

## **LADY IRONMEN SUMMER HOMEWORK ASSIGNMENT**

**Assignment #1** – you must be able to successfully complete a minimum of two “ball control” soccer moves. Ball control moves can either be of the “hesitation” or “offensive” variety.

There are dozens of examples on the internet – you need to practice your two moves at least 3-5 times a week for 10-20 minutes at a time. That breaks down to less than 2 hours a week.

Some examples:

|                      |                             |
|----------------------|-----------------------------|
| <i>Zico Move</i>     | <i>Step over</i>            |
| <i>Matthews Move</i> | <i>Lunge or Outside Cut</i> |
| <i>Ice Move</i>      | <i>Triangle Move</i>        |
| <i>Maradona</i>      | <i>Cruyff Move/Dribble</i>  |
| <i>Elastico Move</i> | <i>Full Preki</i>           |
| <i>Scissors Move</i> | <i>Half Preki</i>           |
| <i>V-Cut</i>         | <i>Puska</i>                |
| <i>Cut</i>           | <i>Stop and Go</i>          |
| <i>Nutmeg</i>        | <i>Stop and Turn</i>        |

Most of these can be viewed on [www.soccertricks.org](http://www.soccertricks.org) and some are on YouTube. Ask your coaches or another teammate if you need assistance.

You must have a minimum of two moves ready to show the coaches during the first day of practice on Monday, August 17<sup>th</sup>, 2009. These moves must be at game speed! You will be facing defense when displaying these moves.

IT IS VITAL THAT EVERY PLAYER ON THIS TEAM BE ABLE TO USE TWO “BALL CONTROL” MOVES BEFORE WE START PRACTICE ON AUGUST 17<sup>TH</sup>!

**Assignment #2** – you must be able to recognize and identify all of the 18 moves listed above (you may not be able to do some of them – but you should look at them all – and be able to recognize them). There will be a test! If you have trouble finding them on video – feel free to email me at [jckay@ptd.net](mailto:jckay@ptd.net).

This is a TEAM GOAL and you should be making sure that your teammates are working this summer on this part of their game. If **one** fails – then you **all** fail!

You have less than 13 weeks to prepare – This is just one step that will make us a stronger “ball-control” team.

**Unfair Assignment #3** – if you are going to be a Striker (on offense), you must have an additional move in your bag of tricks. You must be able to use three (3) ball control moves.

## Instructions

**Difficulty:** Moderately Easy

### Practice the Hesitation Move in Soccer

Step

1

Dribble the soccer ball slowly at first as you work on learning the hesitation move.

Step

2

Stop the ball and your body abruptly to hesitate for a moment and then keep dribbling the ball.

Step

3

Practice stopping the ball with both your right foot and left foot for mastery of this skill.

Step

4

Maintain control of the ball when you stop by applying light pressure on it with your foot to prevent it from rolling away. You do not want the ball bouncing off your foot or leg and into the control of the opposing team.

Step

5

Dribble again after hesitating for a very short time. You want to wait just long enough to mislead a defender, but not enough time for the defender to steal the ball from you.

Step

6

Increase the speed with which you dribble the ball down the field while maintaining control of your body and the ball to perform the hesitation move fluidly.

Step

7

Practice the hesitation move after receiving a pass by stopping the ball for an instant when it hits your foot.

Step

8

Add in a fake body movement to make the defender think you are moving in one direction and then dribble the ball in the opposite direction to add another twist to the hesitation move.

#### Things You'll Need:

- Open field
- Soccer ball

### A few basic video examples:

Cutback or Cyurff: <http://learnsoccerfreestyle.blogspot.com/2008/08/cut-back.html>

Scissors: <http://learnsoccerfreestyle.blogspot.com/2008/08/scissors.html>

Inside/Outside Cut: <http://learnsoccerfreestyle.blogspot.com/2008/08/inside-outside.html>

Nutmeg: <http://learnsoccerfreestyle.blogspot.com/2008/09/stepover-nutmeg.html>

Stop & Go: <http://learnsoccerfreestyle.blogspot.com/2008/08/stop-and-go.html>

Stepover: <http://learnsoccerfreestyle.blogspot.com/2008/08/double-step-over.html>