	Skill Level	Date	Age Groups
	Beginner	**Title:** Moves, Moves and More Moves	U10 U12 U13+

Skill Focus:
Ball Control Dribbling Faints

Session Description:
This session will focus on skill moves to improve the creativity for an individual player in order to beat a defender.

Warm up:
There are a lot of activities in this session so no need for a lot of warm up.

Scrimmage:
Have a 4 goal scrimmage give extra points if the player is able to pull off a creative move.

Notes:
The set up for the first five moves are all the same.

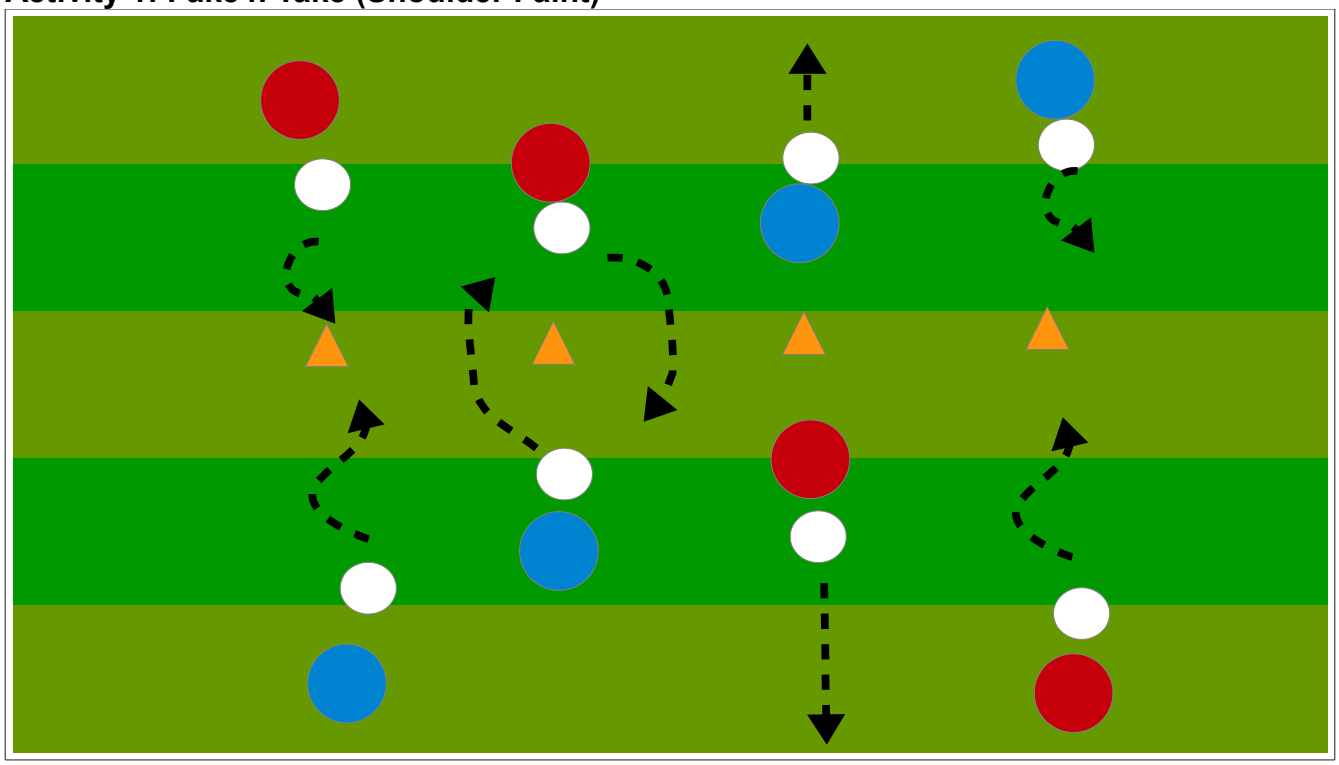
Here are a few videos to help

1. Fake'n Take (aka Shoulder Faint) https://www.youtube.com/watch?v=nqh7497qMpw
2. Scissors https://www.youtube.com/watch?v=2UwRk0jasTQ
3. Step Over: https://www.youtube.com/watch?v=MY9Fu0DMz44
4. Pull Back Turn https://www.youtube.com/watch?v=fN4L3ypTTAY
5. Pull Behind https://www.youtube.com/watch?v=cWa4c6jfiTc

Alternate moves/ Intermediate

- Brushes/Role Over https://www.youtube.com/watch?v=pjJBVjXhFRU
- Stop and Go https://www.youtube.com/watch?v=-W4CSIntI6E
- Cruyff Turn https://www.youtube.com/watch?v=K4JR-gK1SXU
- Ronaldo Chop https://www.youtube.com/watch?v=VdgJVwrwqTY

Activity 1: Fake'n Take (Shoulder Faint)



Setup: 15yd x 15yd area
Set a row of cones or agility poles down in the center of the area

Time: 10 minutes
Equipment: cones and balls
Description:
Fake'n Take https://www.youtube.com/watch?v=nqh7497qMpw
Players can practice this standing still or on the move.

