



SCOTTISH FA
YOUTH



FOOTBALL

LIVE IT PLAY IT LOVE IT

Scottish FA Developing 1v1 Individual Skills



Coach Education

WWW.SCOTTISHFA.CO.UK/NORTH

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Coaching for the Future

Developing 1v1 Skills

Introduction

More than ever it is imperative that we address the importance of creating more skilfully exciting players with quality technical ability. Players who can 'light' up our game.

We must lay the foundations at grassroots level to establish a system so that every youngster in the current and next generation of football in our country is given the chance to learn about improving their individual skills and techniques. Show them moves and turns, skills that have been and are being used by some of the world's greatest players (Past and present).

The lack of individual skill development coaches and the fact that youngsters do not spend as many hours practicing is having a detrimental effect throughout our game from grassroots to professional.

We must educate our young players to become more creative so they are confident and comfortable when in possession of the ball. We must develop flair players who are attack minded and give them the freedom to express themselves effectively in any game situation that they may encounter, especially when confronted with a 1v1 situation.

The more successful clubs and countries in the world are the ones that dominate in 1v1 situations. Consequently, technical and tactical skill in 1v1 play is the foundation for success at every level.

"If players miss out on creative technical development they will continue to play predictable football throughout their lives. Coaches who forbid players to take the initiative with the ball do not assist in improving the player's technical ability.

Football is a game of skill, imagination, creativity and decision making. Coaching should not stifle but enhance those elements."

(Arsene Wenger, Manager Arsenal Football Club)

With this in mind the **Scottish FA North Region** have set up a comprehensive skill based course to support and educate local coaches. We need more dedicated coaches to specialise in delivering the moves and turns to their individual players. We owe it to our young players to give them the best start possible. Thus, the aim of the course is to introduce skill development coaches at every club and provide the coaches with a sound knowledge of many skills which they can teach and introduce into their regular sessions. All coaches will be supported with a series of handouts throughout the duration of the course.

The main content of the skill based course is to address the four 1v1 situations that arise continually in every game. Coaches will also learn to focus on where and when the moves and turns can successfully be executed. In modern day football with its extremely fast pace, tight spaces and evenly matched teams the importance of 1v1 play cannot be overstated. Players who can dominate the 1v1 situations can make a difference to any game at any time.

Four 1v1 situations - where it begins to make a difference;

1. 1v1 Side by Side - change of direction moves
2. 1v1 Face to Face - Moves to beat opponent
3. 1v1 Diagonal Attack - Cuts and drag backs
4. 1v1 Back to Goal - Spins and turns

All the above situations will be comprehensively covered and explained step by step, where and when to execute the specific moves will also be continually reinforced.

Football Homework

Homework sheets have been specifically designed for each move and is an integral part of young players education and development out with regular sessions. The resource is to support and encourage young players to practise on their own. The homework is fun and can be monitored to gauge the improvements and progression of their technique, speed and touch with both feet. After patience, encouragements and realistic practices, young players will ultimately perform the moves spontaneously in games and will begin to be more creative and play more attractive, exciting attacking football. If we care about football this is a challenge we all now face to ensure the young players of today fulfil their potential to be the stars of tomorrow.



"As a kid they teach you not to play to win but to grow in ability as a player. At Barcelona we trained every day with a ball and I hardly ever ran without a ball at my feet."

(Lionel Messi), Barcelona Football Club

Situations of the 1v1



Where It All Begins • Where It Makes A Difference

Four 1v1 Situations

1v1 Side by Side



Beckham - inside & outside foot cut



McFadden - step over & spin



Carlos - stop turn



Van Nistelrooy - fake kick and turn



Owen - outside foot spin



Iniesta - stop start



The player in possession is being tracked by an opponent by their side. By using a change of direction move this will allow the player to create more space to pass, shoot or dribble.

1v1 Diagonal Attack



Giggs - drag back



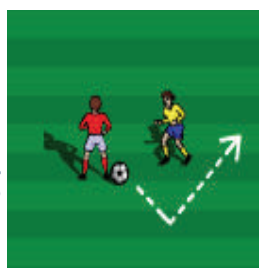
Fletcher - twist off



Rooney - drag back & pass behind leg



Ronaldo - flick back



The player in possession is driving forward with an opponent coming in diagonally from the side. By using the moves in this section this will allow the player to cut the ball away from opponent into space.

1v1 Face to Face



Miller - scissors



Torres - step over



Figo - side step



Messi - inside outside foot



Fabregas - sole of foot



Generally the player in possession is directly attacking an opponent. By using a move to beat an opponent this will allow the player to create space and to get past defenders to make passing and shooting opportunities.

1v1 Back to Goal



Di Canio - heel raise



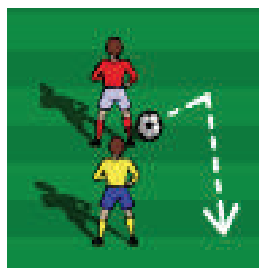
Torres - step over



Scholes - drag and turn



Van Nistelrooy - fake kick and turn



The player receiving the ball with their back to goal has a defender close behind. These moves are used to unbalance a defender and allow the attacker time and space to turn and to face goal.

Tool Box of Moves and Turns for Players to Develop an Armoury to Deal with most 1v1 Situations

Acknowledgements

Thanks:

I would like to take this opportunity to thank you all for your effort and contribution during the delivery of this **“Developing 1v1 Individual Skills”** course. I hope you have found this worthwhile and I am sure you will be able to pass on this information to the coaches and players involved at your clubs.

Acknowledgement:

I feel it is important to acknowledge the excellent work carried out by the Scottish FA North Regional staff across the board and particularly when delivering Scottish FA Coach Education courses and In-service training opportunities. We are lucky to have such a committed, dedicated and experienced team.

A special mention must be reserved for our Scottish FA Community Coach Jim Crawford.

The time Jim has spent over the years designing and refining the **“Developing 1v1 individual skills”** resource both in his head, on the pitch and on numerous scraps of paper is immeasurable and I am sure anyone who has spoken with Jim regarding this topic has been swept up in his enthusiasm and belief in the development of skilful players.

We are delighted to be able to package them together for the benefit of other likeminded coaches and hope that we have done it justice. Well done Jim!

What Next:

As we have discussed at the end of the course we will ask each coach attending to deliver the content across the various age groups within their own club or organisation. We will also ask you to concentrate a particular homework session on a specific age group at your club and revisit it after a period of time. We will then collate all the times etc. to allow us to measure whether this has been of benefit across the various age and ability levels.

You will also be invited along to all North Regional In-Service sessions and to the Aberdeen FC advanced centres at regular intervals in order to ensure your knowledge is kept fully up to date.



