

## Phase 7

### BPNR-Drift FF Pass Diagonal Run

#### Summary

Drift off your Defender at a 90-degree angle. Receive the ball with the far foot and return the pass with the same foot. Immediately make a diagonal run behind the defender and receive the return pass.

#### Coaching points

- Drift run, far foot receive
- Return pass
- Diagonal run behind Defender

### AR-Laces Stall

#### Summary

This drill is all about touch and control. We want to match the speed of the ball as we cushion the ball. When done correctly, we will catch the ball on the top of our foot. Get the foot up early and lined up with the flight of the ball and take it away as the ball strikes the foot.

#### Coaching points

- Eyes on the ball
- Match the speed of the ball as you pull your foot back
- Get your foot up early

### OR-CD90 Pull behind

#### Summary

Recognize the visual clue of the committed Defender rushing in at a 90-degree angle. Using the foot farthest from the defender pulled the ball behind the standing leg as you protect it. Accelerate away with the opposite foot behind the defender.

#### Coaching points

- Recognize the clue early
- Use the foot farthest from the defender
- Pull the ball behind the standing leg
- Accelerate away with the opposite foot

### BP- Twistoff Wall

#### Summary

Perform a twist-off at the first Defender using either a hook or a chop. Immediately pick your eyes up and play wall pass around the second defender with your teammate.

#### Coaching points

- Twistoff first defender
- Eyes up
- Wall pass around second defender

### BS-Half Volley

#### Summary

One of the best ways to train a locked ankle for shooting and driving a ball, is using the half-volley strike. Holding the ball in one hand drop the ball alongside the plant foot as you swing the kicking leg. Strike the ball as it bounces as close to the ground as possible. Hold the locked ankle all the way through the strike and the follow-through.

#### Coaching points

- Hold locked ankle. Curl your toes to lock it.
- Hold ball in opposite hand, drop alongside plant foot.
- Strike the ball as it bounces, as close to the ground as possible
- Hold locked ankle through follow through