

Phase 5

OR-CD 90-degree Cow

Summary

In this situation we have a committed Defender coming in from a 90-degree angle. All we have to do is avoid the tackle by playing the ball on one side and running around on the other. The defender's momentum will beat themselves as long as we recognize the clue.

Coaching points

- Recognize the committed defender running at a 90-degree angle.
- Play the ball on one side of the defender run around on the other.
- Hide intention by using the outside of the dribbling foot.

BPNR-Check Run, Far Foot, Shuffle Split

Summary

Check run your defender away and check back to the ball receiving the ball with the far foot. Take your first touch inside towards the center of the field and then with the opposite foot, push the ball between the two defenders with the inside of the foot.

Coaching points

- Check the defender away to create space.
- Receive the ball with the foot farthest from the passer.
- Your first touch goes across your body to the inside of the field and your second between the defenders

AR-Inside Foot Trap

Summary

The inside of the foot trap is the most used surface receive the ball out of the air with the exception of the chest. The first thing is to be relaxed and decide early what body part to use. Turn the toe out, lock the ankle towards the knee and receive the ball with the inside of the foot. Pull the foot gently back till it is even with the opposite leg.

Coaching points

- Relax!
- Pull the toe towards the knee and turn it out at a 90-degree angle
- Receive the ball with the inside of the foot and pull it back gently on contact till it is even with the standing leg.

BS-Inside Setup touch

Summary

Starting at a 45-degree angle to target take a touch with the outside of the foot and PROSTEP into it, making sure that your stride is quick and long as you strike the ball with the inside of the foot. Keep the toe towards the knee as you turn it out at a 90-degree angle and strike through the ball.

Coaching points

- 45-degree angle to target
- Outside of the foot touch 3 yards away
- Quick and Long PROSTEP with a locked ankle

BP-Twistoff Hook

Get alongside the ball and using the outside of the foot, curve the ball back as you step between the defender and the ball to protect it. Continue to turn until you have completed a 360-degree circle and accelerate away from a Defender

Coaching points

- Turn the ball with the outside of the foot
- Turn your back to the Defender as you complete the turn.
- Accelerate away.