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We would welcome feedback on the course, good or bad and would also ask that if you feel you have designed a session which could be useful to other coaches that you email this to us and we will look to build up a database of sessions for the various individual skills.

This can be provided to us via the normal channels of communication:

Graeme Sutherland on or 01343 540101.
Jim Crawford on or 01224 650408.

Regards

A handwritten signature in black ink, appearing to read 'G Sutherland'.

Graeme Sutherland
Scottish FA North Regional Manager



Skills Practice



Roberto Carlos Brazil

1v1 Side by Side Stop Turn



The Move:

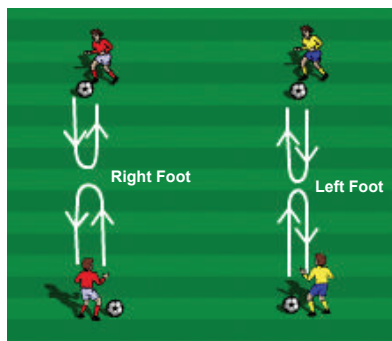
When running with the ball and being put under pressure from the side by an opponent, change direction quickly by using the Carlos Stop Turn. Stop the ball with the sole of the foot whilst jumping over the ball. On landing, change direction quickly by taking the ball away with the opposite foot.



Skill Practice 1

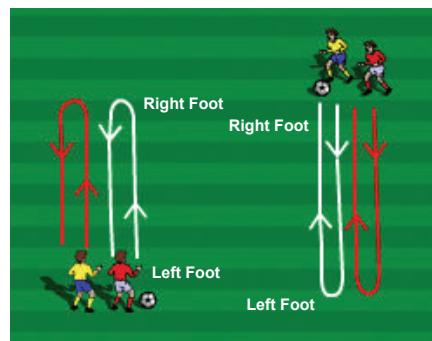
Players dribble to the centre of the box and practice the Stop Turn with Right Foot.

After practicing the right foot turn players need to practice the left foot turn.



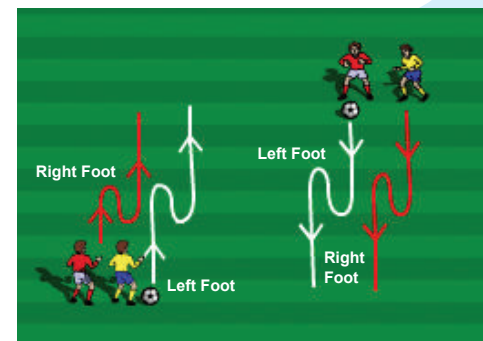
Skill Practice 2

Players practice the right and left foot turns when meeting in the centre.



Skill Practice 3

Players dribble forward being tracked by a defender, just before they reach the opposite side they perform the Right Foot Carlos move and dribble back to the start where they perform the left foot move and exchange places.



Skill Practice 4

Players practice the Right and Left foot turns being tracked by a passive defender. If the defender is on the left keep the ball on the right side and perform the right foot turn. If the defender is on the right side keep the ball to the left side and perform the left foot turn.

Coaching Points:

- When running with the ball shield the ball by keeping it on the side furthest away from opponent.
- Do not hesitate when jumping over the ball.
- Use light touch with the sole of the foot when stopping the ball.
- After changing direction accelerate out of the move, taking the ball away with the opposite foot.



Skills Practice

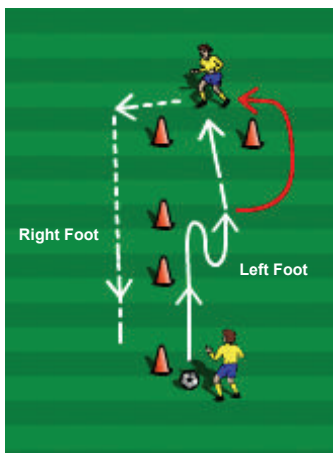


Roberto Carlos Brazil

1v1 Side by Side Stop Turn

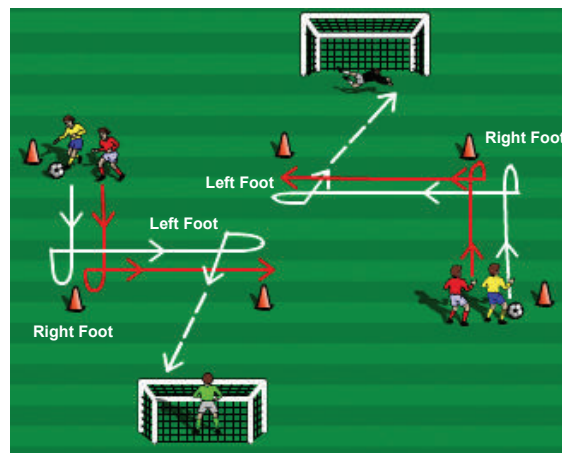
Group Practice 1

Player dribbles to the second central marker and changes direction with the right foot Carlos move. The player then quickly changes direction using a left foot Carlos move at the next marker. The player then drives forward and passes through the gate to team mate and takes up that position. On receiving the ball through the gate the player takes a first touch to the side and then dribbles back to starting point. Progression - a defender can be introduced in between the central markers to pressurise the attacking player.



Finishing on Goal

The first two players on each side drive forward. One being the attacking player the other being the tracking defender. The attacking player performs the right foot move to change direction before reaching the first marker. After changing direction the attacking player drives across the face of the goal and this time performs the left foot move to create space and finish on goal. Both players then join the opposite group and exchange places for next function.



Players **must** be aware of the various situations on the park.

WHERE & WHEN the move can be best executed:

STRIKER – Driving across the edge of the box with opponent side by side quick execution of the Carlos move will create space and time for shot at goal.

MIDFIELDER – When dribbling across the midfield area changing direction quickly can create space to switch the play or to play a pass into the striker to create shooting opportunity.

DEFENDER – When in possession of the ball and running back towards your own goal and under pressure from an opponent changing direction quickly will create space and allow a safe pass forward or the opportunity to start new attacking phase. Good communication with goalkeeper will confuse opponent.

Top Tips:

If opponent is on the left side keep the ball on your right foot and use Right Foot Carlos move.
If opponent is on the right side keep the ball on your left foot and use Left Foot Carlos move.

Coaching Points:

- When running with the ball shield the ball by keeping it on the side furthest away from opponent.
- Do not hesitate when jumping over the ball.
- Use light touch with the sole of the foot when stopping the ball.
- After changing direction accelerate out of the move, taking the ball away with the opposite foot.

