

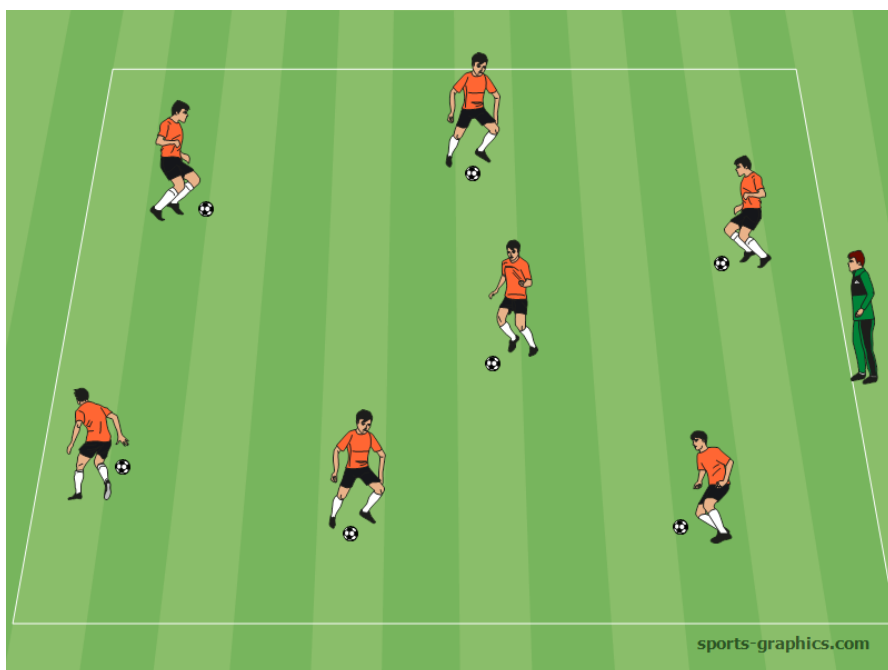
INSIDE OF FOOT CUTTING TECHNIQUE

Develop a specific feint or move through a number of skill acquisition stages

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a 20x20 practice area ensuring each player has adequate work space and a ball. Players cut the ball across the body with the inside of the foot while simultaneously stepping over the ball with the opposite foot and taking it with the outside of that foot for the ball to continue moving in the same direction. Follow the skill acquisition stages dependent on the player's progress. Stage 1 - Develop the skill with a stationary ball systematically producing step by step moves.

Stage 2 - Progress with players increasing the speed of touch.

Stage 3 - Combine other ball manipulation moves to challenge further. Try giving a range of different techniques, with players changing on command or combine two moves in one to increase the difficulty.

Stage 4 - Develop the move to a more game related activity to improve decision making on the correct timing and use of the skill.

Stage 5 - Repeat the skill acquisition process (Stages 1-4) encouraging players to use their less dominant foot.

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.
- Improve and refine dribbling to beat an opponent.
- Techniques to beat an opponent with deception.
- To gain confidence in beating an opponent in a 1v1 situation.
- To learn and refine the specific technique through five skill acquisition stages.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- Disguise
- Head up
- Knees bent
- Positive attitude
- Quality of technique for beating the opponent

FOCUS AREAS

- Close control of the ball.
- Decision making on dribbling when and where and what technique is used. Is it an appropriate technique for the right situation?
- Emphasis on foot speed and clean contacts on the ball to change direction.
- Emphasise the importance of the correct distance that the opponent needs to be before executing the move. Demonstrate how the ball is easily lost if they are within tackling range and how being too far away before executing a move may be counter-productive and lose the advantage.
- Encourage good technique and positive attitude.
- Encourage precision to master moves without players being too distracted due to close proximity of others.
- Fluency is achieved by practice.
- Heads up to avoid collisions.
- Technical execution of the chosen dribble.
- Use of body feints to unbalance opponent and change of speed to get past opponent.
- Use of both feet.

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