

SECTION 4

1v1 BACK TO GOAL SITUATIONS

Sole drag and turn

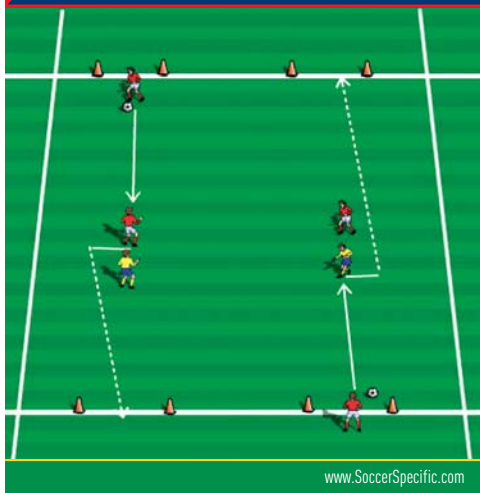
Description

Player receiving the ball with back to goal has a defender close behind. On receiving the ball the player turns side on and drags the ball away with the sole of the foot nearest to the defender. The player changes pace to clear the area and continues to attack.

Coaching Points

- Pull away from the defender to create space to execute the move.
- Drag the ball back and turn quickly
- Change of pace.

Practice 1



- Player with ball passes to central striker and follows pass.
- On receiving the ball the striker performs the move using the right foot to beat the defender.
- The striker then changes pace and dribbles through the gate.
- Play starts again from the opposite direction.

Variation: Practice left foot move.



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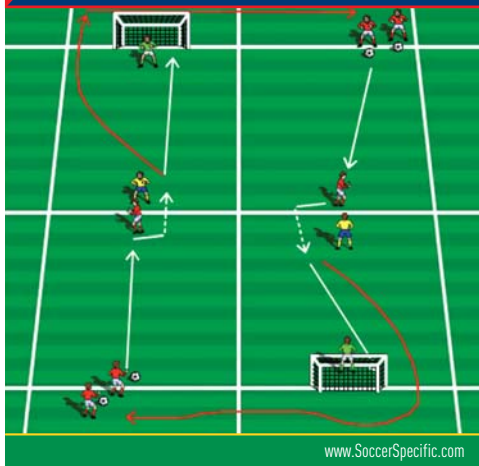
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Practice 2



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- Players with ball pass the ball into the striker.
- On receiving the ball the striker performs the right foot move to beat defender.
- The striker then drives forward and finishes on goal.

Rotation: The players move up one position with the defender retrieving ball and joining opposite line.

Progression: Use left foot move. Depending on the pass be alert and ready to adjust your body enabling you to use right or left foot move.