Skills Practice



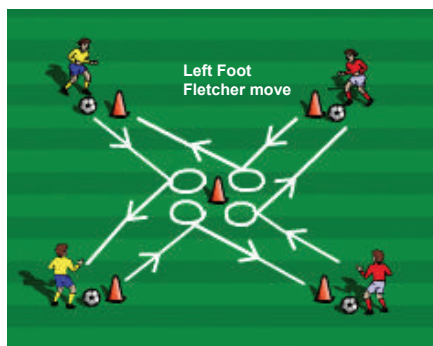
Darren Fletcher Scotland

1v1 Diagonal Attack Twist Off



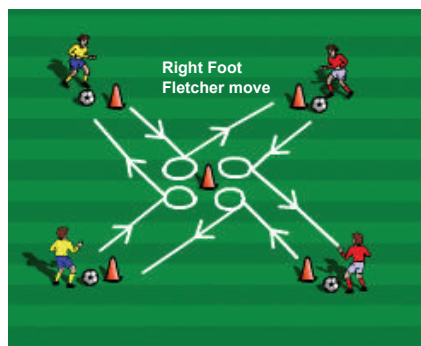
The Move:

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.



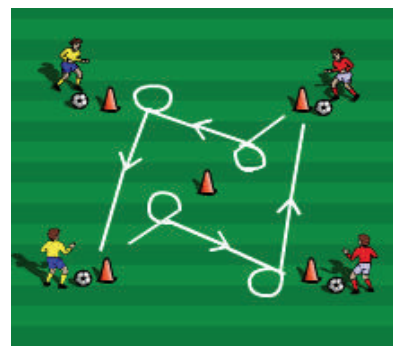
Skill Practice 1

All four players dribble into the centre and perform a Right Foot Fletcher move to finish at the marker on their right.



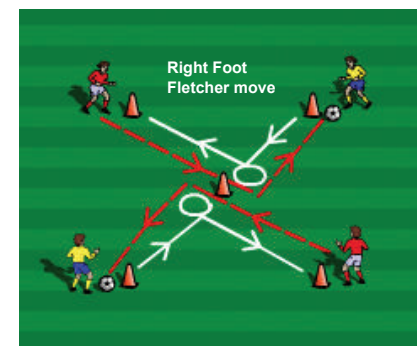
Skill Practice 2

Same as Skill Practice 1 except Left Foot Fletcher move and finish at marker on left.



Skill Practice 3

All four players dribble into the centre and perform a Right Foot Fletcher move, dribble to the marker on their right and perform a Left Foot Fletcher move and finish at marker diagonally opposite the one they started at. Repeat. Only 2 players moves shown in diagram above.



Skill Practice 4

A and B have a football each, C and D act as defenders. Players A and B drive into centre and perform right foot Fletcher twist off move when challenged from the side by C and D. After repeating 4 times players end up in original position. Reverse the practice using left foot Fletcher move.

Coaching Points:

- Keep good low body position for good strong balance when cutting and shielding against opponent.
- Keep turning and shielding until second inside foot cut is complete.
- Accelerate out of move and be alert and ready to pass ball to team mate or have a shot at goal.
- To use this move effectively it must be practiced regularly.



Skills Practice



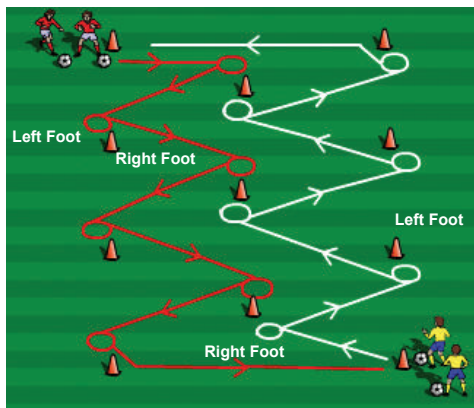
Darren Fletcher Scotland

1v1 Diagonal Attack Twist Off



Group Practice 1:

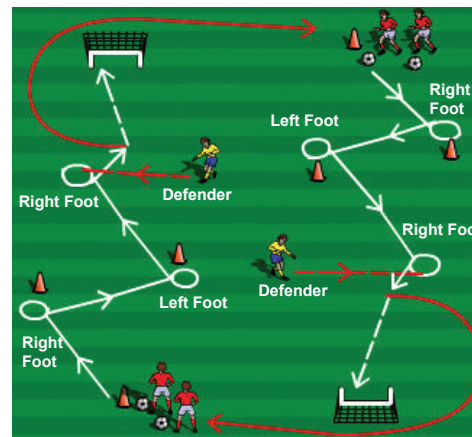
Players from both ends go together up the circuit performing the right foot and left foot twist offs. Once the first player reaches the second marker next player quickly follows. Encourage good technique and speed out of the move.



Group Practice 2:

Both end players go together to the first marker on the left side and perform the right foot Fletcher twist off move. This takes them to the next marker where they perform the move with the left foot. Both players continue to drive forward and use the right foot Fletcher move to beat the defender who closes them down from the side. Both players then finish on goal and join the opposite group.

Progression - reverse the first two moves as this allows the defender to come in from the left side to encourage the left foot Fletcher move.



Top Tips:

If opponent is on the left side keep the ball on your right foot and use Left Foot Fletcher move.

If opponent is on the right side keep the ball on your left foot and use Right Foot Fletcher move.

Coaching Points:

- Keep good low body position for good strong balance when cutting and shielding against opponent.
- Keep turning and shielding until second inside foot cut is complete.
- Accelerate out of move and be alert and ready to pass ball to team mate or have a shot at goal.
- To use this move effectively it must be practiced regularly.

Players **must** be aware of the various situations on the park.

WHERE & WHEN the move can be best executed:

STRIKER – When driving into the box and a defender running to challenge in at an angle, this move will create space for a shot at goal.

MIDFIELDER – The player dribbling forward in a midfield position beats the defender with the 'twist off' move when being challenged from the side. This then gives the player options to pass forward to striker or to switch the play to wide attacking player.

DEFENDER – When driving with the ball out of defence in a wide area and being challenged from the side performing the 'twist off' move would be a good option. This would allow the defender to shake off the opponent to create space and time to set up an attacking situation.



Skills Practice



Fernando Torres Spain

1v1 Face to Face Step Over

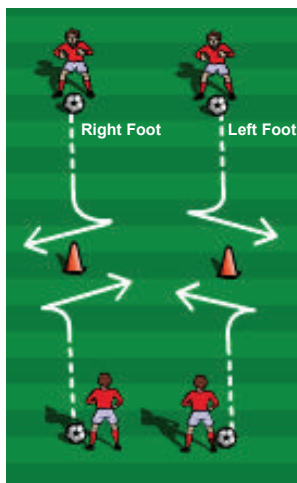


The Move:

The player exaggerates the move by faking to strike the ball but steps over and around the ball (circle leg from outside to inside of the ball, away from body) and plants the step over foot firmly on the ground. The player quickly takes the ball away in the opposite direction using the outside of the same foot.

