

## Phase 4

### Ball Protection: Twistoff-Chop

**Protecting the ball while tricking the defender is a bonus. We are going to lead the defender away with the first touch than exploit the space left by the defender with the second.**

- Use the inside of the foot to chop the ball, leading the defender away from your target
- Put your back BETWEEN the defender and the ball
- Chop the ball a second time, completing the turn and accelerate away into the space

### Aerial Receiving: Inside Volley

The inside of the foot is the most used surface for taking the ball out of the air. It has the more surface area than the outside or top of the foot and therefore a greater margin for error.

- Keep the Plant foot, hips and shoulders square to the target
- Turn the toe OUT and UP towards the knee
- Watch the ball all the way to the foot and away from the foot
- Strike the ball firmly

### Ball Striking: Inside-Natural Run-up

**Putting the PROSTEP into the players natural run up is the next step. Each player will have to find their own rhythm as they approach the ball. The key is to make the PROSTEP long, quick and airborne.**

- Take an angled run from 3-5 strides back
- Focus on the PROSTEP being AIRBORNE and QUICK as you put your Plant foot next to the ball.
- Strike the ball with pace with the inside of your foot, TOE UP, HEEL DOWN
- Allow your body to go forward past where the ball was, FOLLOW THROUGH

### Body Position and Receiving: Check Run, Far Foot, Sole Roll-Split

We step the level up now to exploiting the defender's momentum towards us. Create space with the Check Run. The defender will be approaching as we receive the ball. The defender is now COMMITTED and we use the CHAIR move quickly move alongside and beat the defender(s).

- Check Run to create space
- Receive with the Far Foot (Toe up, Heel Down)
- Immediately do the "CHAIR", sole roll across, switch feet and play the ball through with the INSIDE of the foot.
- Accelerate away.

### Offensive Recognition: Committed Defender, Shuffle

Again taking advantage of a defender "diving in", we use a quick sideways movement with the inside of the feet to avoid the challenge and beat the defender.

- CLUE: Defender "Diving in" or moving towards us quickly
- Move the ball with the inside of the foot across the body
- Touch the ball alongside the defender with the inside of the other foot.
- Accelerate away