

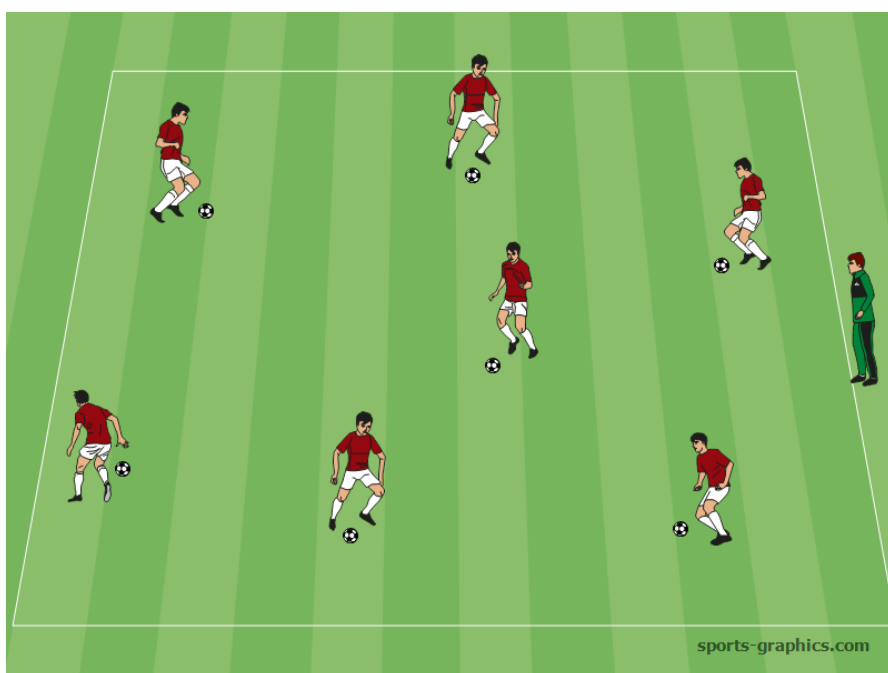
THE STOP-START MOVE

For developing an X Factor move through a number of skill acquisition stages

TECHNICAL

Ball Manipulation

X Factor Moves



Have players dribble around in a 20x20 area with a ball each executing the 'Stop Start' move.

While dribbling the ball forward the player uses the sole of the foot to stop the ball then immediately rolling the ball forward again to create a stop-start motion in order to break the running stride of the chasing defender.

Follow the skill acquisition stages:

Stage 1 - Develop the skill with a stationary ball, systematically producing step by step moves. This needs to be practiced with both feet.

Stage 2 - Progress with players dribbling the ball while practicing the skill.

Stage 3 - Increase speed and develop disguise/fakes as part of the move.

Stage 4 - Develop the decision making

process of when and where to use the move. This can be achieved by coaching the players in a skill related and game centred practice.

Stage 5 - Progress to modified small sided games and specific functional play to challenge the players learning.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Develop spatial awareness while performing the move.
- Players will feel comfortable in performing the move in 1v1 situations.
- Players will improve balance, coordination and feel for the ball.
- Players will understand where and when to use the skill.
- To improve touch through ball manipulation techniques.
- To learn and refine a specific technique through five skill acquisition stages.

KEY FACTORS

- Acceleration
- Awareness of the timing of performing the move
- Close control of the ball
- Disguise
- Head up
- Knees slightly bent
- Positive attitude
- Speed of the move
- Technique of the move

FOCUS AREAS

- Encourage players to have their head up - when the player is more proficient they should only briefly need to glance down.
- Mastering different techniques - each feint or move should be taught as specific techniques.
- Observe players progress and follow the skill acquisition stages 1-5.
- To develop or refine a specific technique so that the player is comfortable with the move.
- To gradually increase the fluency and speed of the move.

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