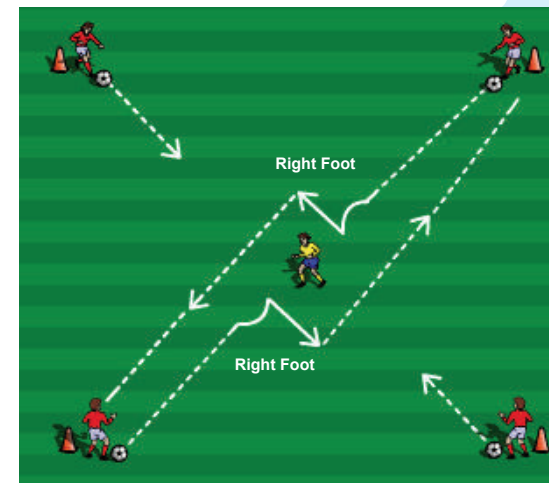
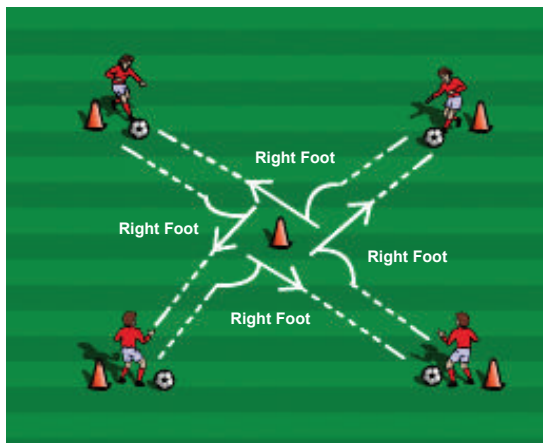
Skill Practice 1

Both players dribble into the centre at the same time. They both beat the centre marker with the right foot Torres move and dribble to opposite side.



Skill Practice 2

All players go together and perform the right foot step over and move to the right. Reverse practice and use the left foot step over. Progress to a double step over.



Skill Practice 3

Two players diagonally opposite each other go at the same time towards the centre of the box and beat the central defender with the right foot move.

Both players then dribble to the opposite side. The other two diagonal players quickly repeat the practice.

Variation - players perform left foot move. Players perform double step over moves to beat opponent.

Coaching Points:

- Exaggerate fake strike or pass when stepping around the ball.
- Use good upper body movement to unbalance opponent.
- Keep the foot low when stepping around the ball.
- Perform the move quickly then accelerate away.
- Communicate to team-mate as though to pass the ball as this will confuse opponent.



Skills Practice



Fernando Torres Spain

1v1 Face to Face Step Over



Group Practice 1

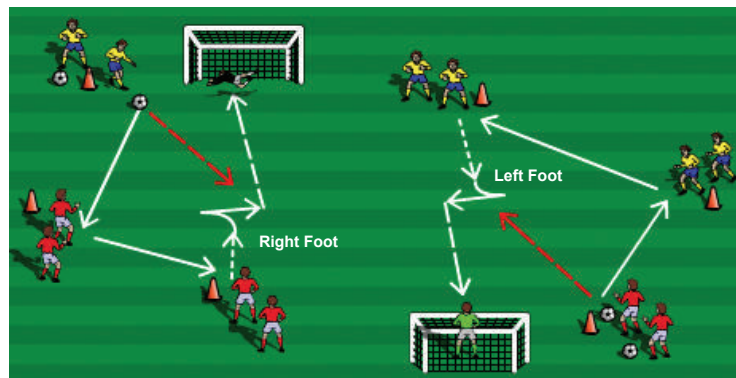
Both players go together and drive forward and perform the right foot and left foot step overs at the markers.

Both players then pass the ball to the opposite group.

Variation - add in extra footballs to increase the tempo.



Players **must** be aware of the various situations on the park.



Finishing on Goal

End player passes the ball to wide player. The wide player then passes into the central attacking player and follows the pass. On receiving the ball the attacking player is confronted by the end player making it a 1v1 situation. The attacking player then drives forward and beats the end player with the right foot step over before finishing on goal.

Rotation - End player becomes wide player. Wide player becomes attacker. Attacker becomes end player.

Set up practice on opposite side to encourage use of the left foot move.

Coaching Points:

- Exaggerate fake strike or pass when stepping around the ball.
- Use good upper body movement to unbalance opponent.
- Keep the foot low when stepping around the ball.
- Perform the move quickly then accelerate away.
- Communicate to team-mate as though to pass the ball as this will confuse opponent.

WHERE & WHEN the move can be best executed:

STRIKER – When in or around the box and confronted with a defender face to face quickly using the step over will create space to either go past the defender or to shoot at goal.

MIDFIELDER – When attacking at an angle from a wide area and being faced with an opponent. A quickly executed step over will allow players to create space for a penetrating pass, a crossing opportunity or a shot at goal.

DEFENDER – When being faced with an opponent in a defending area performing the step over will allow the player space and time. This allows the player to set up a pass into a midfielder, striker or winger thus setting up an attacking phase from a defensive situation.



Skills Practice



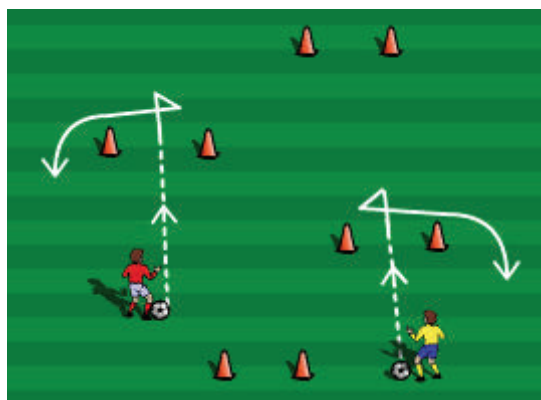
Ruud Van Nistelrooy Holland

1v1 Back to Goal Fake Kick & Turn



The Move:

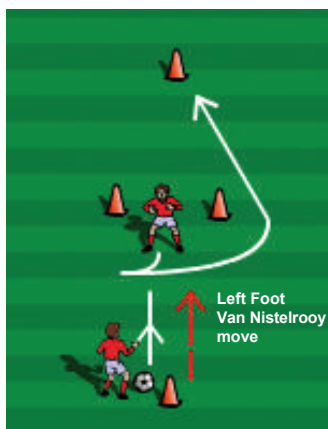
When the player receives the ball with their back to goal and a defender marking them goal side, this is when the Van Nistelrooy move can be used to create space for strikers to finish on goal. On receiving the ball the player fakes to strike or pass the ball but after the fake the player cuts the ball quickly behind the standing leg with the inside of the kicking foot. The player then turns quickly to change direction and takes the ball away using the outside of the opposite foot.



