

MAKE YOUR MOVE

Pyramid of Player Development

1. ball mastery
2. passing and receiving
3. moves 1v1
 - a. changes of direction
 - b. stops and starts
 - c. feints
4. speed
5. finishing
6. group play

Step by step approach to moves

1. no pressure, repetition
2. limited pressure
3. full pressure

Change of Direction Moves

1. Set A

- a. inside cut
 - i. reach, cut, shield, accelerate away
- b. outside cut
- c. slap cut
 - i. fake to strike, roll foot over ball to take away with outside of foot
- d. double cut
 - i. outside cut to inside cut, with minimum steps in between
- e. twist off
 - i. variation of inside cut, accelerating away in original direction

2. Set B

- a. hook turn behind standing leg
- b. u-turn
 - i. after fake kick with sole of foot
- c. hook turn stepover
- d. pull/tap behind the standing leg (Cruyff)
- e. slap step on
 - a. sweep across front of body, step on with opposite, pull away

Skill Drill #1

Cone goals on either side

Defender plays ball out to attacker from endline 10-15 m away

Attacker receives, the tries change of direction moves to get through either cone goal

Skill Drill #2

Triangular formation of cones, with defender limited to line between two cones

Two attackers take turns approaching him from opposite point, deciding which change of

Direction move will work best dependin on defender's angle of approach

Skill Drill #3

Between two cones 10-15 m apart in groups of 3

Players change roles each turn, with last attacker overlapping next waiting attacker

Skill Drill #4

Four PUGG goals in a 25m square all facing outward

1v1 with coach playing ball in

Skill Drill #5

Two PUGG goals 18-20m apart, two marker cones in front of each goal

Teams 10 m apart facing each other

Can only shoot from inside zone, then race defender to other set of cones

Skill Drill #6

Two PUGG goals 20 m apart, facing opposite directions

Teams facing each other 12 m apart

Skill Drill #7

Back to back goals 10-12 m apart

Stops and Start Moves

1. Move set C

- a. Step on
 - i. With sole, then turn take away with other foot
- b. double step on
 - i. same foot, no steps between
- c. pull, then push with inside of same
- d. step kick
 - i. sole of one foot to instep of other
- e. high wave
- f. half pull spin
- g. 180 spin (fake inside cut)
- h. fake inside cut, take with trailing foot
- i. double touch (inside cut to trailing foot)

Skill Drill #8

Step kick without opposition

High wave without opposition

Double step on without opposition

Pull spin without opposition (around the world)

Skill Drill #9

Non-tackling defender starts with attacker at cone

Attacker begins when touching ball, try to beat defender to either cone 10m apart

Skill Drill #10

Two cone goals 10 m apart

Defender plays pass to attacker then overlaps

Attacker must reach cone between goals before he can attack either

Skill Drill #11

Four PUGG goals facing outward in 10-25m square

2v2, coach plays ball into the middle, can progress to 3v3 or 4v4

Feints

Moves Set D

1. scissors
2. double scissors
 - a. staying over the ball with balance
3. scissors, stepover with same foot

Moves Set E

1. side step (behind the ball lunges)
 - a. stay low and close to the ball
2. double side step

Moves Set F

1. stepover
2. double stepover
3. stepover, pull through, take away with outside of stepover foot
4. slap, stepover (Ronaldo II)
5. stepover, scissors with same foot, take away with outside opposite
6. step flick (back heel into standing/trailing leg)

Skill Drill #12

Repetition between two cones 10-15 m apart

Example: 1 touch on ball, as many scissors as you can before passing

Skill Drill #13

8 m square with 3 players on outside

dribble into square, make feint of choice to break any perimeter

variation 1: limited pressure from defender/coach in middle

Skill Drill #14

Small diamond grid, with two diagonally-oriented goals on each end

Defender plays ball from one end to attacker on other, who tries to score through either goal

Limited pressure

Skill Drill #15

Small square within large one, 1 player at every corner (8)

Defenders play ball in to attackers, then apply limited pressure

Skill Drill #16

Square configuration

Players advance with ball toward each other, make move 'against' teammate in the middle

Variation 1: now only two balls, passive defending after pass to opposite corner

Skill Drill #17

Limited pressure: defender and attacker begin side by side

Defender plays ball out 10m or so for attacker to collect and make change of direction move

Defender closes passively after first touch as attacker attacks the line

Defender then becomes attacker for next waiting teammate

Skill Drill #18

Toward goal, defender starting from 6 yd box, attacker from just outside 18 yd box

Last attacker becomes next defender

Skill Drill #19

Full pressure, 1v1 on 20m wide/10 m long field with two goals on each end

Coach supplies ball from one endline after attacker sprints through a goal on opposite endline

Skill Drill #20

2 teams in lines 10m apart with two goals 10m away, with shooting zone

attacker from last turn becomes defender from next player in line on opposite team

More Feints

Moves Set G

1. Drag push (Matthew's)
2. Reverse drag push (fake push behind the ball with drag foot, take away with opposite)
3. the whip: push with outside then quickly back in opposite direction with inside of same foot
4. drag-scissor-push with opposite
5. the "v" (Puskas): pull back diagonally and take away with outside of same foot

