



National Soccer Coaches Association of America



PRACTICE #27

DOUBLE BLUFF / TAP-TAP-MOVE FOOT SKILLS

WARM-UP: ^{DYNAMIC STRETCHES +} IN 20 X 30 SPACE DRIBBLE + TRIPLE INSTEP TAP W/ CUT + GO TO SPACE

EXERCISE #2: TOUCH-TOUCH-TAP WORK W/ BALL AROUND CONES + PLANT | CUT

EXERCISE #3: TOUCH-TOUCH-PLANT & TURN THROUGH CONES

PROGRESSION ON EX. #3: ADD A DEFENDER TO JOCKEY AFTER LAST SET OF CONES

EXERCISE #4: COMBINE INSIDE INSTEP DRIBBLING WITH PLANT & TURN CUTTING

PROGRESSION: DRIBBLE BACK THROUGH THE CONES IN REVERSE DIRECTION-

CP: TECHNIQUE ON INSIDE INSTEP DRIBBLE AND PLANTING + TURNING

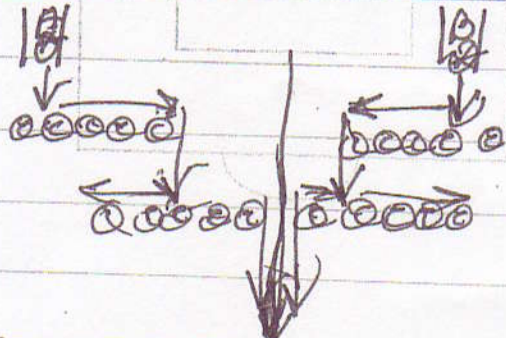
(L) TURN = PLANT (R) FOOT DROP (L) SHOULDER / (R) TURN = PLANT (L) FOOT, DROP (R) SHOULDER

EXERCISE #1 CHANGE OF DIRECTION

EXERCISE #3 TOUCH-TOUCH-PLAY-ATTACK



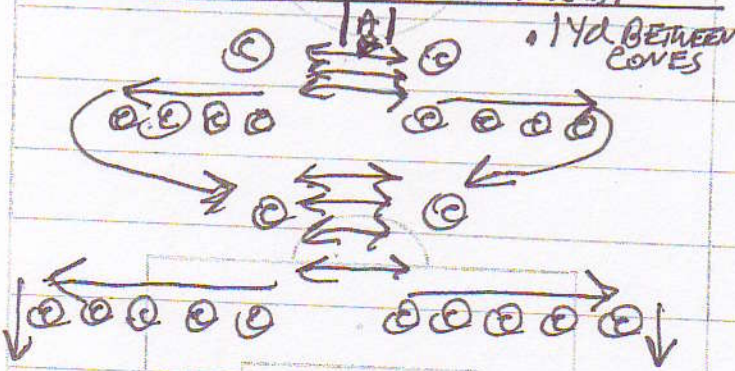
- PRACTICE STARTS W/ PLAYERS BETWEEN CONES IN A STANDING POSITION
- PLAYERS USE INSIDE INSTEP MOVE TO TOUCH-TOUCH + MOVE BALL FORWARD BETWEEN CONES THEN PULL BACK WITH BALL BACK BEHIND CONES
- ALTERNATE RIGHT FOOT AND LEFT FOOT PULL BACKS



- RUN COURSE + ACCELERATE AFTER LAST SET OF CONES

CP: CUT + POWER FORWARD W/ TOUCH

EXERCISE #2 BLUFF & MOVE FORMAT



EXERCISE #4 INSIDE/OUTSIDE MOVES

