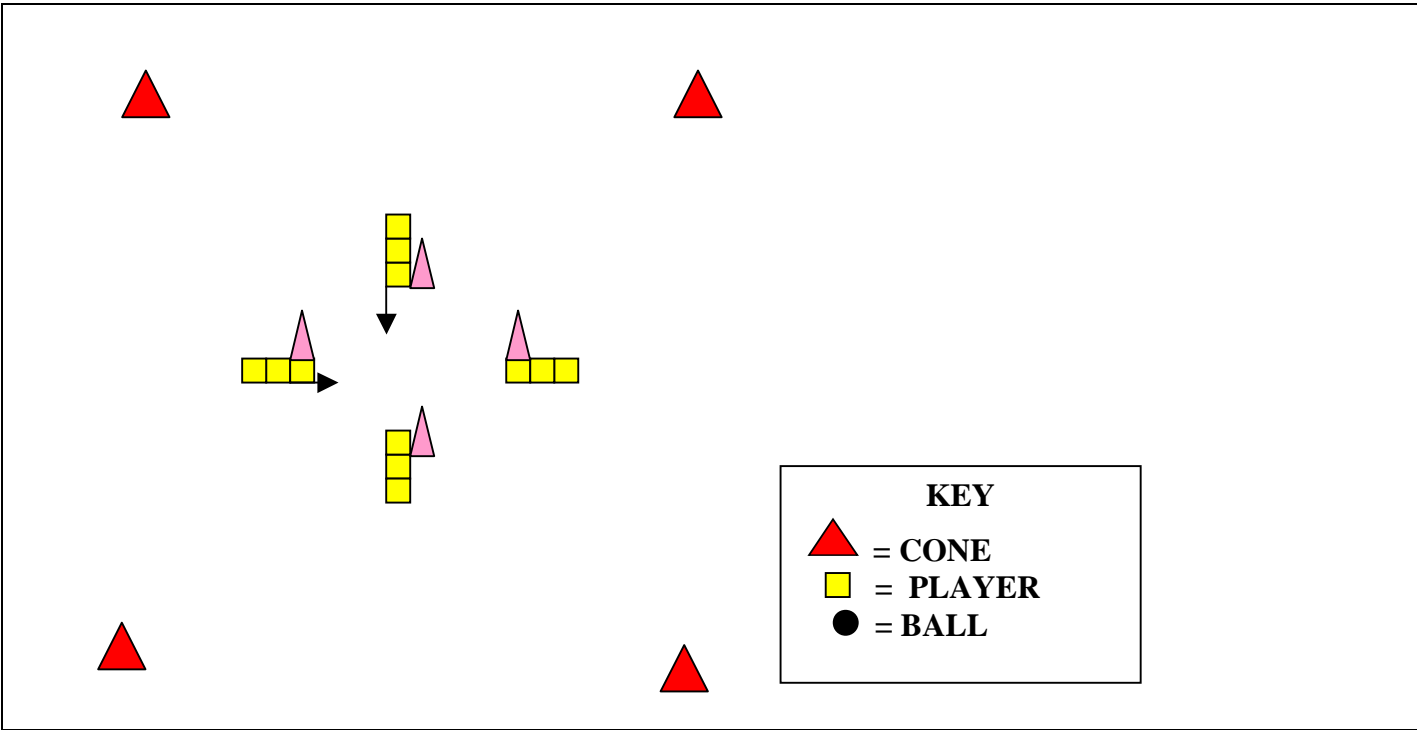


SESSION FIVE

DRIBBLING THE MAGIC MOVE



SESSION FIVE

Instructions

1. Divide the players into 4 teams of three behind cones distanced 10M apart (as diagram).
2. On the whistle the first player in each group runs towards his opposite number and does the “Matthews Move”(After Sir Stanley Matthews) and then runs to the back of the opposite group.

Drill Progression

1. Give each player a ball and repeat the drill.
2. Increase the distance between the groups and place a static defender between each facing group.

Coaching Points

1. Use the inside of your right foot to move the ball towards your left and lean your body left (Left Picture)
2. Move your right foot quickly behind the ball so that the outside of your right foot is behind the ball (Middle Picture)
3. Accelerate away to your right using the outside of your right foot to push the ball forward. (Right Picture)



Thanks to the FA for the graphics and instruction. <http://www.the-fa.org>