

# LEARNING FROM THE LEGENDS

## SIR STANLEY MATHEWS

<p><b>ACHIEVEMENTS</b></p> <p>Clubs: Blackpool Stoke City played in England's first World Cup final round in 1950.</p> <p>Represented England 84 times in his 23 years in international competition. Played professional soccer for 33 years ( a records that still stands). Won championships in 1933 (age 18) and 1963 (age 48) At 48 , he was the oldest player in English League game ( his goal won the championship) European Footballer of the year, 1956.</p> <p>Twice voted England's Footballer of the year.</p> <p>Knighted by Queen Elizabeth II for his unique contribution to world soccer.</p>	<p>Sir Stanley Mathews, called the “wizard of the dribble,” played professional soccer for over 30 years in tough English League, A star for Stoke City and Blackpool , he was legend long before retiring from soccer at the unbelievable age of 50.</p> <p>Selected for the All-England schoolboy team at tender age of 14, Sir Stanley made his pro debut three years later. Not until he was 35 did he play on resent England internationally for seven more years.</p> <p>One of his greatest games came in the 1935 F.A. Cup final. He inspired his Team to come back from a 3-1 deficit, and in the final minutes he beat his defender and crossed for Blackpool's winning goal. The game is now known as the “Matthews final”.</p> <p>Always remembered as the “gentleman of soccer” because of his outstanding sportsmanship and the fair play, Sir Stanley was the first soccer player to be knighted by the Queen.</p>
	<p><b>WHAT MAKES SIR STANLEY A STAR</b></p> <p>One of the greatest dribblers of all time.</p> <p>Played 33 years as a professional – and never received a yellow or red card.</p> <p>Remarkable fitness – a dedicated athlete who played at the top of his professional 15 years after most players retire.</p> <p>Tremendous acceleration</p> <p>Wonderful crossing ability.</p>

## MATTHEWS MOVE

“I used this move throughout my career with much success, it allowed me to beat defenders and cross the ball to my striking teammates.”



### Starting up

**D** Walk through the move step by step, using the same order you see in the photos.

Then place a cone 3 yards in front of you. Head toward the cone. Stop and do the move around it.

**A** Finally, try a Drag-back Matthews Move. Standing still, pull the ball back with the sole of your foot. Then go through each step of the Matthews Move, as shown in the photos at right.



**6** Lean and drag the ball across with the inside of your foot.

Slide your foot behind the ball and around the other side of it.

Take the ball in the opposite direction using the outside of the same foot

### Sir Stanley's DOS AND DONTs

**Do** make sure you change pace(speed) as you pass the defender. Go toward the opponent slowly; then get away quickly.

Keep the defender guessing that you may go past on the inside.

**Don't** make the move too close to defender or he will be able to steal it.

### Coerver Coaching Tips

If you have trouble, go back to the step-by-step approach - and remember Sir Stanley's Dos and Don'ts.

# D A Y

## Coerver Coaching Tips

The most important part of any move is a change of pace: slow to fast or fast to slow. This move is most effective from a standing or slow-moving position. When you're first learning, stop 1 yard before each cone and do the move. As you improve, slow down 2 yards before, then jog forward and do the move.

**Starting up:**  
Set cone 5 yards apart as shown. Start at the first cones, tapping the ball 20 times between your feet. Then dribble from cone to cone, doing the Mathew move before each one. When you reach the final cone, do 20 more ball taps, then sprint back as quickly as possible to the starting cones.



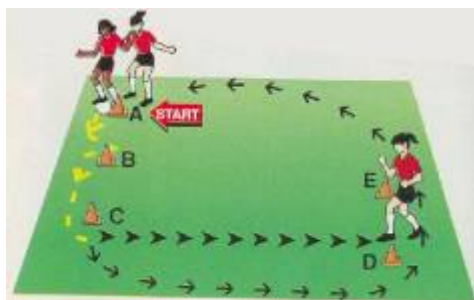
**Scoring:** If you have a stop watch, time your self and try to beat your record. Or you can set up two courses and race against a friend or friends.

# 7

## Coerver Coaching Tips

As in a game, try to look up before you make your cross. You can adjust the distances according to age and ability.

**Starting up:**  
This practice helps you improve your crossing skill. You'll need friends to try it. Set Cones A, B and C 5 yards apart; set Cones D and E 3 yards apart with a friend standing between them. Cones D and E can be up to 15 yards away from Cone C. Dribble from Cone A toward Cone B. Stop and make the Matthews move. Now sprint past Cone C, slow down and try to cross the ball between Cones D and E. Your defending partner can try to block your cross – but only after you've gone past Cone B. Rotate positions after each attempt.

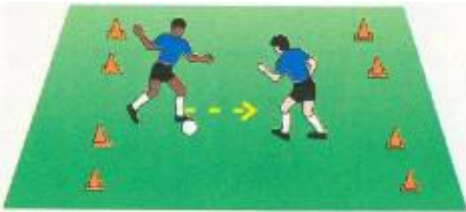


**Scoring:**  
You get 1 point for every accurate cross.


# D A Y

# 8

# D A Y 9

<p><b>Coerver Coaching Tips</b></p> <p>Keep your opponent guessing which Matthews move you'll do: going to the outside or faking to the inside. You can also play this game as 2 on 2 or 3 on 3, but you'll need to increase the playing area.</p>	<p><b>Starting up:</b> Make a square measuring 15 yards by 15 yards. Add Cones to make two "goals" on each endline, 2 yards apart. Play 1 on 1. When the ball is kicked out, or a goal is scored, the other player restarts from the endline.</p>  <p><b>Scoring:</b> 1 point for going over endline; 2 points if through goals; 5 points if through goals</p> <p>using a Matthews Move.</p>
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# D A Y

<p><b>Coerver Coaching Tips</b></p> <p>Left-footed players can use their left foot through the circuit. Before you can improve your speed, you must master control and practice your moves. Running with the ball quickly can be difficult, but it's one of the most important skills to work on</p>	<p><b>Starting up:</b> To make a Matthews Circuit, arrange Cones as shown, 15 yards apart. Start at A and run to Cone B. Tap the ball forward with the outside of your right foot only. Stop just before B and do the Matthews move. Go to Cone C, stop and do the Drag-back Matthews Move. Proceed to D. Now, pull the ball back with the sole of your foot and then push it forward with the inside of your foot. Repeat this push-pull move as you go to Cone E. At E, juggle the ball (between 3 and 20 times, depending on ability). Finally, sprint back to A.</p>  <p><b>Scoring:</b> Time yourself and work to beat your last time.</p>
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