


# LEARNING FROM THE LEGENDS

## GEOFF HURST

<p><b>ACHIEVEMENT</b></p> <p><b>CLUBS:</b> West Ham United, Stoke City, Seattle Sounders.</p> <p>Made 49 international appearances for England, scoring 24 goals.</p> <p>Played in two World Cup finals.</p> <p>The only man to score the three goals in World Cup final.</p> <p>Scored over 200 goals in his professional career.</p>	<p>Geoff Hurst is the only player in the history to score three goals in the World Cup final match. He did it in 1966. If that's not enough to earn him a place in the second goal remains one of the most controversial ever scored in a World Cup final.</p> <p>Geoff's shot hit the underside of the crossbar and came straight down. Teammate Roger Hunt, following closely, turned and celebrated a goal instead of finishing off to score. The referee checked with the linesman, who signaled a goal. To this day many fans – especially Germans whose team suffered defeat – wonder if the ball actually crossed the line, Of course, Geoff insist it did.</p> <p>In many case, the goal was no fluke. Geoff scored 220 goals in a professional career that spanned over 500 games. Truly one of the finest strikers in the world, he finished his playing days with the North American Soccer League's Seattle Sounders.</p>
	<p><b>WHAT MAKES THE GEOFF A STAR</b></p> <ul style="list-style-type: none"><li>✿ Strong brave and determined</li><li>✿ Great first touch – he could receive, shield the ball and turn almost in one motion.</li><li>✿ Cool and confident at penalty area</li><li>✿ A consistent scorer, averaging almost one goal every two games</li><li>✿ Always played fair, a gentleman of soccer.</li></ul>

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16

**HURST MOVE**

“As a striker I often received the ball with my back to the goal and had an opponent behind me. I often used this cut move to turn past them. In fact, the inside-foot cut created the chance for me to score the second goal in the World Cup final against Germany.”

**Starting up**

<p>Walk through the move step by step, using the same order you see in the photos. Repeat, but this time cut the ball with the inside of your foot. Set up two cones 10 yards apart. Move slowly between the cones, cutting the ball with the outside of the foot in one direction and the inside of the foot in the other.</p>	<p><b>Geoff's Dos and Don'ts</b></p> <p>DO Try to keep your body between your opponent and the ball to shield it.</p> <p>Stretch to put your foot beyond the ball.</p> <p>Twist your hips to cut the ball.</p> <p>Cut the ball into the direction you want to go.</p> <p>DON'T run past the ball before you make you cut.</p>
<ol style="list-style-type: none"> <li>1. Stretch to stop the ball moving away from you.</li> <li>2. Lean over the ball and stop it (cut) with outside of your outstretched foot.</li> <li>3. Then go in the opposite direction and push quickly away.</li> </ol>	

**Coerver Coaching Tips**

At first you can use two touches to cut the ball, but eventually try to change direction (cut) with just one touch.

Remember to push the ball forward, then stretch and stop it using the inside or outside of your foot.

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

# D A Y 17

## Coerver Coaching Tips

Take two touches to turn. Imagine each cone as an opponent. When you make the move in front of the cone, you are learning the very important skill of shielding the ball. As in all moves, go in slowly and come out quickly. You're doing the move correctly if you come out of it facing the next cone. If you're left footed do the outside cuts first, then the inside

**Starting up:** Set up cones 4 to 8 yards apart in a zigzag formation as shown (use more cones for older players). Place cones 3 yards apart to serve as goals. Start in one goal and go from cone to cone. Alternate inside-foot cuts, and outside-foot cuts, until you reach the opposite goal. Then turn and pass the ball through the starting goal.



ball through the starting goal.

## Scoring:

Set up two courses

and play against your friends in a relay race. Score 5 points for the team that finishes first and 1 point for each goal. If you touch a cone go back to start.

# D A Y 18

## Coerver Coaching Tips

The pass from the server should be appropriate for the age and ability of the receiver. Try to turn using only one or two touches. Always try to pass accurately.

**Starting up:** Set up cones 10 yards apart. Begin at B and move toward your partner who gently pushes the ball through your spread legs. Spin around and try to stop the ball (using either the inside- or outside-foot cut) before it gets to cone C. At first, try to pass the ball back to your partner on the ground. Later to chip the ball at your partner's chest.



**Scoring:** 3 points for one cut before C; 2 points for two cuts before C; 1

point for three cuts before C.

# D A Y 19 D A Y 20

## Coerver Coaching Tips

Adjust distances according to age and ability.

When you start, you can use two touches to cut the ball.

Indicate to the passer to which side you want the ball passed.

Look up to shoot accurately.

**Starting up:** Start with a goal keeper in a goal 6 to 8 yards wide. Set a cone 12 yards for older players). Start in front of the cone with your back to the goal. After receiving the ball from a server move to the right side then cut it with the inside of your right foot across your body and shoot at goal. Next, receive the pass to your left side; cut with the outside of your right foot. Turn and shoot with your left foot.



**Scoring:** 2 points for one goal; 1 point for one cut.

## Coerver Coaching Tips

Accelerate out of your cut, then sprint to another area before cutting again.

Look up so that you don't crash into a teammate.

Always make sure your pass is accurate and easy to receive.

The receiving player should take the ball while moving away, rather than stopping it and then moving away, just as you would in a game.

**Starting up:** Six or more players form a circle. Two players start with balls. They sprint across the circle and change direction, using outside- and inside- foot cuts. After three changes of direction, pass to a teammate and switch places. If there are fewer than six players, only one goes into the circle at a time.