Skill Practice 1

Players dribble in the area, once they dribble through the centre of the two markers they perform a Right Foot or Left Foot Van Nistelrooy move.

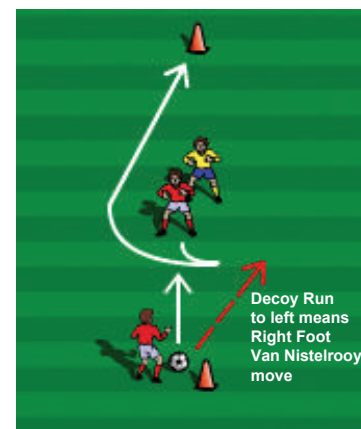
Players must ensure that their turn avoids the markers as these represent defenders.



Skill Practice 2

The end player passes the ball into centre player and follows pass. Centre player performs the right foot move, clears the markers and moves to opposite side for practice to begin again.

Change practice using opposite foot.



Skill Practice 3

The end player passes the ball into the first central player. On passing the ball the player then makes a supporting decoy run to one side. The receiving player then has to decide if it is a left or right foot move depending on the decoy run. If the run is to the players left he performs the right foot move. If the run is to the players right it is the left foot move.

Coaching Points:

- Fake to strike the ball before executing the move.
- Create disguise by communicating with supporting player.
- Check shoulder before receiving the ball.
- Cut the ball away from defender.
- Turn quickly and accelerate away.



Skills Practice

 Ruud Van Nistelrooy Holland

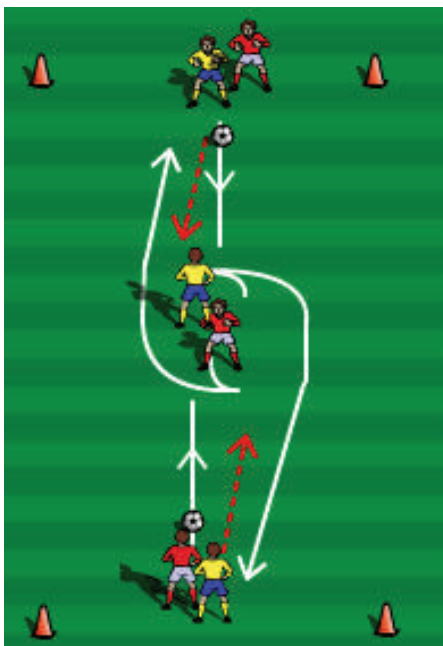
1v1 Back to Goal Fake Kick & Turn



Group Practice 1

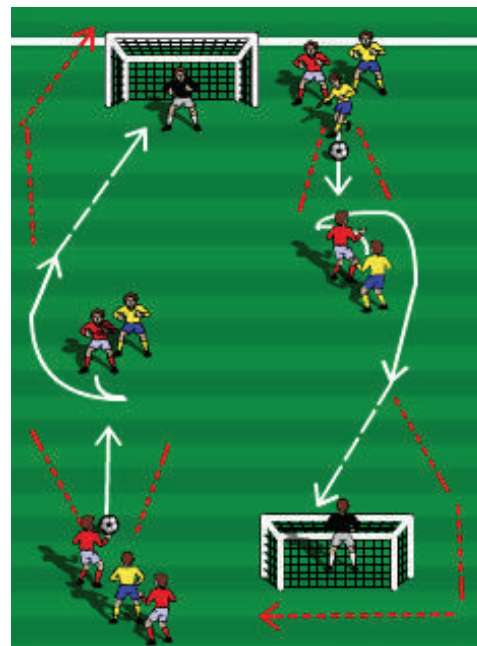
On receiving the ball the central players both perform the right foot move and dribble to opposite side.

End players follow pass and become new attackers. Change practice using opposite foot.



Group Practice 2

First player in each group passes ball into central player. The first player then makes a supporting run to one side, this dictates the turn to be utilised i.e. if support run is to strikers left then player performs a Right Foot Van Nistelrooy. The central player turns to beat the defender and finishes on goal and joins opposite group.



Top Tips:

If opponent is on the left side keep the ball on your right foot and use Right Foot Van Nistelrooy move.

If opponent is on the right side keep the ball on your left foot and use Left Foot Van Nistelrooy move.

Coaching Points:

- Fake to strike the ball before executing the move.
- Create disguise by communicating with supporting player.
- Check shoulder before receiving the ball.
- Cut the ball away from defender.
- Turn quickly and accelerate away.

Players **must** be aware of the various situations on the park.

WHERE & WHEN the move can be best executed:

STRIKER – When the player has their back to goal and receives the ball from midfielder, performing the right or left fake kick and turn move will enable the player to create space for a strike at goal.

MIDFIELDER – Receiving the ball in a midfield position with back to goal with or without a defender close behind, performing the move will create space to pass the ball wide or forward to strikers.

DEFENDER – When in a wide area and running back towards your own goal under pressure from opponent the fake kick and turn is an ideal move to create space and give the player time to start a new attack.



Homework Sheet

Roberto Carlos

Brazil



1v1 Side by Side
Stop Turn



The Move:

The Player dribbles forward, jumps over the ball and stops the ball with the sole of the foot. After landing beyond the ball turn quickly and take the ball away in the opposite direction.

Coaching Points:

- Do not hesitate when jumping over the ball.
- Use light touch with the sole of the foot when stopping the ball.
- After changing direction accelerate out of the move.

Tick box after completing each practice

Sun															
Mon															
Tues															
Wed															
Thur															
Fri															
Sat															



Homework Sheet

Roberto Carlos

Brazil



1v1 Side by Side
Stop Turn



The Move:

The Player dribbles forward, jumps over the ball and stops the ball with the sole of the foot. After landing beyond the ball turn quickly and take the ball away in the opposite direction.

Coaching Points:

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Sun															
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Homework Sheet

Roberto Carlos

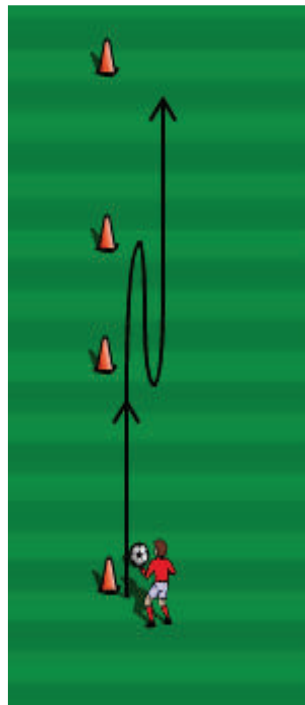
Brazil

1v1 Side by Side
Stop Turn



Skills Practice:

- The player dribbles to the 3rd marker and performs the Right Foot Carlos change of direction move.
- The player then drives forward and quickly performs the same move with the Left Foot to change direction once more.
- The player then drives forward to opposite end.
- Repeat practice.



