

PRACTICE #19 / INSTEP FOOT TRAINING / LATERAL MOVEMENT / SQUARE ON PLAY

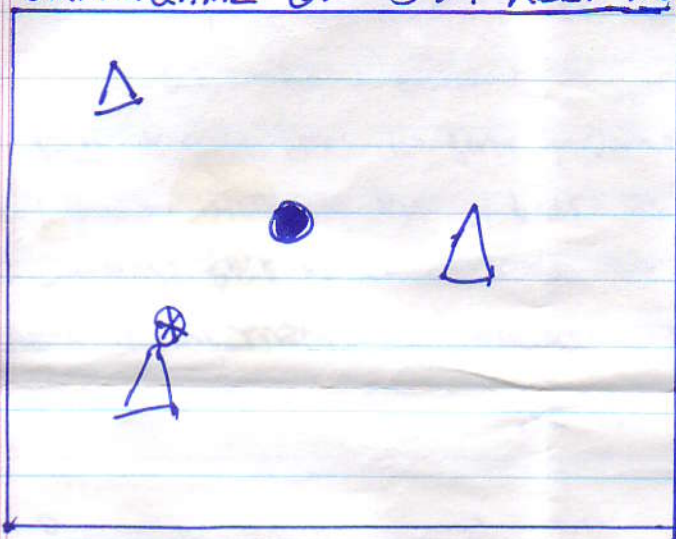
P16-19	WARM-UP	LATERAL TRAINING	PLAYING SQUARE ON	-15 min
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- SET GROUPS OF 5 CONES PER LINE $2\frac{1}{2}$ ' APART WITHIN A 5' Yd ZONE
- PLAYERS MOVE BALL W/ INSIDE OF FOOT, KEEPING BALL BETWEEN FEET - L. INSTEP ^{R. FOOT TO}
 - PULL BALL TO NEXT PAIR OF CONES USING OUTSIDE OF FOOT & REPEAT #1
 - REPEAT #1 & #2 THROUGH ALL 4 PAIRS OF CONES AND BACK TO STARTING CONE, USING BOTH RIGHT FOOT TO PULL & JUMP LATERALLY & LEFT FOOT TO PULL
- CP: #1 KEEP BALL BETWEEN FEET AND "UNDER YOU" AS A PLAYER
- #2 R-FOOT AND L-FOOT TOUCH ARE CRITICALLY IMPORTANT TO CONTROL
- #3 R-FOOT AND L-FOOT "PULL" AND LATERAL MOVEMENT ENABLE "FAKING"
- #4 EXPLAIN CONCEPT OF PLAYING "SQUARE ON" TO MOVING BALL AROUND THE OPPOSING PLAY - EXPLAIN LATERAL MOVEMENT -

3 V.1 KEEP AWAY

SPACE: 10-12 Yd SQUARE

SMALL GAME OF 3 V.1 KEEP AWAY - ROTATE DEFENDING PLAYER



- TEACH PLAYER W/ BALL TO USE INSTEP TO MOVE LATERALLY.
- 1 TOUCH W/ INSTEP TO CONTROL & TURN W/ BALL
- PLAY "SQUARE ON" TO PLAYER RECEIVING THE BALL

• EMPHASIZE 1 TOUCH TO CONTROL AND NEXT TOUCH TO DISTRIBUTE THE BALL TO TEAM-MATE.

CP: FIELD VISION & CHOICE FOR PLAYER W/ BALL

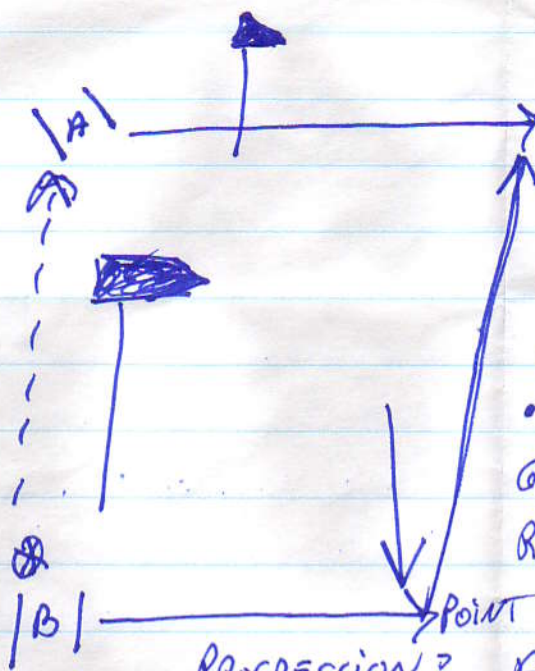
- RUNNING IN TO SPACE FOR PLAYERS WHO DO NOT HAVE BALL TO GET OPEN
- DEFENDER ANGLE TO THE BALL
- SPEED OF 1ST TOUCH. QUICK TOUCH ON BALL

PRACTICE #19

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EXERCISE #2 - 15 min.

"IN THE STICKS"



- PLAYER B PASSES TO PLAYER A "IN THE STICKS".
- PLAYER A DRIBBLES BEYOND THE FAR STICK. TURNS AND GOES BACK WITH BALL
- PLAYER B RUNS TO "POINT TO GET OPEN AND RETURNS TO RECEIVE THE BALL FROM A."

