

BALL FEINTS

Using Fakes

1. 1v1 situation: facing the defender and side-on
2. checking back and getting open
3. faking with an opponent on your back
4. using the right fakes and follow-up moves for the situation

Training Objectives

1. expanding the repertoire
2. teaching alternatives to fakes
3. encouraging use of both feet
4. focused technique training
 - a. 'true' fakes
 - b. accelerate after move
5. game-oriented training: using the right fake and follow-up move for the situation

Categories of Fakes

1. scissors move / step-overs
2. body fakes
3. fake shot
4. fakes with defender on your back
5. special tricks

Step-over

1. dribble diagonally toward goal
2. try to lure your opponent in the wrong direction
3. sideways fake step over the ball
4. shift weight onto the faking leg
5. move ball diagonally forward with the outside of the other foot
6. acceleration: take two quick steps after the ball
7. take the quick 'fake step' diagonally forward

Double Step-over

Scissors

1. low fake step goes around the ball instead of over it
2. dribble diagonally toward goal
3. keep fake step close to the ground as it passes around the ball
4. shift weight first onto the faking leg
5. then shift weight back onto the playing foot and take off explosively on the next step

6. move the ball diagonally forward

Double Scissors

1. dribble diagonally toward goal

Learning Moves Step by Step

1. step-over/scissors from a standing start
2. step-over/scissors from a dribbling start
 - a. give yourself time to assess your opponent when you are faking
3. step-over/scissors move from a dribbling start, followed by a shot on goal with GK
 - a. approach diagonally
 - b. make the 'fake step' clear
 - c. briefly shift weight onto faking foot, then move explosively forward and to the side taking the ball with you
 - d. look up from the ball to assess opponent
4. executing the step-over/scissors moves inside a grid (10x5 m outside the PA)
 - a. use alternatives: keep dribbling in the direction of the fake step using the inside of the opposite foot
 - b. for advanced players, make the grid smaller
5. step-over/scissors moves against a passive defender on the line
 - a. the defender must stay between the cones
 - b. tackling the ball is not allowed
 - c. fake should be executed far from the defender if the attacker is moving fast, closer to the opponent if the attacker is moving slowly
6. watch your opponent carefully: how many fingers?
7. defender can still move only sideways along the line, but may now try to block the ball
8. the defender can now defend actively on the line
9. the defender defends two goals that face each other diagonally
10. step-over/scissors move in a 1v1 situation
11. 2v2 to dribble across endlines placed close together

Rivelhino Trick

1. dribble diagonally toward goal
2. bring the playing leg in from outside, over the moving ball
3. after the fake, set the playing foot down next to the ball
4. plant the foot and shift weight onto the faking foot for just a second
5. with the other foot take a small step forward
6. move the ball forward with the outside of the foot and gain some ground with a quick sprint

Rivelhino Trick II

1. bring the playing foot in from the outside, over the ball
2. shift weight onto the faking foot

3. bring the other foot forward to start the second fake step
4. plant the rear foot
5. scissor with the playing foot from the inside out
6. plant the playing foot
7. shift weight onto the playing foot
8. move the ball forward with the outside of the other foot

Learning the Rivelhino Step by Step

1. Rivelhino from a standing start
 - a. Make sure both feet are used right from the start
 - b. Execute the lunge step more clearly with the weaker foot
2. Rivelhino from a dribbling start
3. Rivelhino from a dribbling start, followed by a shot
4. Rivelhino from a dribbling start, toward cones on either side, followed by a shot
5. one defender defends two goals side-by-side
 - a. defender cannot attack directly, he can only try to block the small goals
 - b. start the fake at the right distance from the defender
 - c. try to keep your torso facing the opponent on the approach
6. one active defender defends on a line
7. team competition: 1v1 on two goals each

Shooting Fakes

1. fake shot, moving the ball forward with the inside of the foot
 - i. dribble diagonally toward goal
 - ii. start winding up for the shot
 - iii. bring the arm all the way back
 - iv. clearly wind up with the shooting leg
 - v. stop the shot at the last moment
 - vi. take the ball with you using the inside of the faking foot
 - vii. move the ball diagonally forward
2. fake shot, moving the ball forward with the outside of the foot
 - i. consider lifting the ball over the opponents outstretched leg

Training Shooting Fakes Step by Step

1. fake shot from a dribbling start
2. dribbling diagonally toward cone, fake shot, shot
3. fake shot against defender on the line with minimal interference
4. practice making decisions: shoot or fake shot?
 - i. Defender must remain on line, but can now block the shooting path too
5. an active defender defends the line
6. 1v1

Matthew's Trick

1. especially effective for solo break-throughs on the wing and for crossing runs
2. dribble forward diagonally, with lots of touches
3. lure your opponent in the direction you are dribbling
4. make sure you dribble slowly
5. slight lunge step
6. change directions suddenly
7. move the ball diagonally forward with outside of foot