To use this move effectively it has to be practiced regularly with both feet.

WHERE & WHEN the move can be best executed:

STRIKER – When driving across the face of the goal with a defender tracking alongside, performing the stop turn move will create space for a shot at goal or pass to a team mate.

MIDFIELDER – When driving across midfield with opposition players tracking, change direction by using the stop turn move. This will allow the player time and space to switch the play or pass into strikers.

DEFENDER – A full back in possession running back towards their own goal in a wide area and under pressure from an opponent rather than pass back to the goalkeeper performing the stop turn move will create time and space to start up a new attack.



Homework Sheet

Roberto Carlos

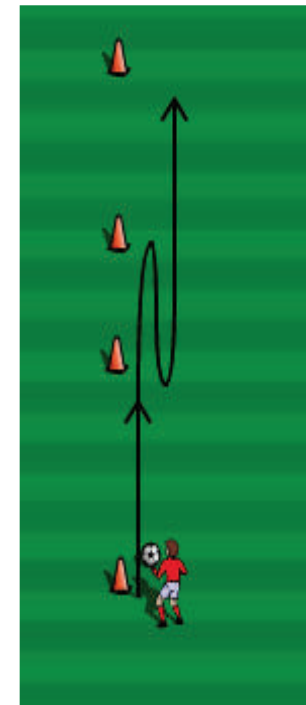
Brazil

1v1 Side by Side
Stop Turn



Skills Practice:

- The player dribbles to the 3rd marker and performs the Right Foot Carlos change of direction move.
- The player then drives forward and quickly performs the same move with the Left Foot to change direction once more.
- The player then drives forward to opposite end.
- Repeat practice.



To use this move effectively it has to be practiced regularly with both feet.

WHERE & WHEN the move can be best executed:

STRIKER – When driving across the face of the goal with a defender tracking alongside, performing the stop turn move will create space for a shot at goal or pass to a team mate.

MIDFIELDER – When driving across midfield with opposition players tracking, change direction by using the stop turn move. This will allow the player time and space to switch the play or pass into strikers.

DEFENDER – A full back in possession running back towards their own goal in a wide area and under pressure from an opponent rather than pass back to the goalkeeper performing the stop turn move will create time and space to start up a new attack.



Darren Fletcher

1v1 Diagonal Attack Twist Off



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.

- Keep good low body position for good strong balance when cutting and shielding against opponent.
- Keep turning and shielding until second inside foot cut is complete.
- Accelerate out of move and be alert and ready to the pass ball to a team-mate or have a shot at goal.
- To use this move effectively it must be practiced regularly.

[illegible]

Darren Fletcher

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[illegible]

Homework Sheet

Darren Fletcher

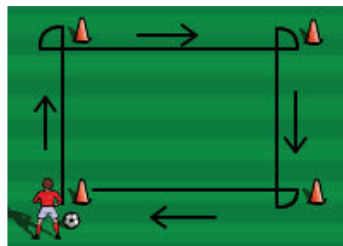
Scotland

1v1 Diagonal Attack
Twist Off



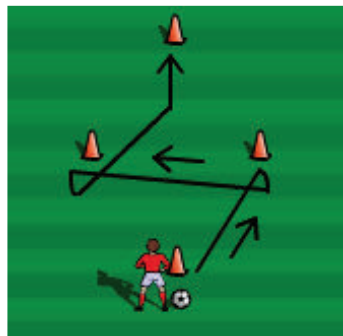
Skill Practice 1:

- The player dribbles to marker 1 and performs the right foot twist off then continues to repeat the same move at each corner until returning to the starting marker.
- Repeat practice in the opposite direction using the left foot twist off.



Skill Practice 2:

- The player dribbles to marker 1 and performs the left foot twist off.
- The player then dribbles to marker 2 then performs the right foot twist off and continues to dribble to the opposite end.
- Repeat practice this time left foot twist off at marker 2 and right foot move at marker 1.



Players **must** be aware of the various situations on the park.

WHERE & WHEN the move can be best executed:

STRIKER – When driving forward towards goal and being challenged from the right side the player would execute the inside of the right foot twist off move. This will allow the player to run and have a shot at goal. If being challenged from the left side the player would then use the left foot twist off.

MIDFIELDER – The player dribbling forward in a midfield position beats the defender with the twist off move when being challenged from the side. This then gives the player options to pass forward to a striker or to switch the play to a wide attacking player.

DEFENDER – When driving with the ball out of defence in a wide area and being challenged from the side performing the twist off move would be a good option. This would allow the defender to shake off the opponent to create space and time to set up an attacking situation.



Homework Sheet

Darren Fletcher

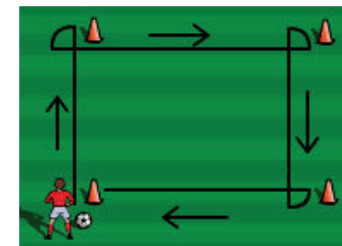
Scotland

1v1 Diagonal Attack
Twist Off



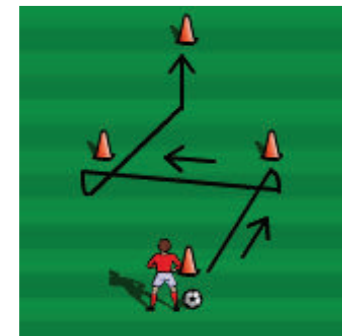
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Spain



1v1 Face to Face Step Over



Spain



1v1 Face to Face Step Over



The player exaggerates the move by faking to strike the ball but instead steps over and around the ball. The player then takes the ball quickly away in the opposite direction using the outside of the step over foot.

- Exaggerate fake strike or pass when stepping around the ball.
- Use good upper body movement to unbalance opponent.
- Keep the foot low when stepping around the ball.
- Perform the move quickly then accelerate away.
- Communicate with team-mate as though to pass the ball as this will confuse opponent.

Tick box after completing each practice

[illegible]

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[illegible]

Homework Sheet

Fernando Torres

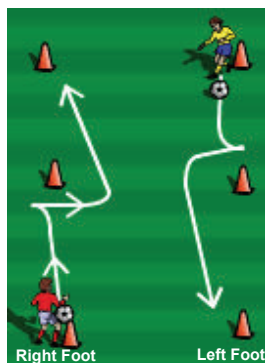
Spain

1v1 Face to Face
Step Over



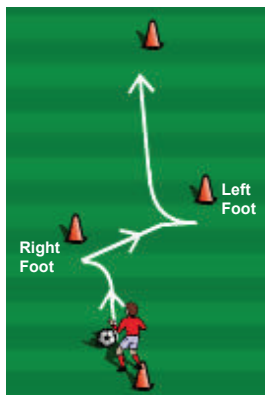
Skills Practice 1:

- The player performs the Right Foot Move on reaching the centre marker. After beating the marker the player dribbles to the opposite side.
- Repeat the practice using the Left Foot Torres move.



