

Phase 6

BPNR-Check Run FF Split Inside-Outside Summary

Check your Defender way to create space. Receive the ball with the Far Foot. Take a touch with the inside of the foot to the center of the field accelerate away with the outside of the opposite foot.

Coaching points

- Check run
- Far Foot
- Inside touch
- Switch to outside of opposite foot
- Accelerate away

AR-Laces Volley

Summary

Keeping a locked ankle with toe pointed towards the ground, volley the ball with the shoelaces back to the hands of the passer. Watch the ball all the way into and off the foot in a controlled manner.

Coaching points

- Locked ankle toe down
- Shoe laces volley
- Watch the ball in and watch the ball out

OR- 90 Degree Outside-Inside

Summary

Committed Defender approaching from 90 degrees. All we need to do is avoid the tackle cut the ball to the back of the defender using the outside of the foot and accelerate by him with the inside of the same foot.

Coaching points

- Visual clue committed Defender 90 degrees'
- Three toes cut to the back of the defender
- Play the ball forward with the inside of the foot and accelerate away.

BP-Double Twistoff

Summary

Do two Twistoff s in a row on two defenders, use one foot for the entire sequence. Use chop and hook for the strong side then use hook and chop for the weak side.

Coaching points

- Get close to the ball
- Protect it as you turn by turning your back to the defender.
- Short quick steps when making the turns accelerate away.

BS-Straight Dribble Setup Touch Inside

Summary

Now we work on the transition from a straight dribble to a setup touch to shoot. Dribble in a straight line and take a 3-4-yard touch with the outside of your foot. Accelerate into a long quick PROSTEP and strike the ball with the inside of the foot. Keep the ankle locked go towards the knee at a 90-degree angle to the plant foot.

Coaching points

- Straight dribble with the outside of the foot
- 45-degree angle out three to four yards away
- Long quick PROSTEP
- Locked ankle toe towards the knee. Shooting foot at a right angle to the plant foot.