

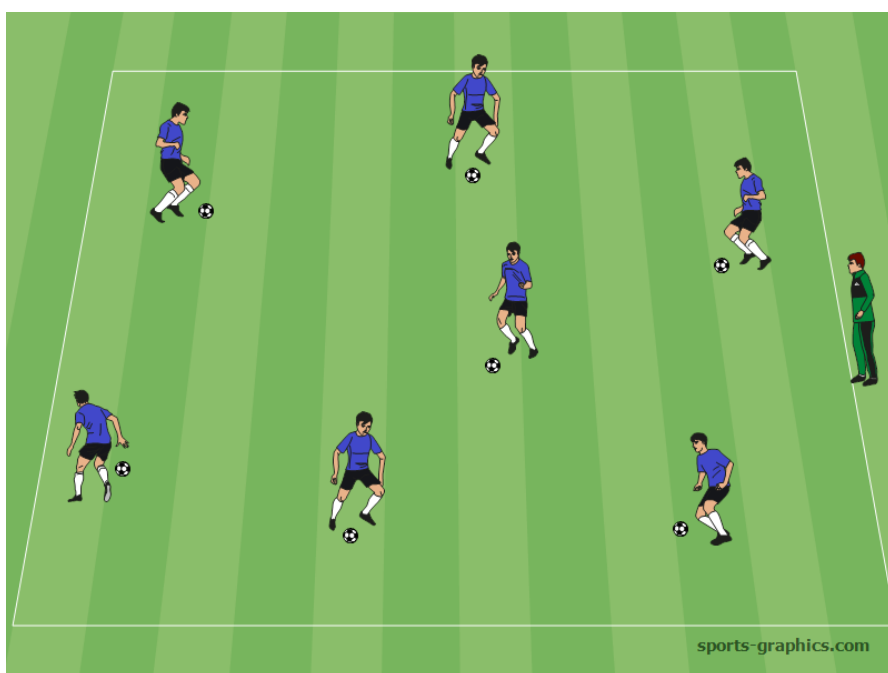
THE CAP

For improving ball familiarisation and touch

TECHNICAL

Ball Manipulation

X Factor Moves



Set up a 20x20 practice area ensuring each player has adequate work space and a ball. Players use the inside of the foot to wrap in front of the ball and then swivel the hips in the same motion to create a 'fake turn' before taking the ball with the inside of the other foot in a forward direction.

Follow the skill acquisition stages dependent on the players 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 - develop the move to a more game related activity to improve decision making on the correct timing and use of the skill.

Stage 4 - repeat the skill acquisition process (Stages 1-3) 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 while performing the move.
- Players will improve balance , coordination and feel for the ball.
- To improve touch through ball manipulation techniques.
- To learn and refine a specific technique through five skill acquisition stages.

KEY FACTORS

- Close control of the ball
- Head up
- Knees slightly bent
- Light on feet
- 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.
- To gradually increase the fluency and speed of the move.

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