Skills Practice 2:

- The player drives forward and performs the Right Foot Step Over move at the first marker.
- Immediately after the move the player then quickly executes the Left Foot Step Over at the next marker and dribbles to the opposite side.
- Treat markers as defenders therefore consideration must be given to distance and timing of the move.



Players **must** be aware of the various situations on the park.

WHERE & WHEN the move can be best executed:

STRIKER – When in or around the box and confronted with a defender face to face quickly using the step over move will create space to either go past a defender or a finish on goal. The move can also be used when the striker has back to goal.

MIDFIELDER – When attacking at an angle from a wide area and being faced with an opponent. A quickly executed step over move will allow players to create space for a penetrating pass, a crossing opportunity or a shot at goal.

DEFENDER – When being faced with an opponent in a defending area performing the step over will briefly allow the player space and time. This allows the player to set up a forward pass into midfielder/strikers or winger thus setting up an attacking phase from a defensive situation.



Homework Sheet

Fernando Torres

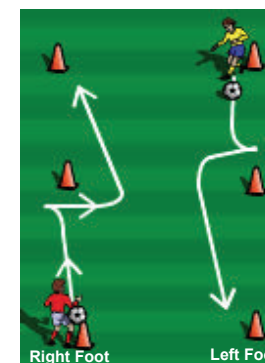
Spain

1v1 Face to Face
Step Over



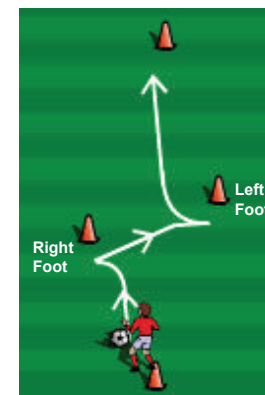
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Homework Sheet

Ruud Van Nistelrooy
Holland



1v1 Back to Goal
Fake Kick & Turn



The Move:

This move is particularly appropriate for strikers after receiving a pass with their back to goal with a defender behind them. The player should fake to kick the ball but cut the ball behind the standing leg with the inside of the kicking foot. The player then turns quickly to change direction and takes the ball away using the outside of the opposite foot.

Coaching Points:

- Create disguise by using eyes and communication to other players.
- Exaggerate the fake to kick.
- The drag back foot is always furthest from the opponent.
- After cutting the ball behind, change pace quickly.

Tick box after completing each practice

Sun															
Mon															
Tues															
Wed															
Thur															
Fri															
Sat															



Homework Sheet

Ruud Van Nistelrooy
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Sun															
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Fri															
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Homework Sheet

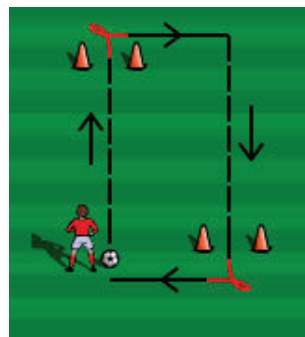
Ruud Van Nistelrooy
Holland

1v1 Back to Goal
Fake Kick & Turn



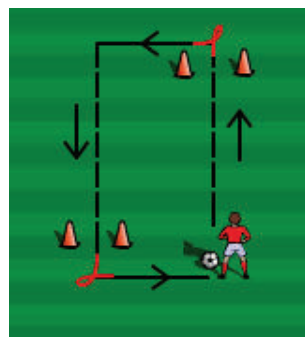
Skills Practice 1:

- Dribble forward and perform the right foot Ruud Van Nistelrooy move in between the two markers.
- After the move dribble back and perform the same move in between the next two markers.
- Stop the ball initially when practicing then practice the move without stopping the ball.



Skills Practice 2:

- For **skill practice 2** follow the above instructions but this time using the **left foot move**.



Players **must** be aware of the various situations on the park.

WHERE & WHEN the move can be used to create space:

STRIKER – When the player receives the ball from midfield with their back to goal, performing the right or left fake kick and turn move will enable the player to create space for a strike at goal.

MIDFIELDER – When driving across midfield and being tracked by an opponent the move can be used to create space to switch play or pass the ball to a striker.

DEFENDER – When in a wide area and running back towards your own goal, under pressure from opponent the fake kick and turn is an ideal move to create space and give the player time to start a new attack.



Homework Sheet

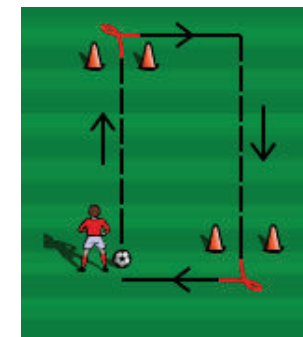
Ruud Van Nistelrooy
Holland

1v1 Back to Goal
Fake Kick & Turn



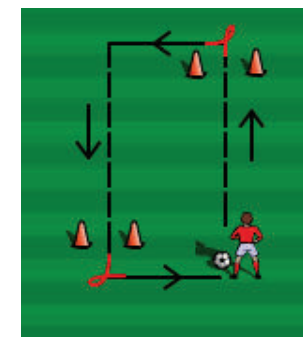
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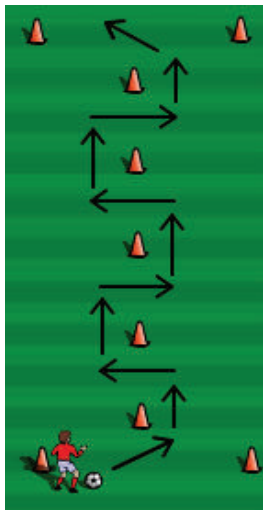
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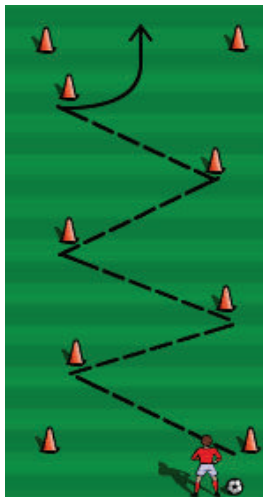
Fast Feet Skills Circuit



