

LEARNING FROM THE LEGENDS

MICHELLE AKERS-STAHL

<p>ACHIEVEMENTS</p> <p>CLUBS: Swedish League/Tyreso, F.C. Caliber (amateur) Orlando, FL. Plays for U.S. National Women's Team. Helped U.S. team win first-ever Women's World Championship in China, and scored two goals in final game. Top goal scorer in 1991 Women's World Championship final round.</p>	<p>Michelle Akers-Stahl, Striker for the U.S. National Women's Team, is considered the best female soccer player in the world today. Her two goals against Norway, including the game –winner in the final minutes of the final match, gave the Unified States the gold medal in the first-ever FIFA Women's World Championship.</p> <p>A top player on club and regional teams in the girl's soccer hotbed her Washington state, Michelle continued to hone her skill by playing three to four hours a day at University of Central Florida. She was a logical selection for the first U.S. National Woman's Team, where her teammates look to her not only to score goals but also to lead.</p> <p>Because there is no professional women's soccer league in the United State, Michelle has had to go to Sweden to play as a semipro. She is married to a leading coach Roby Stahl. Michelle helps Roby run his strikers camp- a natural choice!</p>
	<p>WHAT MAKES MICHELLE A STAR</p> <ul style="list-style-type: none">✿ Tremendous shot with both feet✿ Great grasp of tactics; true student of the game✿ Hard trainer (90 minutes a day with ball; also sprinting and weight-lifting practice)✿ Inspirational leader

AKERS-STAHN MOVE

“This is a move greats like Marco Van Basten of Holland use to wrong-foot their opponents and create space to shoot. It’s sometimes called the scissors move.”



Starting up

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

Then slowly repeat each step, gradually speeding up until you can do the move in the motion.

Once you can do the move, practice it while moving. Every 10 seconds push the ball a head and do the move.

First do a right-foot step-around and go to the left with the outside of your left foot. Next step around with your left foot and take the ball to your right with the outside of your right foot.

Finally, try the double move. First slide your right foot around and in front of the ball then do the same with your left foot. End by taking the ball away with the outside of your right foot.



1. Face your opponent and fake a pass with the out-side of your foot.
2. But instead of passing, step around the ball.
3. Now step all the way to the opposite side of the ball.
4. Then quickly take the ball the opposite way, using your other foot.

Michelle’s Dos and Don’ts

Do move around the ball as quickly as possible.

Accelerate away with the opposite foot as soon as you made your step around.

Don’t make the move too close to your opponent.

Don’t lift your step around too high over the ball it will slow you down.

Coerver Coaching Tips

If you have trouble, go back to the step-by-step approach – and remember Michelle’s Dos and Don’ts.

D A Y 22

Coerver Coaching Tips

Accelerate sharply out of the move.

Lean to the side to draw your partner to you, then change direction quickly.

It is important to make moves both to the left and right to keep opponents guessing.

Starting up: Place two cones 6 to 8 yards apart. Stand between them with the ball. Working between the cones, do the Akers-Stahl move in either direction.

After some practice, get a partner to face you between the cones. Now try the move toward either cone; your



partner tries to get to (and touch) the same cone

before you. Switch around after five tries.

Scoring: 1 point for reaching the cone before your teammate touches it.

D A Y 23

Coerver Coaching Tips

When doing the double move, push the ball forward strongly enough that you have to sprint to keep up with it.

If you do you a double move against an opponent, remember to be quick with your step rounds.

The first step-around in a double move must come early, perhaps 2 to 3 yards away from an opponent.


Starting up: Set up cones as shown; cones A and B should be 3 yards apart. Start between cones A and B. Push the ball forward; without touching the ball, do as many double moves as you can before reaching cones C and D which are fifteen yards away. Then turn and pass the ball into the horseshoe formed behind cones A and B.




Scoring: 1 point if the ball stops in the horseshoe without hitting

any of the cones; 2 points for each double move you do before the ball stops.

D A Y 24

<p>Coerver Coaching Tips</p> <p>Look up before doing your move to make sure you can go into space.</p> <p>Concentrate on keeping close control so that you can react quickly to the signal to change.</p>	<p>Starting up: Four or more players form a circle. Each player has a ball except one. Everyone dribbles in the circle, looking for space and doing as many single and double moves as possible. On a signal, everyone steps on their ball, stops it dead and sprints to take another player's ball (no tackling!). Someone new becomes the only player without a ball.</p>  <p>Scoring: The player without the ball gets 1 point. The first player to get 5 points does five pushups.</p>
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D A Y 25

<p>Coerver Coaching Tips</p> <p>If teammates or friends want to play, split into twos and play each other – or play 2 and 2 or 3 on 3 using a bigger area.</p> <p>When you play 2 on 2 or more, you'll see how valuable these moves can be. You can pass (or fake a pass using a teammate as a decoy), then do a move past them.</p>	<p>Starting up: Set up four goals in an area 20 yards by 20 yards, as shown above. Each goal is 2 yards wide. Players play 1 and 1. They score by dribbling the ball between goals. One player starts with the ball; the other starts 3 yards away. If the ball is kicked out of the square, the other player restarts from one of the goals. The player who starts with the ball can score in any goal except the one he or she starts in; the opponent can score in any goal after winning the ball.</p>  <p>Scoring: 4 points for doing a move that leads to a goal; 3 points for one goal; 2 points for doing a double move; 1 point for doing a single move.</p>
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