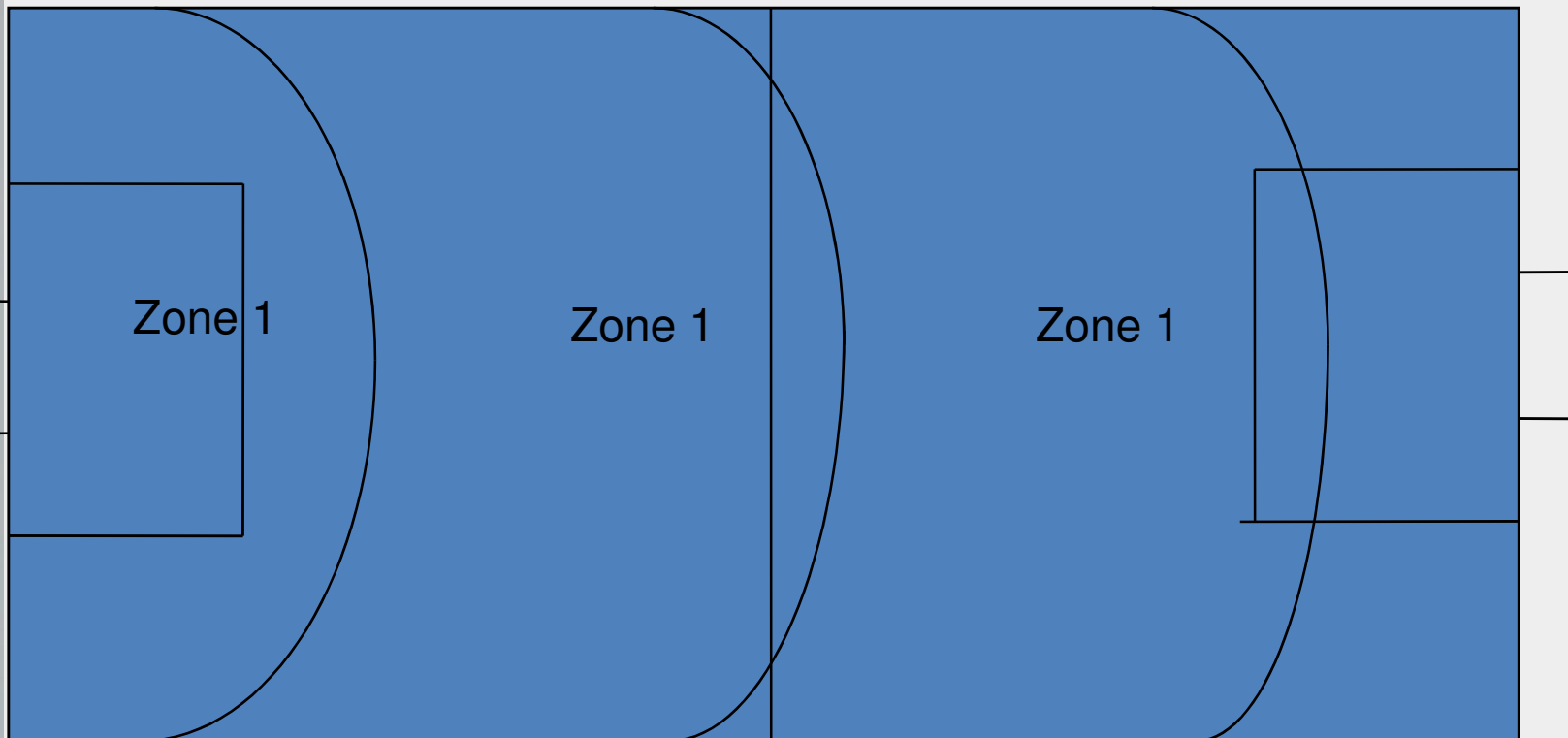


# “Master the ball”

A unique concept to stay on top of  
the opponent





# 3 zone structure

1. Scoring - defending the goal
2. Creating chances-shielding the goal
3. Build up - break off



# “Master the ball”

## 4 groups of moves

1. Back moves
2. Side moves
3. Fakes
4. Beating the opponent



# Back moves

Moves for the starting player who has hardly any ball control.

Moves to go away from the opponent.

Practice with left and right.



# Back moves(4)

Roll back other foot

Chopping with outside foot

Chopping with the inside foot

Step over



# Side moves

Player is able to keep the ball close to him and is ready to face the opponent.

Moves to the left or right while a opponent is approaching.



# Side moves(4)

Inside – outside

Inside - inside

Pull back behind the standing leg

Pull back and turn to open side



# Fakes

Player is able to control the ball with a  
approaching opponent.

Player brings his/her opponent out of  
balance by using the ball or his body to  
fake him/her

Opponent can be in front of him, next to  
him or behind him/her



# Fakes

	Fakes with your body	Fake with the ball
Opponent in front	Shooting move	Chop with the sole
Opponent next to	Step over	locomotive
Opponent behind	Hip move	Dragging behind



# Beating the opponent

Full control over the ball.

Moves to outplay the opponent and  
to come in a scoring position.



# Beating the opponent(4)

Scissors

Dragging

Dragging and scissors

Zidane



# “Winning Nine Steps”

- \*9 steps in the learning process of a new move.
- \*building up the resistance.
- \*Adding other technical skills.
- \*Adding tactics.



# “Winning Nine Steps”

Step 1:

in the length of the field



# “Winning Nine Steps”

Step 2:  
in the open space



# “Winning Nine Steps”

Step 3:  
in a defined space



# “Winning Nine Steps”

Step 4:  
with 2 or three players



# “Winning Nine Steps”

Step 5:  
with a group of players



# “Winning Nine Steps”

Step 6:  
in combination with passing and wall  
passes



# “Winning Nine Steps”

Step 7:

in combination with scoring



# “Winning Nine Steps”

Step 8:  
in position games



# “Winning Nine Steps”

Step 1:  
in small sided games



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A unique concept to stay on top of  
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