

Phase 9

BPNR-Sole/shield Passback Drift Run

Now we're going to work on receiving the ball in the shielding position, playing the ball back to our teammate and opening up into an open space.

Receive the ball with the sole of the foot, toe up, heel down. Immediately return the ball to the passer and drift at a 90-degree angle away from the defender. Receive the ball back from the team mate with the inside of the foot and drive away.

Coaching points

- Receive with the sole of the foot, toe up, heel down
- Return to passer
- Drift Run 90 degrees from the defender.
- Receive with the far foot and drive away.

AR-Chest Cushion

Summary

Square up to the line of the Flight of the ball
Bend your knees and arch your back. Keep your arms up with elbows out for balance and to protect yourself from contact. Give with the ball as it strikes the upper part of the chest allow the ball to bounce up in the air a little bit before settling it with your feet. Some players use letting all the air out of their chest on contact to help get the concept of giving with the ball.

Coaching points

- Get in line with the flight
- Bent knees, arched back, elbows out
- Give with the ball and cushion it.
- Control with feet

OR- CD 45 Zidane

Summary

Exactly like the Maradona but with the exception of one less touch the Zidane is done with a committed defender running at a 45-degree angle. Drive at the defender with the outside of the foot. As the defender approaches, step between the ball and the defender and use the shielding foot to pull the ball backwards and spin in a circle behind the defender.

Coaching points

- Drive at the defender with the outside of the foot

- Step between defender and ball.
- Pull the ball through with the opposite foot.

BP- Hook

Summary

The hook turn is a change in Direction done with the outside of the foot. It is a very effective at using the body to shield as the turn is made.

The key to any successful hook turn is making sure that we get close enough to the ball so that we are able to get around behind the back of the ball, to make the turn.

Coaching points

- Drive with the outside of the foot.
- Get close to the ball.
- Use the outside of the same foot to hook around the back of the ball.
- 180 degree turn.

BS- Laces Plant Foot

Summary

One of the hardest things about learning to strike a ball with their shoelaces is keeping a locked ankle. We start with a plant foot pointed at the target, alongside the ball. Curling the toes inside the kicking foot locks the ankle with the toe pointed straight down. We must have a firm surface with which to strike the ball. If the ankle is not locked it will flop around like a wet fish and make for inconsistent ball-striking.

Coaching point

- Plant foot alongside the ball
- Curl toes to lock ankle
- Strike through the center of the ball with the last shoelace.
- Hold locked ankle all the way through the strike.