Moves Set H

1. shimmy: fake with inside of one foot (turn knee inwards and lift heel as if to strike), take away with inside of opposite
2. shimmy stepover
3. the hop: similar to shimmy, but take ball away with outside of shimmy foot while hopping on opposite

1v1 Speed Drill #1

two teams behind row of cones

object is to knock over your opponent's cones 1v1

after shooting, you must recover to defend opponent's next attacker

Speed Drill #2

Small field with three goals on perimeter marked 1,2,3

2 players back-to-back in middle of field with ball wedged between them

on coach's signal, battle for ball then try to get to goal coach identifies

Speed Drill #3

Between two cones, attacker and defender must stay on their respective sides

Once attacker breaks the line, both race one of two diagonally placed gates 10-15m away

Variation: add ball, but attacker can't touch ball until he attacks gate, defender tries to beat him

To gate, but is not allowed to tackle ball

Variation: attacker can move ball behind cones

Speed Drill #4

20x20m field with 4 PUGGs near each corner

teams by each goal

on coach signal first two players from opposing teams sprint toward middle, run around each

other; first one back to original goal receives ball from coach to attack 1v1 in either goal

variation: double high 5, then sprint backwards to start

variation: all the way to opponents goal then back

variation: lateral run around the other goal on their own side of the field

variation: double lateral run leads to 2 1v1's simultaneously

Speed Drill #5

Players in pairs 25m from goal line

Player in front with ball; on signal from coach player dribbles ball at speed

Approx 15m from goal line he steps on ball, leaving it for the trailing player to pick up and
Attack 1v1

Must dribble over endline under control

Variation: now with two or three small goals on endline

Variation: shooting on GK at the endline

Speed Drill #6

35-50m long field, 2 small goals 10m apart on each endline

5m shooting line in front of each goal-line

teams line up between goals on opposite endlines

soon as an attacker shoots, an opponent breaks out and the shooter becomes a defender

Speed Drill #7

2v2 fast break, same field as #6

variation: add third goal on each end, 3v2 fast break, shooters no longer defend

variation: 3v3 fast break, now shooters must come back to defend

Ball Mastery

#1: moving forward, play ball diagonally forward to other foot with sole of foot

#2: instep gags with alternating feet; progress to moving forward

#3: cutting ball with inside and outside of same foot while moving forward

#4: dribble cut, cutting with inside of one foot to outside of other continuously moving forward

#5: pulling a 'vee' with the sole to the inside of the foot, alternate, the 4 in-between taps before repeating; progress to moving forward

#6: coach in middle square, with lines of players at four corners of larger surrounding square
inside-outside cuts with same foot toward coach, followed by push pass to next cone and sprint

#7: running with ball using outside of foot

two lines start from opposite ends of grid, when both players reach center they pass and sprint to waiting line

#8: tap between with quarter turns on coach's signal

#9: tap-tap-sweep

#10: tap-between, stepover and quarter turn on coach's signal

#11: rollovers with inside and outside of same foot

Receiving

#1: 7m grid, inside of one foot to inside of other

#2: 1 touch passes moving to ball, then backpedaling to start after pass

#3: 1 touch passing and moving in threes, pass to teammate then overlap between two cones 7m apart

#4: in square, line of players at each cone

play first touch around incoming player, sprint around other side, the play one touch to next cone and follow

#5: 1 touch receiving and turning and 1 touch from teammates at end of the grid (two players remain in middle)

#6: knee or thigh control, after touch receivers switch position in front of opposite tosser

#7: chest trap in same format

#8: chest and volley to goal

Speed

Warm-up Drill #1

Row of cones 5 m apart

Sprint forward two cones, then backpedal around 1 before sprinting ahead 2 again

Warm-up Drill #2

Two parallel rows as above

Sprint ahead two, then diagonally backward 1 cone in adjacent row before sprinting
Ahead 2 again

Warm-up Drill #3

Same parallel set-up

Sweep ball across to next row, then leave it for following teammate

Exercise #1

Speed ladder, 1-in forward, to shot on goal at the end

Variation: lateral two-in

Variation: forward two-footed hops

Variation: lateral two-footed hops

Exercise #2

Over poles or low hurdles, lateral two-legged hops to shot on target

Variation: lateral two-legged hops with twist

Exercise #3

Lateral hops over low barrier: reaction sprint over 5m

i.e., two claps go left, one clap go right

Exercise #4

Cutting and straight ahead speed between two players connected by Velcro cord

Exercise #5

Parachute run

Exercise #6

Bungee running

Exercise #7

Sprint to waiting ball over 15m from varied starting positions

Exercise #8

Over 20-25 m , two lines facing each other

Player from one line dribbles out to within 5m of opposite line and plays pass

Then backpedals as receiver tries to speed dribble by him

Exercise #9

10m grid, reaction and acceleration with and without the ball

player with ball can feint, stop/start, but once ball is touched must race partner to finish

Exercise #10

Pass and overlap in 20m grid

Exercise #11

20x25m grid with two small goals at one end

coach in between two lines, plays ball in for 1v1 closing from behind

Exercise #12

20x30m grid with two small goals on one end

coach passes to attacker with defender closing from the side

Exercise #13

Receiving and turning, attacker and defender come out from between goals

Finishing