

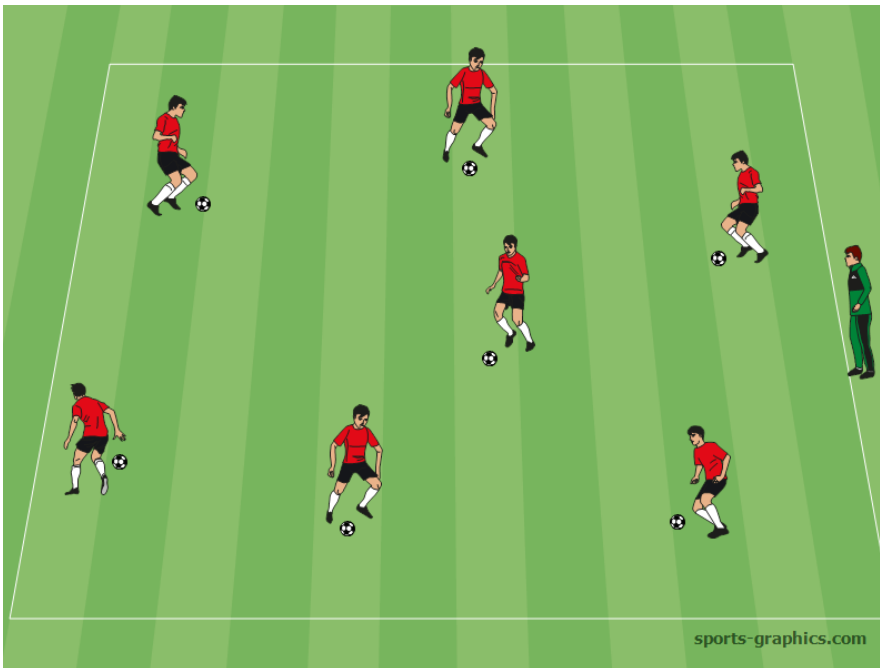
INSIDE CUT STEPOVER

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

TECHNICAL

Ball Manipulation

X Factor Moves



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 learned, with players changing on command or combine

two moves in one to increase the difficulty/complexity.

- 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 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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