


LEARNING FROM THE LEGENDS

ROBERTO RIVELINO

<p>ACHIVEMENTS</p> <p>CLUBS: Corinthians (Sao Paulo), Fluminense (Rio).</p> <p>Played in 121 games for Brazil (a record that still stands).</p> <p>PLAYED IN THE WORLD CUP FINALS: 1970(champions), 1974 (fourth place – captain), 1978 (third place).</p> <p>Twice South American Footballer of the year.</p> <p>Winner of the both the Brazilian Cup and League championships</p>	<p>Roberto Rivelino is considered one of the greatest, most magical stars in World Cup soccer history. He was famous for his skillful dribbling, close ball control and explosive left-footed shot. Opponents feared the Brazilian midfielder’s ability to bend and dip the ball – especially on free kicks. One memorable World Cup goal came on a 35-yard free kick against Czechoslovakia in the 1970 World Cup.</p> <p>Roberto struck the ball so hard that the goalkeeper had no time to dive; the ball flew past the keeper before he could react.</p> <p>Four years later, Roberto was Brazil’s World Cup team captain. He was twice named South American Footballer of the year and now serves as player-coach of the Brazilian Master World Cup team. Roberto lives in Sao Paulo where he has his own coaching school. He devotes his time to developing the Brazilian stars of tomorrow.</p>
	<p>WHAT MAKES THE ROBERTO A STAR</p> <ul style="list-style-type: none">✿ Explosive left-footed shot.✿ Ability to swerve and bend the ball, especially on free kicks.✿ Strong and brave.✿ Maintained Superb control even when tightly marked.✿ Inspirational captain and leader.

RIVELINO MOVE

“I first started using this move playing soccer as a kid on the beach. Since then I’ve found it very useful to create space and time for myself to either pass or shoot.”



Starting Up

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

Now, jog behind the ball and do the move every 10 seconds. First use your right foot to go to the right. Then use your left foot to get the left.



1. You fake kicking the ball.....
2.but instead steps around it and
3. Plant your foot on the far side of the ball.
4. Then turn your body slightly and take the ball in the opposite direction, using the outside of the same foot.

Roberto's DOS AND DONTS

DO stay close to the ball. Step around the front of the ball if you can. Of course, sometimes when you’re running with the ball, this is impossible. Then just quickly fake over the top of the ball.

Make sure your step around is fast.

Stay low over the ball for better balance. Bend your knees, then explode out of the move in the opposite direction.

Try turning your hips and pointing your step-over foot in the fake’s direction. This makes the fake more effective and helps you twist out of the move strongly.

Don’t lift your foot too high over the ball. It takes too long and makes balancing difficult.

Coerver Tips

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

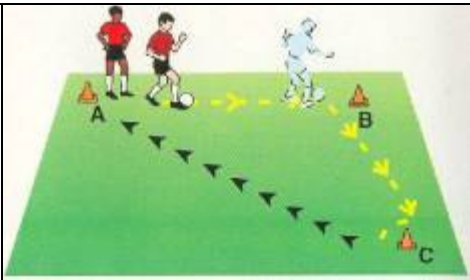
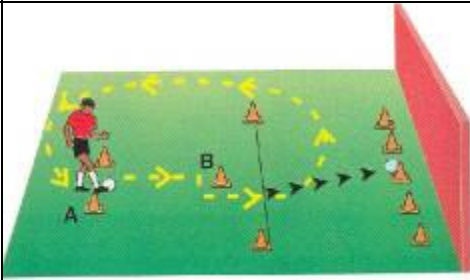
D
A
Y
1

D
A
Y

2

D
A
Y

3

<p>Coerver Coaching Tips</p> <p>Make sure you do the Rivelino move before reaching each cone.</p> <p>Keep the ball under control at all times.</p> <p>Remember, the ball can't be too far ahead of you as you go into the move.</p>	 <p>Starting up: Working with a friend or a parent, set up cones and start with the ball at cone A. Approach cone B and do the Rivelino move you before you get there. Then sprint to cone C and do the same Move. Pass to your teammate as he or she starts to run to cone B. You move to cone A as your teammate takes the pass on the run and does the same thing you just did.</p>
<p>Coerver Coaching Tips</p> <p>After you have made your move past cone B, lookup and strike the ball hard; don't pass the ball. Roberto was known for using his move and hitting the ball hard.</p> <p>Don't rush your shot. You need at least three steps after the move to get off a shot. It's better to be accurate than to be hasty.</p> <p>To hit the outer cones, try to curve the ball by striking it with the inside or outside of your foot.</p>	 <p>Starting up: Place several cones 1 yard apart in front of either a wall or a parent to teammate who can pass the ball back to you. Start at cone A go toward cone B; do the Rivelino Move; then shoot, trying to hit one of the cones. Receive the ball back from the wall or your teammate dribble around cone A; do the move; shoot-and repeat the sequence until you have hit all the cones. Scoring: After some practice see how many cones you can hit in 6 tries.</p>

D
A
Y

4

D
A
Y

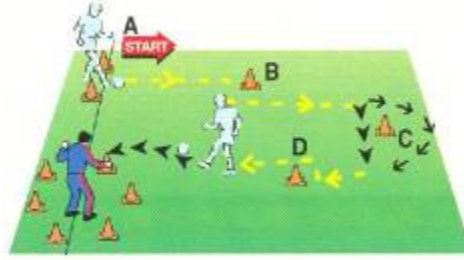
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Coerver Coaching Tips

At first, don't be concerned with speed. Good control is more important.

Try to keep your head up as much as possible when dribbling.

But when you're chipping. Strike the ball as low as possible, in a short, stabbing motion. Lean back a little so that the ball will rise.



Starting up: Start at cone A; your teammate stands in a 6-ft.-dia. circle of the cones. Dribble toward cone B and do the Rivelino moves before you get there. As you approach C, flick ball to the side of the cone, sprint around C and collect the ball on the other side. Head toward cone D, do the move again. Then flick up the ball to your teammate in the circle.

Scoring: 3 points for a chipped ball that reaches your teammate without bouncing; 2 points for a ball that gets there on one bounce.

Coerver Coaching Tips

Use plenty of passes to set up opportunities to use the move when your opponent least expects it.

Fake a pass to your outside teammate – but use your Rivelino move instead.

When passing, call loudly and run quickly for a return pass. Never stand around waiting for a pass.

If your opponent isn't pressuring you, collect points by doing as many moves as possible.



Starting up: In a 15-yard square, every player starts on a different endline. Two of the players play 1 on 1, trying to dribble across their opponent's endline. The other two players can receive and pass back to a player in the square, but they can't enter the square. The game ends when one player gets 12 points and then the players rotate. Scoring: 1 point for one completed pass; 2 points for one successful Rivelino Move; 3 points for one goal.