

## Phase 8

### BPNR- Drift FF Switch OF Passback

#### Summary

Drift run 90 degrees to the defender. Receive the ball with the far foot. Immediately switch the ball to the outside of the opposite foot. Play it back to the passer with the inside of the opposite foot.

#### Coaching points

- Drift run
- Far foot
- Switch to outside opposite foot
- Return to passer

### AR- Chest Pass

#### Summary

The chest pass is a rare pass that doesn't happen very often but when it does it is very impressive. We're going to use it as a training tool and precursor to the chest trap. This will help us train the body to get in line with the flight of the ball and hit it with pace from which we can always back off to cushion trap. Bend the knees and with arched back get in the line with the flight of the ball. Make sure to keep your elbows out and hands up to protect yourself and hold off defenders. As the ball arrives, expand your chest drive your elbows back and return the ball to the passer.

#### Coaching points

- Knees bent back arched
- Elbows out hands up
- Expand chest to strike ball
- Drive elbows back

### OR- Maradona

#### Summary

The Maradona is best used with a committed Defender at a 45-degree angle. Stop the ball with the dribbling foot. Step between the defender and the ball with the same foot. Pull the ball back to complete the turn with the sole of the opposite foot.

#### Coaching points

- CLUE: Committed Defender running at a 45-degree angle
- Stop the ball with the dribbling foot
- Step between defender

- Pull ball through with the sole of the opposite foot

### BP-Bob

#### Summary

The Bob is a change of direction move done with the sole of the foot. Drive in one direction with the outside of the foot and fake as if to kick the ball. Stop the ball on the sole of the foot allowing the ball to turn underneath your body and then take it away with the outside of the opposite foot.

#### Coaching points

- Drive with the outside of the foot
- Fake shot
- Stop the ball with the sole of the foot
- Step past the ball
- Accelerate away with the outside of the opposite foot.

### BS- Half Volley Angled

#### Summary

We're working again on keeping the ankle lock as we do a laces strike. However, now we're going to come at a 45-degree angle to the target and bring the back muscles and the hip muscles in to play. Remember to keep the ankle locked all the way through the swing and the follow-through. Drop the ball alongside the plant foot approaching the target at a 45-degree angle, remembering to twist the plant foot to point at the target. Snap through the ball.

#### Coaching points

- 45-degree angle
- Drop ball alongside plant foot
- Quick PROSTEP
- Strike the ball with the top of the shoe laces
- Hold locked ankle all the way through the follow through