

Name of the Drill:

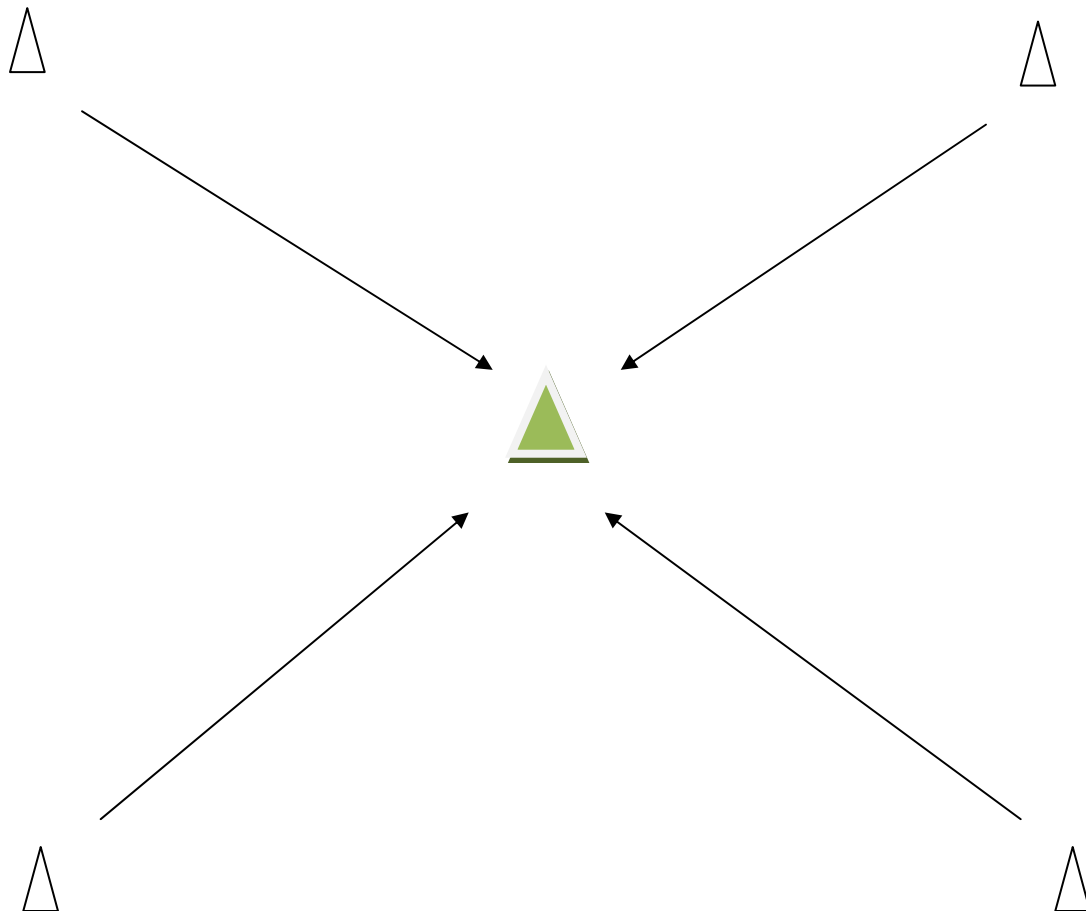
Technical Ball-Work: Attacking and Moving

Purpose:

Purpose is to improve technical footwork as you are attacking a player to either do an attacking move to get around a player or to do a turn to change direction from the defender.

Drill Set-Up:

Make a box, roughly about 15 x 15 yards (varies on player abilities and age), and place a cone at each corner. Place a cone in the middle, as illustrated below, and have about 2-3 players behind each cone, EXCEPT the middle cone. I'll usually make 2 boxes depending on number of players.



Performing the Drill:

The first player in each line will start with a ball. The first portion of the drill is changing direction. So, each line will attack the cone at the same time and do a turn. Following turns that can be done are: outside of the foot cut, inside of the foot cut, Cruyff, step-over, and sole-roll. You want to go through using both right and left foot. Also, you want to emphasize going at the cone, but making sure to slow yourself down as you approach the cone and really sell the turn. You don't want to wait until you are on top of the cone, just like you wouldn't wait till you are on top of a defender.

