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# TRAINING AT HOME

The drag back is a favourite of Robin Van Persie, who uses this technique to open up space to pass the ball towards the wide areas of the pitch.

By practising the drag back, you will increase your confidence to take the ball away from your opponent and change direction of the ball to either dribble, switch play or have a shot at a goal.

## TRAINING SKILLS : 1. DRAG BACK

- 1** Plant your non-kicking foot behind the ball, not too close



- 2** Put your kicking foot on top of the ball



- 3** Drag the ball back and twist your body in the direction you want to go



- 4** Push the ball away with the inside of the same foot



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Nani uses the flick behind to cut inside from wide areas of the pitch, to change direction or attack defenders more centrally.

By practising the flick behind you will increase the speed in which you can take control of the ball from your opponent and in a quick movement change complete direction of the ball.

## TRAINING SKILLS : 2. FLICK BEHIND

- 1** You need to be square on to the ball as it travels towards you



- 2** Take a big step and place your non-kicking foot in front of the ball



- 3** As the ball rolls between your legs, bring your kicking foot in beside the ball



- 4** With the inside of your kicking foot, flick the ball behind your standing leg



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Michael Carrick uses the Step Over to change the direction of play and get away from his opponent.

By practicing the Step Over, you will learn how to change from playing a pass down the right side of the field, you can fake play, change direction and come across the side of the field.

## TRAINING SKILLS : 3. STEP OVER

1

Plant your non-kicking foot behind the ball



2

Swing your kicking foot around the ball



3

Bring your non-kicking foot in alongside the ball



4

With the same foot, take the ball away



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Valencia uses the stop turn to change direction from attack to defence if he can't go back the full back.

By practicing the stop turn you will learn how to fake pass or fake cross and put the full back off and then start again!

## TRAINING SKILLS : 4. STOP TURN

**1** Place your non-kicking foot beside the ball



**2** Place your kicking foot on top of the ball



**3** Roll the ball backwards, plant your kicking foot behind the ball and turn



**4** Take the ball away in the opposite direction



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Ashley Young uses the Scissor technique to quickly change direction of the ball.

By practising this skill you will see your confidence grow when it comes to taking the ball away from your opponent, changing direction of

## TRAINING SKILLS : 5. SCISSORS

**1** Plant your non-kicking foot behind the ball, knee bent



**2** Swing your kicking foot around between the ball



**3** Move your kicking foot around behind the ball



**4** Push the ball past the defender



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The Giggs has been used by Di Maria to displace the opposition player and to give him time to get a cross in or run past the player. It is used for players to dominate their opponent in a 1 V 1 situation.

## TRAINING SKILLS : 6. GIGGS

- 1** Plant your non-kicking foot beside the ball, exaggerate this step to fool your opponent



- 2** Drag the ball into this space with your kicking foot



- 3** Bring your kicking foot around inside the ball



- 4** Push away the ball with the laces of your kicking foot





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The outside hook is often used by a mid-fielder, a signature move of Ander Herrera to change direction and angle of attack and to keep the opposition by playing unpredictably.

## TRAINING SKILLS : 7. OUTSIDE HOOK

- 1** The ball needs to be at least a stride in front of you



- 2** Lift your kicking foot up and place the outside of your foot in front of the ball



- 3** Move your kicking foot around behind the ball



- 4** Push the ball past the defender



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The rollercoaster can be used in tight areas to get your body between the opposition player and the ball.

Wayne Rooney might use this to create himself some space to shoot or pass.

## TRAINING SKILLS : 8. ROLLERCOASTER

- 1** Place your kicking foot on top of the ball



- 2** Use a little jump to place your kicking foot in front of the ball twisting your body



- 3** Place your non-kicking foot on top of the ball



- 4** Drag the ball back and push past the defender

