

SECTION 3

1v1 FACING AN OPPONENT SITUATIONS

Crossover

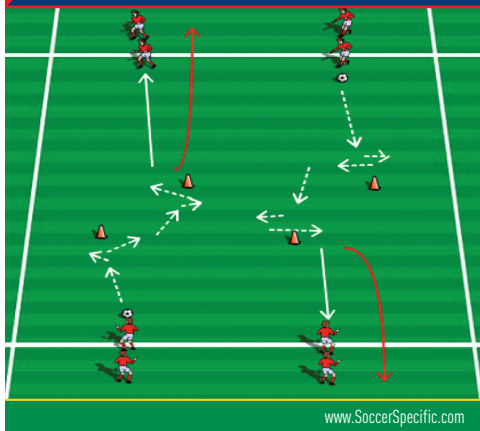
Description

The player fakes to pass the ball with the outside of the foot, and then steps around the ball with the same foot. The player then takes the ball away with the outside of the opposite foot and accelerates away from the opponent.

Coaching Points

- Step around the ball in a low tight circle.
- Move upper body in same direction as the cross over foot to further deceive defender.
- Shift weight onto cross over foot to allow a drive away in the opposite direction by pushing ball away with outside of the other foot.

Practice 1



- Both groups start together and dribble towards the first cone and perform the left, go right cross over move.
- They dribble to the next cone and perform the same move with the right foot leading and go left.
- On completion they pass the ball to the end line and join the group.



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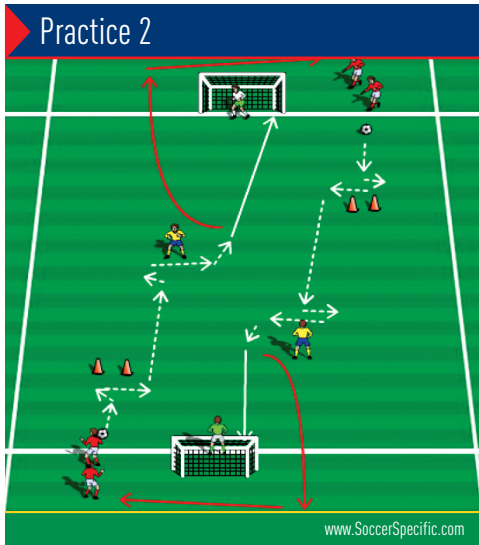
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Practice 2



- Both groups start together and dribble towards the first set of cones and perform the left, go right cross over move
- They drive forward and beat the defender with same move. and perform the same move.
- After beating the defender they finish on goal and join the opposite group.

Variation: Practice the move using the other foot.