The second piece is now attacking moves at the cone. Now, only diagonals will go at one time. Again, attack the cone with some pace but under control and do a move. Following moves that can be practiced are: scissors, double-scissors, Stanley Matthews, reverse Stanley Matthews, Revalino, etc...(below are additional moves and descriptions). Once one diagonal goes, the next diagonal goes, and so on and so forth. Again, remember to be going to the right and left when attacking to work on both feet.

Equipment Needed:

5 Cones and 4 balls

Summary:

Again, the idea is to work on handling the ball and being able to practice different moves and turns with both feet. It's important that you attack the cone with speed, but as you begin to approach the cone to slow down at a controlled pace to do the move or turn. Once you do the move, the EMPHASIS is to accelerate to the line. The sequence is not over just because you did a turn or a move. The sequence is over when you do a turn and move and then accelerate to get comfortable and use to exploding into new space away from the opponent.

Description of Attacking Moves and Turns

- **Scissor**, ball is between both legs or in front of right foot, swing right foot behind ball toward left leg then around front of ball and plant to the right of your body, bring left foot to opposite side of ball and take to your left with the outside of your left foot. Can add 2 or more of these together to make double, triple scissors.

- **Step over**, ball is between both legs, take right foot and swing over ball and step past your left foot, then knock ball back toward your right with the outside of the right or same foot.
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- **Revalino**, like move above but will take ball behind you. ball is between both legs, take right foot and swing over ball and step past your left foot, then take your left inside of foot and touch ball behind you, turn and dribble.
- **Roll back or "L"**, right sole of foot on ball, roll or pull back straight behind you, when it gets past your left standing leg, use the inside of your right or same foot and push ball behind your left standing leg. The path of the ball makes a backward L on the ground with right foot and normal L with left foot.
- **V or Vee**, ball is in front of your left foot, with the sole of your right foot pull the ball back toward where your right leg was standing, then take the inside of your same foot, right, and push it towards your right. The path of the ball makes a V on the ground.
- **Maradona**, almost like Train. ball is in front of your right foot, put sole of right foot on top of ball, then put right foot directly in front of your left foot, then with the sole of your left foot place on top of ball and spin with back toward the ball. Stop, step, and spin. Doing a 360 degree turn.
- **Stanley Mathews**, basically taking the ball first with inside of right foot and then quickly with outside of right foot, foot never leaves the ball. Lean to your left with ball in front of right foot, push ball with inside of right foot toward your left, then hop toward left, quickly take ball back to the right with the outside of the foot. Push, hop, take.
- **Reverse Stanley Mathews**, same as above except don't take with outside of right foot. Push to left, hop, then scissor to right and take ball back with outside of left.
- **Roll scissors**, do a rollover forward with your right foot, then do a scissor with right foot, faking to right, and come back to your left with the outside of your left foot.
- **Roll stepover**, do a rollover forward with your right foot, then do a stepover with your left foot and take back toward your left.
- **Swivel hips**, dribbling forward, slightly touch ball with inside of right foot like you are going to pass back to someone behind you, you are now facing sideways, then with inside of left foot knock it back in front of you

and take off. Dribble, cut with right, then cut back with left. You are faking like you are slowing down do go back behind you then you take off in your original direction.

- **Inside cut move:** dribble forward at a slight angle, pull right leg back like you are going to shoot then cut the ball with the instep or inside of right foot, Must cut ball back toward left plant leg and then move left plant leg before the ball hits and take with outside of left foot.
- **Outside cut move:** dribble forward toward defender, act like you are going to shoot, pull right leg back and right before you strike the ball take toward your right with the outside of your right foot.
- **Cruyff,** dribble toward right at a slight angle, act like you are going to shoot with your right foot, place left plant foot a step past the ball, then cut the ball behind that left leg with the inside of your right foot.