



# The Spartans Tool Box

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## Player and Parent help card

The aim at Spartans Football Club is to produce quality footballers who play the game in the right way and enjoy themselves whilst playing. We currently coach your children for between 1 and 4 hours a week, unfortunately this is not sufficient to correct certain weaknesses within the squad. Within today's footballing climate the better your children are technically the greater chance they have of reaching their playing ambitions, regardless of what they may be. To reach the high level of technical ability required the players must take more responsibility for their development with the support of parents or guardians and other family members. Within this booklet you will find 8 moves and 1 fast feet help sheet, they each have a particular footballing theme, to assist our young players with their personal improvement programme. Your child's coach will happily demonstrate each drill and talk you through the relevant coaching points. The partnership between the coaches and players family is important and must be genuine if the youngsters are to fulfil their potential.

1. INSIDE OUTSIDE (FACING)
2. SCISSORS (FACING)
3. FAKE KICK AND TURN (SIDE BY SIDE)
4. INSIDE OUTSIDE CUTS (SIDE BY SIDE)
5. FLICK BEHIND (DIAGONAL)
6. TWIST OFF (DIAGONAL)
7. DRAG AND TURN (BACK TO GOAL)
8. STEP OVER (BACK TO GOAL)
9. FAST FEET
10. MY MOVE



***Insert number for which skill move practiced***

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***Tick after completing each Practice on each day, when completed all tasks tick box on relevant date.***

SPARTANS PHRASES

**1) TRIGGER:** This is something to start something for the player on the ball, the player receiving the ball or a passage of play. This could be eye contact with players, Player on the ball lifting his head so he is ready to make a pass, Movement off the ball to make space or a pass. The trigger might be moving away from the ball to come back to get the pass. What is the Trigger??

**2) HEAD n CHECK:** This is to encourage the kids to always play with the head up & always check over both shoulders. When receiving the ball, on the ball or anytime always scan. What are we looking for? Looking for space, what our options are, where defenders are & our players are. (Coaches should be drilling this into the kids from 6 years old. HEAD n CHECK.....HEAD n CHECK

**3) Spartans BOUNCE BACK – ABILITY:** This is to encourage, cajole, and support our kids to have a strong character, personality. If they fall over & cry they will have to come off the pitch if they get up & get on with it they will still be playing. To accept referee decisions, Build a strong can do Mentality from a young age & Foster Respect for all

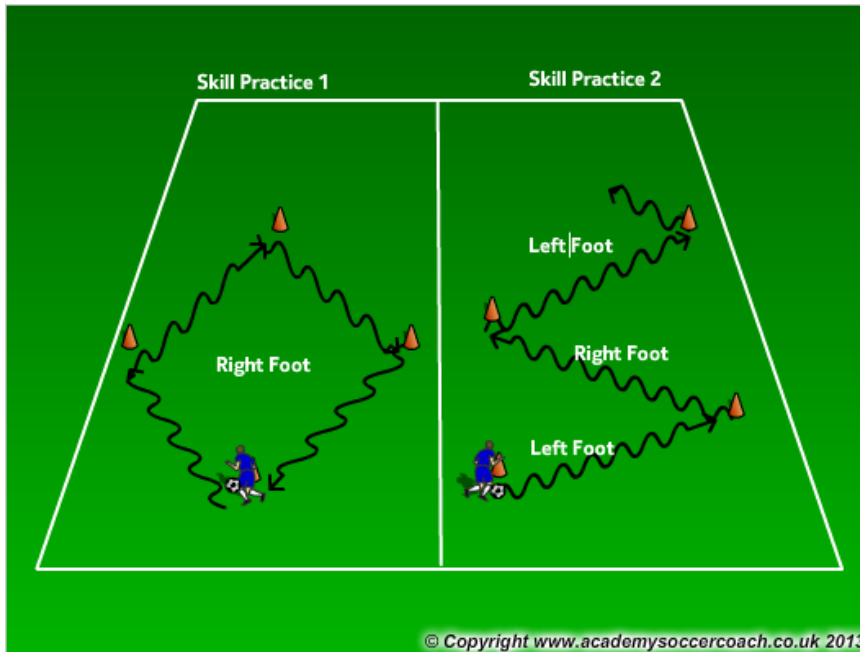
**4) START AGAIN:** Sometimes we have play backwards to switch play or look better opportunity to go forward again. There is nothing wrong with this & we should encourage the kids to keep the ball & be patience till the opportunity arises!!

