





Mirrors speed moves

30x30 yard area

Actually does step on the ball with away foot. Then, in quick succession, the player quickly pulls the foot back behind the ball and explodes forward. Once again, the rationale is that stepping on the ball will momentarily freeze the defender, allowing the attacker to break away. As with the high wave, players should practice the move with the away foot moving across the grid and then change the step-on foot on the way back to the starting point.

3. Double cut. Here the attacker dribbles half-way to the far cone before cutting the ball with the inside of the foot, and after rotating the hips and shoulders and taking a step, the attacker cuts the ball with the inside of the foot again and accelerates to the far cone. This move is designed to get the defender to react to the first cut and then lose her with the second cut. It is important to note that this move can be performed both facing the defender and facing away from the defender.
4. Behind heel cut. This move is similar to an inside of the foot cut. The attacker pushes the ball into the grid and at the midpoint between cones, turns hips and shoulders to face the defender (use the other working player as the defender in this case). Then the attacker plants the trailing foot behind the ball but far enough forward so that the ball can pass behind it. It is critical that the trailing (plant) foot be pointed at the defender, as this maximizes the fake. The lead foot then reaches around the ball and using the inside surface, pulls the ball behind the standing foot. Then the player accelerates back to the starting point in the grid. This move is best when it is well "sold." The lead foot should be raised heel first to accentuate its movement and create the impression that the ball will be kicked before the pull behind the standing foot is made. Players need to practice this move a great deal to make it effective, but it is very useful as the ball is not exposed to the defender during the cut. The pairs should work on the move using one foot for three minutes and then change sides so that they can train the other foot.

Using the same set-up, now allow the players to practice the move set with light pressure. Players line up as before, but now only one player has a ball (her partner is on the other side of the cones without a ball). The player with the ball dribbles forward between the cones. The player without the ball shadows her movements. The players must remain on their own side of the cone line (no tackling) and the object for the attacker is to use the speed move set to wrong-foot the defender and then run past either cone before the defender can get to that same cone. After the duel is done, the resting pair play and the players alternate roles. Encourage players to be creative and to com-

1v1 to ball/cone goals

30x30 yard area

bine the speed moves to wear down and defeat the defender. The attackers earn a point only if they dribble beyond the cone before the defender can race beyond that same cone. The defender must mirror the attacker's movements until the attacker decides to make a run to get beyond either cone. Play for five minutes and check scores.

This exercise is similar to the above exercise except that the coach places balls on top of each of the end cones. To earn a point, the attacker must use her ball to knock either target ball off of the cone. This can only be accomplished by dribbling the ball over the cone (no passing or shooting), and the defender can not tackle, but must try to get in between the target ball/cone and the attacker. This exercise is slightly more difficult than the previous environment but it also strongly encourages the attackers, as the defender must commit to defending one cone at some point and if the fakes are well-performed, the attacker should continue to experience success. Be sure to change partners frequently to allow players to experiment with performing the moves against different opponents.

4 goal soccer

30x35 yard fields

Play 3v3 four-goal soccer. Place goals on the endlines near the corners of a 30x35 yard field. This area is big for the numbers and the placement of goals in the corners will create situations where the attackers will need to run the ball forward and use speed moves to beat opponents. Encourage players to use the moves by awarding one point for a sharp speed move and two points for a goal. After ten minutes, remove the reward for the moves and just give one point per goal. If there are multiple games, play in a tournament (i.e. total points), rotating the teams through several games. At the end of the session, check to see which team compiled the most points.

