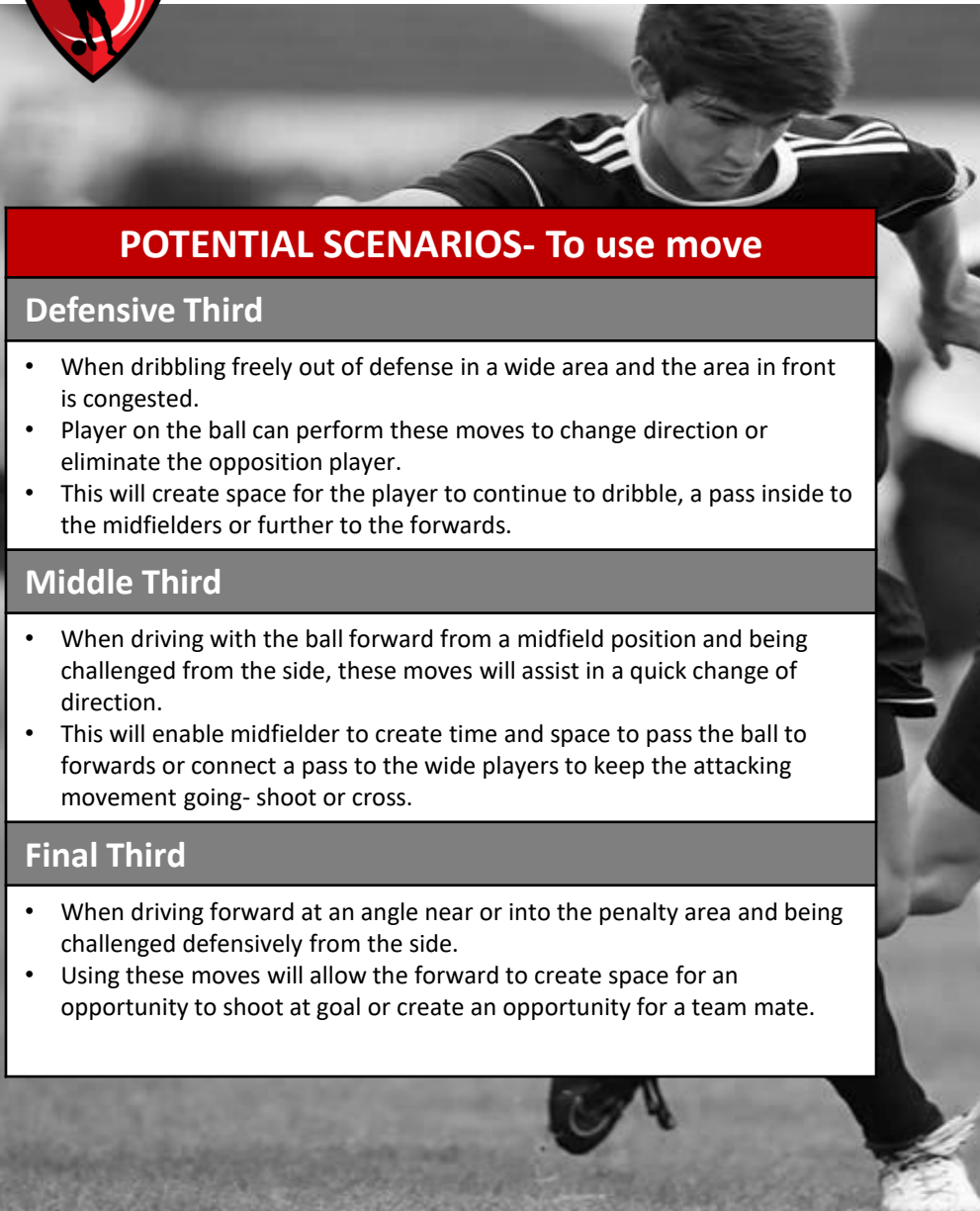




# Attacking Diagonally



## POTENTIAL SCENARIOS- To use move

### Defensive Third

- When dribbling freely out of defense in a wide area and the area in front is congested.
- Player on the ball can perform these moves to change direction or eliminate the opposition player.
- This will create space for the player to continue to dribble, a pass inside to the midfielders or further to the forwards.

### Middle Third

- When driving with the ball forward from a midfield position and being challenged from the side, these moves will assist in a quick change of direction.
- This will enable midfielder to create time and space to pass the ball to forwards or connect a pass to the wide players to keep the attacking movement going- shoot or cross.