**5) SPARTANS TOOL BOX (Homework):** This is move`s we can use when we are in trouble in a match, to create a goal scoring chance or to beat a player!

**6) BOUNCE IT:** A one / two pass, A short pass you could use / play then move to take the return to play somewhere else!!

**7) BURST !** This is to move into a sprint, an explosive change of pace once you done a move (From the Tool Box) to beat a defender! i.e. BURST AWAY !!!!!

## 1. Inside Outside (Facing)



**The Move:** The Player lightly touches the ball inside with the inside of the foot and then quickly takes the ball away with the outside of the same foot.

### Coaching Points:

- Players must accelerate out of the move.
- A slight lunge to the side using upper body movement when performing the first part of the move will deceive the opponent.
- This move can be used from a stationary position.

### Skill Practice 1:

- Dribble towards the first marker on the right. Once at the marker the player lightly touches the ball inside with the inside of the right foot and quickly take the ball away with the outside of the same foot.
- The player then drives forward to the end marker and repeats the practice going down the other side.
- Repeat the practice going in the opposite direction using the left foot move.

### Skill Practice 2:

- The player moves through the practice performing the move using both the left and right foot.
- Quality and speed need to be addressed in this practice.

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

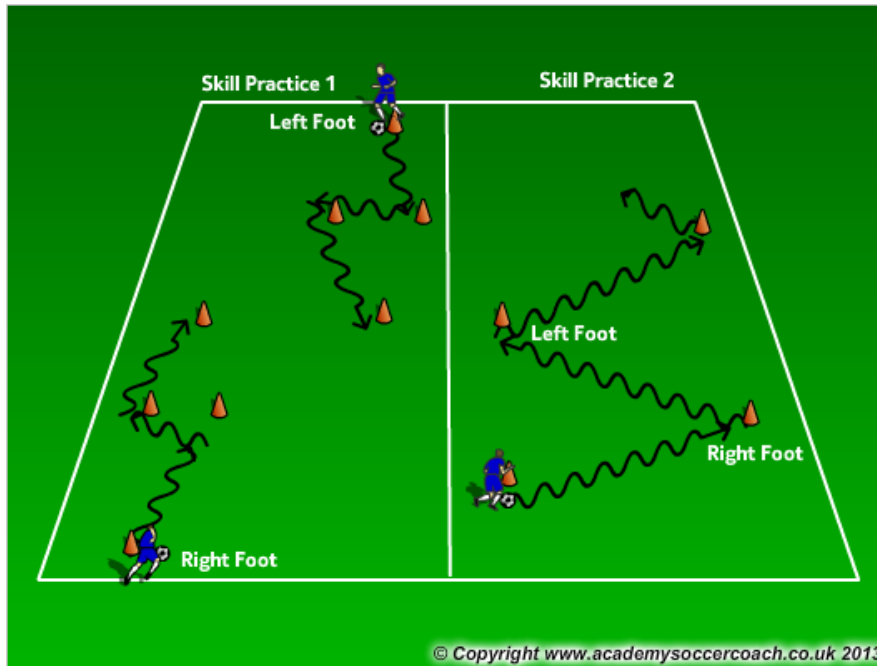
**WHERE & WHEN** the move can be best executed:

**STRIKER** – When receiving the ball in and around opponents penalty area and being faced by a defender, performing the inside outside move will create space for an opportunity to have a shot at goal.

**MIDFIELDER** – When coming in from a wide area and being faced with a defender, performing the inside outside move will create space for a forward pass into strikers or to continue the attacking phase.

**DEFENDER** – When being faced with a 1v1 in a defensive situation quickly performing the move will create space for a forward pass into midfield or strikers.

## 2. Scissors (Facing)



**The Move:** The player fakes to pass the ball with the outside of the foot but steps around the ball with the same foot and takes the ball away with the outside of the opposite foot.