**Cesc Fabregas
Sole Foot**
1v1 Face to Face

Tick Box After Practice

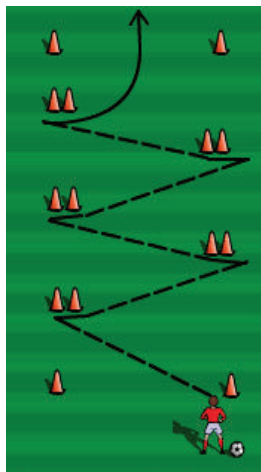
FABREGAS



**Ryan Giggs
Drag Back**
1v1 Diagonal Attack

Tick Box After Practice

GIGGS

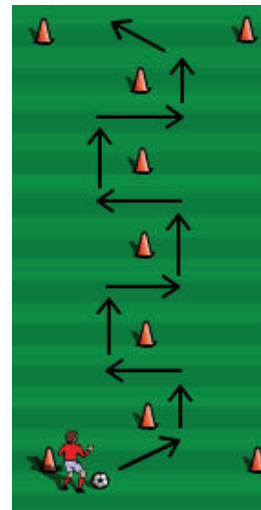


**Lionel Messi
Inside/Outside**
1v1 Face to Face

Tick Box After Practice

MESSI

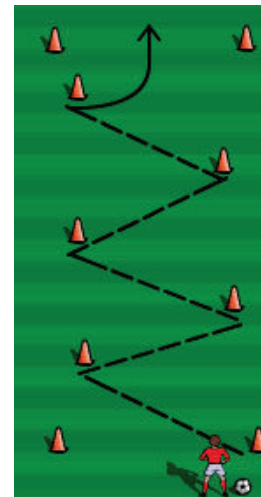
Fast Feet Skills Circuit



**Cesc Fabregas
Sole Foot**
1v1 Face to Face

Tick Box After Practice

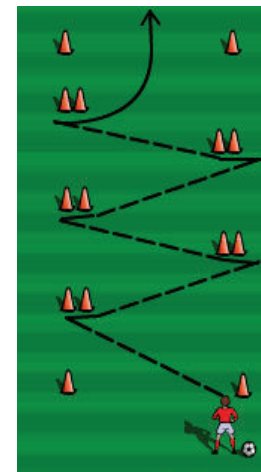
FABREGAS



**Ryan Giggs
Drag Back**
1v1 Diagonal Attack

Tick Box After Practice

GIGGS

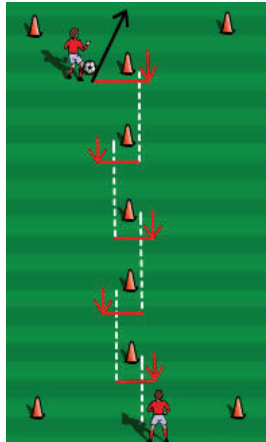


**Lionel Messi
Inside/Outside**
1v1 Face to Face

Tick Box After Practice

MESSI

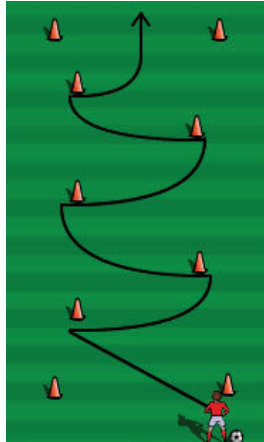
Fast Feet Skills Circuit



**Wayne Rooney
Through Standing Leg
1v1 Diagonal Attack**

Tick Box After Practice

ROONEY



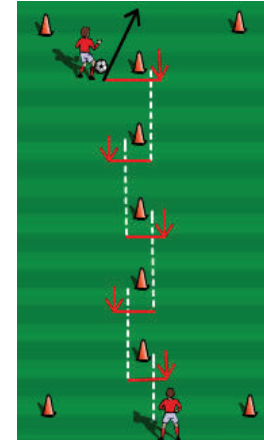
**Kenny Miller
Scissors
1v1 Face to face**

Tick Box After Practice

MILLER



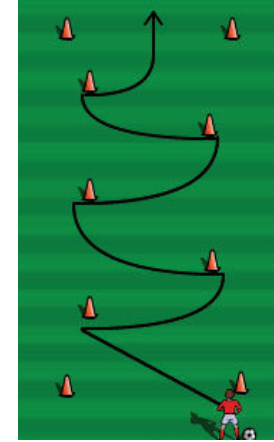
Fast Feet Skills Circuit



**Wayne Rooney
Through Standing Leg
1v1 Diagonal Attack**

Tick Box After Practice

ROONEY




**Kenny Miller
Scissors
1v1 Face to face**


Tick Box After Practice

MILLER



Fast Feet Skills Time Card





SCOTTISH FA
YOUTH FOOTBALL
LIVE IT. PLAY IT. LOVE IT.

SCOTTISH FA
North Region

Name:


Figo (Face to Face)						
Carlos (Side by Side)						
Rooney (Diagonal Attack)						
Torres (Back to Goal)						
Iniesta (Side by Side)						

54

WWW.SCOTTISHFA.CO.UK/NORTH

Fast Feet Skills Time Card





SCOTTISH FA
YOUTH FOOTBALL
LIVE IT. PLAY IT. LOVE IT.

SCOTTISH FA
North Region


Name:


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54

WWW.SCOTTISHFA.CO.UK/NORTH

Fast Feet Skills Time Card





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LIVE IT. PLAY IT. LOVE IT.

SCOTTISH FA
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WWW.SCOTTISHFA.CO.UK/NORTH

Fast Feet Skills Time Card





SCOTTISH FA
YOUTH FOOTBALL
LIVE IT. PLAY IT. LOVE IT.

SCOTTISH FA
North Region


Name:


Figo (Face to Face)						
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Torres (Back to Goal)						
Iniesta (Side by Side)						

54

WWW.SCOTTISHFA.CO.UK/NORTH

Fast Feet Skills Time Card





SCOTTISH FA YOUTH FOOTBALL
LIVE IT. PLAY IT. LOVE IT.

SCOTTISH FA
North Region

Name: _____

Fabregas (Face to Face)						
Giggs (Diagonal Attack)						
Messi (Face to Face)						
Rooney (Diagonal Attack)						
Miller (Face to Face)						

54

WWW.SCOTTISHFA.CO.UK/NORTH

Fast Feet Skills Time Card





SCOTTISH FA YOUTH FOOTBALL
LIVE IT. PLAY IT. LOVE IT.

SCOTTISH FA
North Region


Name: _____


Fabregas (Face to Face)						
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WWW.SCOTTISHFA.CO.UK/NORTH

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LIVE IT. PLAY IT. LOVE IT.

SCOTTISH FA
North Region


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Giggs (Diagonal Attack)						
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WWW.SCOTTISHFA.CO.UK/NORTH

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North Region

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WWW.SCOTTISHFA.CO.UK/NORTH