### Final Third

- When driving forward at an angle near or into the penalty area and being challenged defensively from the side.
- Using these moves will allow the forward to create space for an opportunity to shoot at goal or create an opportunity for a team mate.

## Skill Moves

### Twist Off

#### When being challenged diagonally from side

1. Player firstly uses inside of foot to cut and shield the ball.
2. The Player then using the same foot quickly cuts the ball again to continue turning and then twists off into the space.

#### Key Coaching Points

- Good low body position for good balance when cutting and shielding
- Keeping turning and shielding until second cut is completed.

### Drag Back

#### When being challenged diagonally from side

1. Player fakes to strike the ball but instead drags ball back using sole of same foot.
2. Player then pushes off in the opposite direction using inside/outside of the drag back foot

#### Key Coaching Points

- Exaggerate the fake strike of the ball
- Drag back must be executed quickly
- Get ball out of feet to clear the incoming opponent

### Drag Back Flick

#### When being challenged diagonally from side

1. Player drags the ball back past the heel of the standing leg.
2. Player then passes the ball behind the leg with inside of the drag back foot.

#### Key Coaching Points

- Position your body between the challenging player and the ball- shielding and protecting the ball
- Drag back foot is always furthest from the opponent
- After pass behind standing leg accelerate out of the move.

### Flick behind Standing Leg

#### When being challenged diagonally from side

1. Player running with the ball- lifts foot over the ball and quickly flicks the ball behind the standing leg using the inside of opposite foot

#### Key Coaching Points

- Timing and speed of the move is crucial
- Use foot furthest from the opponent
- Touch behind the leg must be strong to clear the opponent and create move space



# Opposition on the Side



## POTENTIAL SCENARIOS - To use move

### Defensive Third

- A full back in possession running back towards their own goal in a wide area and under pressure from an opposition player.
- If the pass back to the Goalkeeper or Center Back is not available, player on the ball can use one of these moves to eliminate opponent and create space to build attack.
- Can also use Goalkeeper/Center Back as a decoy

### Middle Third

- When driving across the field in the midfield area with an opposing player closing in.
- These moves allow for a quick switch of attack-eliminating the opposing player.
- This will allow player on the ball to potentially continue to dribble, shot, connect the next pass to get the attacking move going.

### Final Third

- When driving across the pitch/penalty area with a defender tracking by the side blocking the way forward
- Performing a move- will create space for an opportunity to shoot at goal or create an opportunity for a team mate.

## Skill Moves

### Fake Pass and Turn

- Being pressured by Defender by your side**
- Player fakes to strike the ball but brings their foot down at a sharp angle to the side of the ball.
  - This allows the player to hook the ball back behind the standing foot- using the outside of the other foot to push the ball away in the new direction

- Key Coaching Points**
- Create disguise by using eyes and communicating to other players
  - Exaggerate the fake to kick
  - After hooking the ball behind, change pace quickly

### Step over and Spin

- Being pressured by Defender by your side**
- Player steps around ball faking to pass the ball
  - Player then spins round with the step over foot and take ball in the opposite direction with opposite foot

- Key Coaching Points**
- To add disguise- shout out team mates name at same as executing the fake pass- can deceive defender allowing for more time and space
  - Spin quickly out of move

### Flick Behind Standing Leg

- Being pressured by Defender by your side**
- While player is dribbling at pace they roll or flick the ball behind standing leg.
  - Player uses the front of the sole or inside of the foot to move ball

- Key Coaching Points**
- Shield the ball on opposite side of the defender
  - Roll or flick the ball behind standing leg at an angle
  - Change direction quickly

### Sole Stop and Push

- Being pressured by Defender by your side**
- Player runs with the ball- stopping the ball with sole of foot.
  - While foot is on ball, player uses other foot to kick the ball forward
  - Once the ball is going forward player changes pace and accelerates away.

- Key Coaching Points**
- Use light touch when stopping the ball
  - Shield ball from opponent
  - Second touch must be done quickly- to lose opponent.



# Back to Pressure



## POTENTIAL SCENARIOS - To use move

### Defensive Third

- When running towards own goal with pressure from behind- without the option of going back to Goalkeeper.
- Player can use of any of moves will allow the player to turn away from own goal and give them time and space to build a new attack by driving forward or connect a pass.

### Middle Third

- Player receives ball in midfield position with back to defender or opposition goal- with or without pressure.
- Performing any of these moves will allow the player to turn and face towards the opposition goal.
- Player can them dribble ball, pass forward or if near opposition goal shoot.

### Final Third

- When player is receiving the ball and has their back to goal with/without pressure from a defender.
- Player can execute any of these moves which will allow for a change of direction
- This change of direction will allow attacker to face the goal for a shot, pass to assist a team mate or to connect a pass to keep attacking move going.

