

SECTION 2

1v1 DIAGONAL ATTACKING SITUATIONS Twist Off

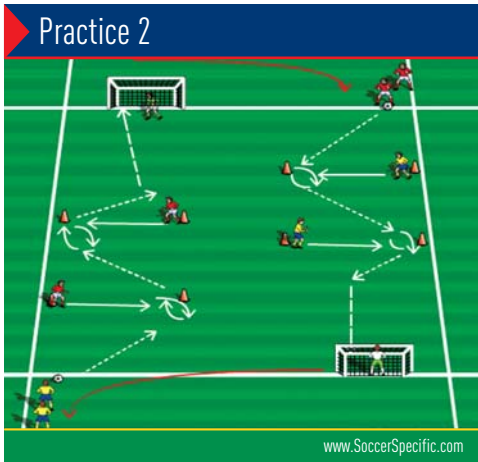
Description

Firstly the player uses the inside of the foot to cut and shield the ball when being challenged diagonally from the side. The player then quickly cuts the ball again with the same foot and keeps turning and twists off into space.

Coaching Points

- Good low body position for good balance when cutting and shielding.
- Keep turning and shielding until second cut is completed.

Practice 2



Both groups go together in this rotational practice.

- First players drive to first cone and perform the left foot twist off move when challenged.
- Both players then dribble to cone diagonally opposite and are challenged again by another defender.
- Both players perform the right foot twist off move to beat the defender.
- Both players then finish on goal and join opposite line.
- Practice begins once more.
- Change defenders after a few practices.