### Coaching Points:

- Step around the ball in a low tight circle.
- Keep low and exaggerate upper body movement to further deceive defender.
- Take the ball away and past the opponent using the outside of the opposite foot.

### Skill Practice 1:

- In practice 1 dribble forward to the centre markers and perform the right go left scissors move then drive to the opposite marker.
- In practice 2 perform the left go right move.
- Progression: Try double scissors at centre markers.

### Skill Practice 2:

- Drive towards the first marker and perform the left go right scissors.
- Drive forward to the next marker and perform the left go right scissors. Continue the forward run to the end marker.
- After a few practices speed up the moves.
- Try double scissors at each marker.

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

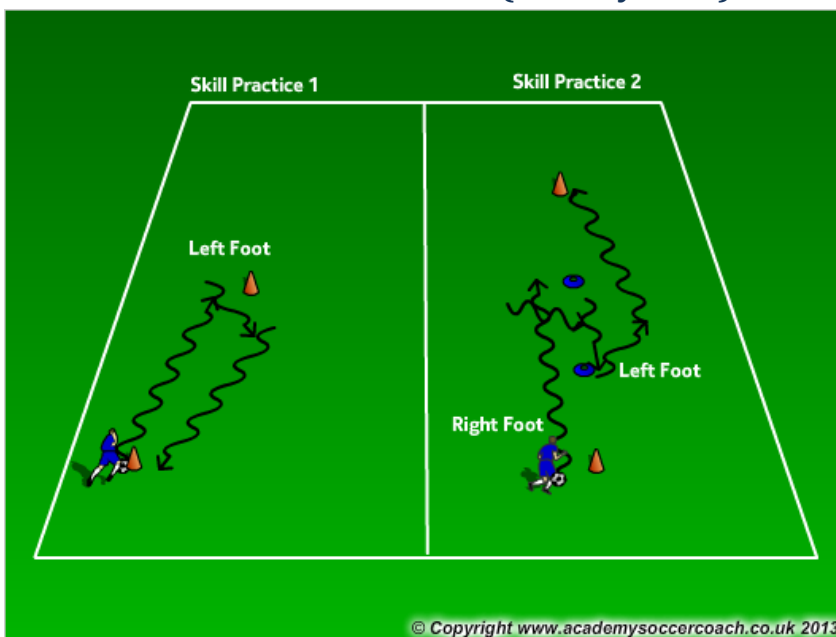
**WHERE & WHEN** the move can be best executed:

**STRIKER** – When attacking in or around the box try beating opponents by using the left or right foot scissors move to create a shooting opportunity.

**MIDFIELDER** – Options for a midfielder when driving forward is to perform the single or double scissors to create space for a pass into strikers or wide attacking players.

**DEFENDER** – When moving forward out of defence and facing an opponent. Using the left or right scissors move would create space for setting up a forward pass.

### 3. Fake Kick and Turn (Side by Side)



**The Move:** The player quickly steps around the ball faking to pass. The player then spins around with the step over foot and takes the ball in the opposite direction with the opposite foot.

**Coaching Points:**

- When being tracked by an opponent from the side shout out a team mates name to exaggerate the move at the same time as the step over is executed.
- Spin quickly out of the move.
- Step over foot should always be the one furthest from the opponent.

**Skill Practice 1:**

- The player dribbles in between the 2 markers.
- Change direction at each marker using the right foot step over and spin move.
- Progression: Use the left foot step over and spin move.

**Skill Practice 2:**

- The player dribbles from marker 1 to 3 and performs the left foot step over and spin move to change direction.
- The player then drives forward to marker 2 but this time performs the right foot step over and spin to change direction and drives forward to marker 4.
- The practice then continues this time from cone 4 to 2 right foot step over and spin.
- Then 2 to 3 - left foot step over and spin.
- Drive back to starting point marker 1.