## Skill Moves

### Sole Drag and Turn

<p><b>When a defender is behind you</b></p> <ol style="list-style-type: none"> <li>1. Player takes touch on receiving pass to angle then uses the ball with foot closest to defender.</li> <li>2. Player turns side on and drags ball away with the sole of foot</li> <li>3. The player changes pace to clear the area and continues to attack</li> </ol>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Pull away from defender to create space and execute move</li> <li>• Drag ball back and turn quickly</li> <li>• Change of pace</li> </ul>
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### Heel Raise

<p><b>When a defender is behind you</b></p> <ol style="list-style-type: none"> <li>1. After receiving the ball and taking a first touch- the attacker lifts heel and turns knee and hips as if to pass the ball back to passing player.</li> <li>2. The player then turns and spins quickly taking the ball away with the inside of the other foot.</li> </ol>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Exaggerate the move by turning hips and knee into the ball and lift the heel as though you are going to strike the ball.</li> <li>• Shout to team mate can deceive opponent and give you more time and space to be successful</li> </ul>
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### Step Around

<p><b>When a defender is behind you</b></p> <ol style="list-style-type: none"> <li>1. Player takes a touch in front away from defender</li> <li>2. When the defender closes in- player steps around ball faking to pass.</li> <li>3. Player plants the step over foot firmly and takes ball away with outside of same foot.</li> </ol>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Exaggerate fake pass to off balance defender</li> <li>• Shout to a team mate to add to disguise and deceive the defender</li> <li>• Low body position to assist in accelerating out of move.</li> </ul>
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### Fake pass and turn

<p><b>When a defender is behind you</b></p> <ol style="list-style-type: none"> <li>1. Player receiving takes a touch away forward</li> <li>2. Player fake to pass back- then bring foot down to side of the ball at a sharp angle</li> <li>3. Player then hooks the ball behind standing leg, pivoting on the their standing foot and using the outside of the other foot pushes the ball away to a new direction.</li> </ol>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Create disguise by using eyes and communication to other players</li> <li>• Exaggerate fake pass</li> <li>• After hooking ball behind, change pace quickly</li> </ul>
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# Face to Face



## POTENTIAL SCENARIOS - To use move

### Defensive Third

- When bringing the ball forward out of defense and facing an opponent putting pressure on the ball
- Player can use move to create space for them to set up attack
- Attack can be a forward pass or player continuing dribble.

### Middle Third

- When a midfielder is driving with the ball forward and have a opposition player in their path.
- These moves when executed allow for the player on the ball to eliminate opposition and create time and space to make the next move which could be a delivery from a wide area, pass to team mate, shot or continue dribble

### Final Third

- When attacking in and around the penalty area and face the obstacle of a defender directly blocking the way to goal.
- These moves will allow the player to move the defending player and create time and space to continue dribble, have a shot at goal or connect a pass to keep attacking move going.

## Skill Moves

### Scissors

#### When Defender in directly in front of Player

- Player on ball- drops the shoulder as if to push the ball with the outside of the foot- then steps around the ball with the same foot
- Player then takes the ball away from outside of the opposite foot and changes pace and direction to move away from Defender

#### Key Coaching Points

- Step around ball in a low tight circle
- Move upper body in same direction as the crossover foot to deceive defender
- Shift weight onto crossover foot to allow a drive away in opposite direction- but pushing ball away with outside of opposite foot.

### Inside- Outside

#### When Defender in directly in front of Player

- Player touches the ball lightly inside using inside of foot
- Player then pushes ball away to outside using the outside area of same foot.
- Player accelerates away from defender

#### Key Coaching Points

- Move is done at speed- especially the outside touch as creates next phase.
- Lunge to the side using upper body movement to deceive opponent.

### Fake out and take in

#### When Defender in directly in front of Player

- Player touches the ball lightly to the outside using outside of foot.
- Player then quickly uses inside of the same foot to cut ball inside and across body to opposite foot

#### Key Coaching Points

- Exaggerate upper body movement when faking to go outside
- Ball must be quickly cut inside out of feet to create space

### Step Over

#### When Defender in directly in front of Player

- Player steps around ball with either foot- planting it at the other side of the ball
- Player use outside of same foot to take ball away in opposite direction
- Change of pace

#### Key Coaching Points

- Fake to strike but step around the ball with low body position
- Use upper body to unbalance opponent
- Protect the ball and speed up out of the move
- Get your leading shoulder low and knees bend to assist in acceleration out of move.