

Body Fakes – Matthew's Trick

1. technical elements
 - dribble diagonally forward with lots of touches
 - lure your opponent in the direction you are dribbling
 - dribble slowly
 - slight lunge step
 - change directions suddenly
 - move the ball diagonally forward with the outside or instep of the foot
 - option: raise ball slightly to avoid tackling leg
2. learning it step by step
 - from a slow dribbling start
 - a defender imitates the moves of the player with the ball
 - teach alternatives
 - i. if the defender can't be lured in the desired direction or doesn't commit to the lunge step, then take ball in the direction of the lunge
 - 4 small goals, 1v1 with each player defending three goals; if the defender wins ball then roles are switched (4 pairs; 30-60 sec each)
 - the defender defends inside a grid
 - 1v1 in a larger defensive grid

Bring the ball back behind the plant leg

1. technical points
 - approach diagonally
 - plant one foot well ahead of the ball
 - take a big step
 - move the ball forward with the sole or inside of the rear foot

Scholl trick