Learning the Matthew's Trick Step by Step

1. Matthew's trick from a slow dribbling start
2. a defender who imitates the moves of the player with the ball, followed by shot
 - i. consider lifting the ball over opponent's outstretched leg
3. teach alternative
 - i. if defender isn't lured by slow dribbling, be prepared to dribble quickly in direction of initial movement
4. 1v1 in square with 4 goals
 - i. attacker starts from one goal and can score in any of the remaining three with Matthew's trick or alternative
 - ii. if defender wins ball, players switch roles
 - iii. defender must start in middle of square
 - iv. up to 5 pairs can practice on each square, taking turns of 30 seconds each
5. 1v1: the defender defends inside grid outside the PA, then shoot
6. 1v1 in a larger defense zone

Special Tricks

1. bring the ball back behind the plant leg
 - a. approach diagonally
 - b. plant one foot well ahead of the ball
 - c. take a big step
 - d. move the ball forward with the sole or inside of the rear foot
2. Okocha trick
 - a. Clamp ball between feet
 - b. Using the inside of the playing foot, raise the ball slightly
 - c. Bend slightly from the waist and lift the ball up with the heel or inside of one foot
 - d. Kick the ball over your head
3. Scholl trick
 - a. Fake pass in one direction before taking ball with inside of same foot in opposite direction

Body Fakes

1. Lunge step behind the ball
 - a. Dribble diagonally toward opponent
 - b. Lunge step toward the outside behind the ball
 - c. Lean in the direction of the fake
 - d. Start moving fast in the opposite direction, bringing the ball along with the outside or instep of the playing foot
2. alternative is the double body fake
 - a. dribble diagonally toward goal
 - b. long sideways lunge step with one foot
 - c. shift weight onto that foot
 - d. long lunge step in the opposite direction with the other foot
 - e. now shift weight onto that foot
 - f. start moving fast in opposite direction bringing the ball along with the outside of the playing foot
3. body fake from a standing start

Learning Body Fakes Step by Step

1. body fake from a dribbling start
2. body fake from a dribbling start, followed by a shot
3. body fake from dribbling start with cones on either side, followed by shot
 - a. keep torso facing toward goal
4. one defender runs towards cone along with the attacker
 - a. attacker must watch opponent
 - b. keep right distance between you and opponent
 - c. execute true fake on one side
 - d. then dribble away in opposite direction
 - e. faking step must go diagonally forward past the ball
5. practice making decisions: a fake or an alternative?
 - a. Defender may move anywhere along the line
6. the active defender defends on a line
7. the defender can also attack the space in front of the line
8. team competition: 1v1 on goal lines
9. 1v1 in a square
 - a. defender starts in middle
 - b. attacker starts at one cone and must safely get to another cone
 - c. new pair every minute

Ronaldo Trick I

1. fake from a standing or slow dribbling start
2. moving the ball sideways
3. lure your opponent in the direction of the fake
4. brief stop on one foot
5. with the same foot, execute a step-over motion over the ball
6. shift weight onto the faking foot

7. move forward with outside of other foot

Ronaldo Trick II

1. straight on approach
2. pull the ball sideways with sole
3. plant the playing foot on the ground, and start the next fake step immediately with the other foot
4. step-over diagonally forward over the ball
5. bring the faking foot over the ball and set it down beside it
6. move the ball forward with the sole, then move explosively after it

Ronaldo Trick Step by Step

1. Ronaldo trick from a standing start
2. Ronaldo trick from a dribbling start
3. Ronaldo trick from a dribbling start, followed by a shot
4. practicing alternatives
 - a. instead of stepping over, play the ball diagonally forward with inside of foot
5. Ronaldo trick inside a grid
6. defender defends two goals that face each other diagonally

Faking with a Defender on Your Back

1. dribbling with the inside of the foot
 - a. move the ball sideways with the inside of the foot, making sure to move it slowly
 - b. use lots of touches
 - c. approach your opponent diagonally
 - d. shield the ball with your body, keeping the ball on the foot farthest from the defender
 - e. take a fake step sideways over the ball
 - f. plant your foot while pivoting on it in the opposite direction
 - g. make a three-quarter turn and dribble past your opponent beginning with the inside of the opposite foot
 - h. try to gain some ground with an explosive sprint
2. dribbling with the outside of the foot
 - a. same as above, but takeaway is with the outside of the faking foot
3. double fake
 - a. same as above, but fake with outside and take ball in direction of original fake

Faking with an Opponent on Your Back Step by Step

1. try out various fakes between two cones
 - a. practice with both feet
2. add opponent, practice faking between two goals
 - a. defender not fully active at first

3. different fake moves between two goals that face each other diagonally, followed by a shot
4. 1v1 with a passer, followed by shot