1. Plant your left foot to the left away from the ball, and drop your shoulder
2. Take the ball away to your right with the outside of your right foot, with a quick change of pace

Players will practice the move by themselves in open space with no pressure or defending.

Once the players have the hang of the move, they will pair up with a player on each side of the cone. They will dribble towards the cone and when they get close they will execute the move. They will dribble to the starting position on the opposite side, turn around and come back the opposite direction and using the other foot to do the move.

Coaching Points:
- Really sell the fake to the opponent
- Take off at an angle and not straight to the side
- Use a burst of speed to go around the defender

Progressions:
1. Try to speed up.
2. You can have one of the players be a passive defender, they don't try to steal the ball.

Activity 2: Scissors
Setup: Same as activity 1

Time: 5-10 minutes

Equipment: Balls, cones or agility poles

Description:
Scissors https://www.youtube.com/watch?v=2UwRk0jasTQ
Players can practice this standing still or on the move.

1. User your left foot and go around the ball counter clockwise (when using the right foot, you will go around the ball clockwise)
2. Plant your left foot and take the ball away to your right with the outside of your right foot.

Players will practice the move by themselves in open space with no pressure or defending.

Once the players have the hang of the move, they will pair up with a player on each side of the cone. They will dribble towards the cone and when they get close they will execute the move. They will dribble to the starting position on the opposite side, turn around and come back the opposite direction and using the other foot to do the move.

Coaching Points:

- Really sell the fake to the opponent
- Take off at an angle and not straight to the side
- Use a burst of speed to go around the defender

Progressions:

1. Try to speed up.
2. You can have one of the players be a passive defender, they don't try to steal the ball.

Activity 3: Step Over
Setup: Same as activity 1

Time: 5-10 minutes

Equipment: Balls, cones or agility poles

Description:
Step Over: https://www.youtube.com/watch?v=MY9Fu0DMz44
Players can practice this standing still or on the move.

1. Use your right foot to step over the ball
2. Plant your right foot and then take the ball away to your right with the outside of your right foot.

Players will practice the move by themselves in open space with no pressure or defending.

Once the players have the hang of the move, they will pair up with a player on each side of the cone. They will dribble towards the cone and when they get close they will execute the move. They will dribble to the starting position on the opposite side, turn around and come back the opposite direction and using the other foot to do the move.

Coaching Points:

- Really sell the fake to the opponent
- Take off at an angle and not straight to the side
- Use a burst of speed to go around the defender

Progressions:

1. Try to speed up.
2. You can have one of the players be a passive defender, they don't try to steal the ball.

Activity 4: Pull Back Turn
Setup: Same as activity 1

Time: 5-10 minutes

Equipment: Balls, cones or agility poles

Description: Pull Back Turn https://www.youtube.com/watch?v=fN4L3ypTTAY
Players can practice this standing still or on the move.

1. User your right foot on top of the ball.
2. Pull the ball backwards and turn your body at the same time
3. The ball should pass in front of you, not behind you

Players will practice the move by themselves in open space with no pressure or defending.

Once the players have the hang of the move, they will pair up with a player on each side of the cone. They will dibble towards the cone and when they get close they will execute the move. They will dibble back to their starting position turn around and go again using the other foot to do the move.

Coaching Points:

- Really sell the fake to the opponent
- Use a burst of speed to get away from the defender
- Take a touch with your opposite foot to put the ball into space.

Progressions:

1. Try to speed up.
2. You can have one of the players be a passive defender, they don't try to steal the ball.

Activity 5: Pull Behind https://www.youtube.com/watch?v=cWa4c6jfiTc
Setup: Same as activity 1

Time: 5-10 minutes

Equipment: Balls, cones or agility poles

Description: Pull Behind https://www.youtube.com/watch?v=cWa4c6jfiTc
Players can practice this standing still or on the move.

4. User your right foot on top of the ball.
5. Pull the ball backwards and turn your body at the same time
6. The ball should pass in front of you, not behind you

Players will practice the move by themselves in open space with no pressure or defending.

Once the players have the hang of the move, they will pair up with a player on each side of the cone. They will dibble towards the cone and when they get close they will execute the move. They will dibble back to their starting position turn around and go again using the other foot to do the move.

Coaching Points:

- Really sell the fake to the opponent
- Use a burst of speed to get away from the defender
- Take a touch with your opposite foot to put the ball into space.

Progressions:

1. Try to speed up.
2. You can have one of the players be a passive defender, they don't try to steal the ball.