PROGRESSION? A PASSES BALL TO B AT THE POINT TURNS AND RUNS BACK "IN THE STICKS". B RETURNS TO STARTING POINT AND PASSES BALL TO A "IN THE STICKS"

- CP Body position of player receiving a ball is square on-
- RUNNING IN TO SPACE FOR PLAYER WITHOUT THE BALL
 - SHARP, CRISP PASSES ON 1ST TOUCH.
 - FOLLOW THROUGH ON TOUCH/PASS OF THE BALL
 - CONSTANTLY MOVING WITH AND WITHOUT BALL (RUNNING PACE)
 - TEACH ONE-TWO-TOUCH CONTROL ON FIRST TOUCH, THEN SQUARE, THEN PASS.
 - TEACH PASSER TO "LEAD THE RECEIVER" AT THE CORRECT DISTANCE AT THE TIME OF THE PASS
 - TEACH "UPRIGHT" BODY POSITION TO RECEIVE THE BALL SQUARE ON

15 min

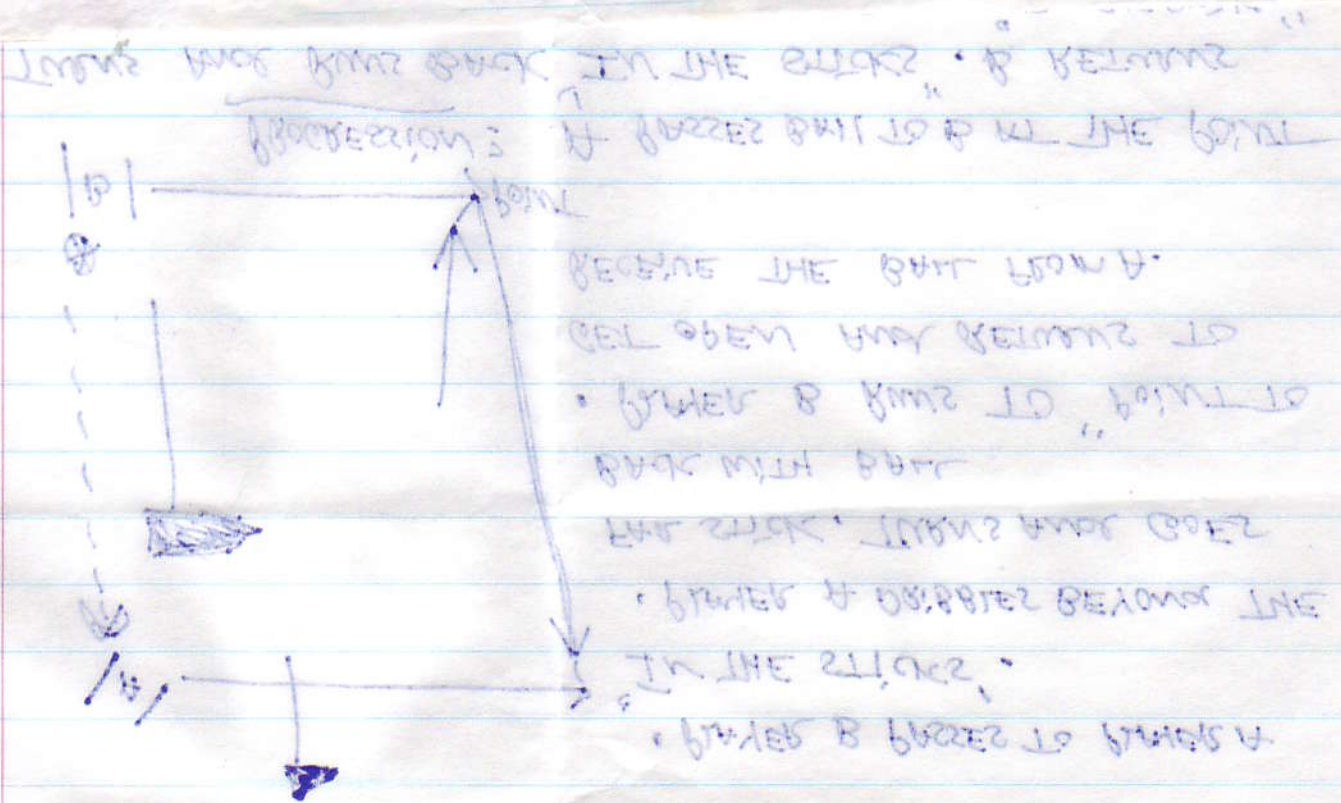
15 min

GAME RELATED EXERCISE: 3 TOUCH LIMIT SCRIMMAGE

PROGRESSION TO SCRIMMAGE - NORMAL RULES - NO TOUCH LIMIT.

EXERCISE #3 - OPTION - PLAYERS IN PAIRS - 2 YDS APART.

PLAYER 1 TOSSES THE BALL UNDER HAND TO PLAYER 2 WHO PASSES BALL BACK IN THE AIR USING THE INSTEP. USE BOTH RIGHT & LEFT FOOT. SWITCH PLAYERS.



EXERCISE #4

15 min

"IN THE BUCKET"

EXERCISE #5

15 min / 15 min / 15 min / 15 min