simply avoiding them laterally with a quick outside-inside movement. Early recognition of the defender's approach is the key.**

- Recognize the defender is committing to the tackle
- Use the OUTSIDE of the foot to cut sharply sideways
- Immediately play the ball forward with the INSIDE of the foot.