

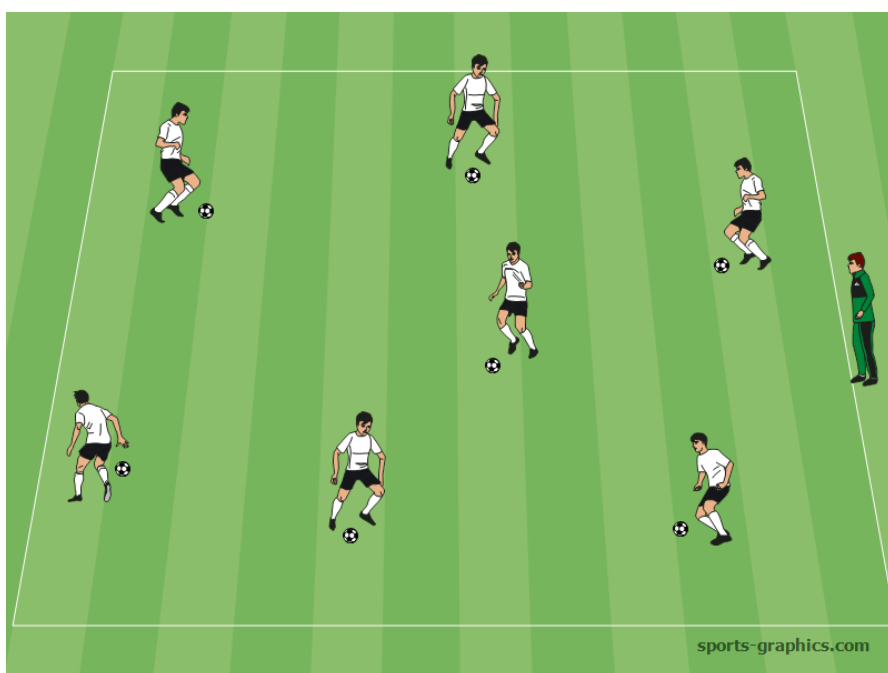
MARADONA

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

TECHNICAL

Ball Manipulation

Moves to Beat an Opponent



Set up a 20x20 practice area ensuring each player has adequate work space and a ball. Players stop the ball with the sole of one foot and spin 180 degrees.

The opposite foot then quickly drags the ball to create a full 360 degrees to continue on in the original direction.

The technique is performed in a continuous motion eg. if the player uses the right foot to stop the ball, the turn is anti-clockwise so that the left foot can quickly make contact to drag the ball to continue in the same direction.

This move was made famous by Argentina superstar Diego Maradona.

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.

VARIATIONS AND PROGRESSIONS

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

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 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.

MARADONA

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