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

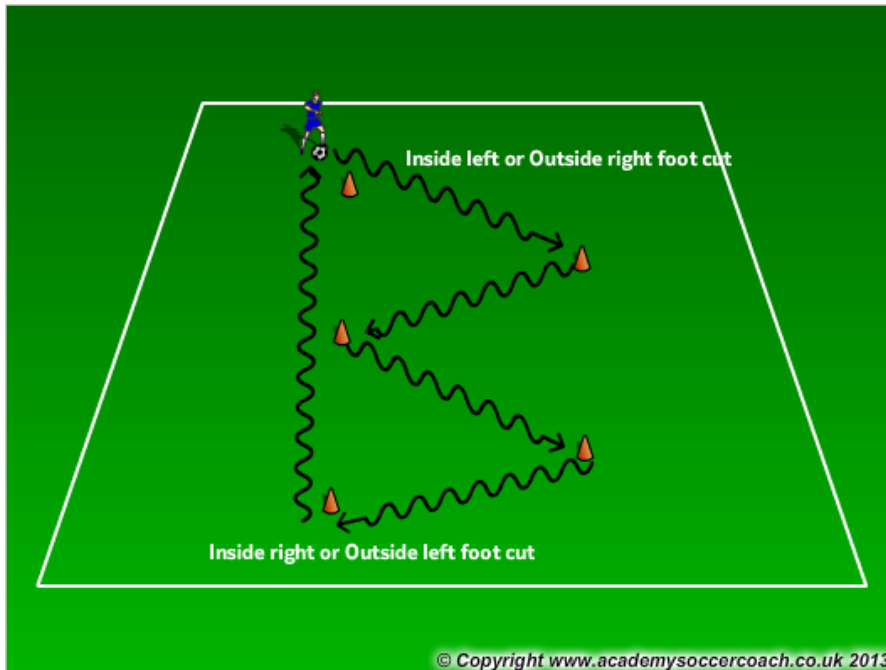
**WHERE & WHEN** the move can be best executed:

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

**MIDFIELDER** – When driving across midfield with opposition players closing in change direction by using the step over and spin move. This will allow the player time and space to switch the play to a wide player.

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

## 4. Inside & Outside Foot Cuts (Side by Side)



The Move: Fake to strike the ball but instead cut the ball slightly backwards with the inside or outside of your foot to change direction.

### Coaching Points:

- Exaggerate upper body movement to unbalance opponent.
- Keep body low to shield the ball and retain good balance.
- Perform the move at speed.
- The ball must be cut slightly in a backwards direction to create space.
- When running with the ball, shield the ball by keeping it on the side furthest away from the opponent.

### Inside Foot Cuts:

- Go slightly past the markers when practicing the move.
- Dribble the ball towards the first marker and change direction by using the inside of the left foot to cut the ball inside.
- At the next marker perform the inside foot cut with the right foot.
- Continue on to the next marker using the left and right foot cuts.
- Dribble back to starting point to repeat practice.

### Outside Foot Cuts:

- Same set up as inside foot cuts but change direction at the first marker using the outside of the right foot, then outside of the left foot at the next marker.

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 being challenged by a defender from the side use the inside or outside foot cut to create space for shot at goal.

**MIDFIELDER** – When driving forward in a central midfield position and being closed down by an opponent, cut the ball back to change direction. This will create space for a wide pass to continue attacking.

**DEFENDER** – Running back towards your own goal with an opponent tracking you from the side, change direction quickly using the move to cut the ball away from the opponent. This will allow more space and time to distribute the ball.



## 5. Flick behind Standing Leg (Diagonal)



**The Move:** Whilst dribbling at pace with opponent alongside flick the ball behind the standing leg using the front part of the sole or the inside of the foot to create space and time.

### Coaching Points:

- Shield the ball on opposite side of opponent.
- Flick or roll the ball behind the standing leg at a slight angle to create more space.
- Change direction quickly.

### Skill Practice 1:

- The player dribbles to the first set of markers and performs the right foot move.
- The left foot move is then used at the next set of markers.
- The player repeats using the left foot move quickly followed by the right foot move.

### Skill Practice 2 :

- The player dribbles to first set of markers and performs the right foot move.
- The player continues on and repeats the move at the second set of markers.
- The player then quickly performs another right foot move before returning to the starting point.
- To work on opposite foot dribble in different direction.

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

**WHERE & WHEN** the move can be best executed:

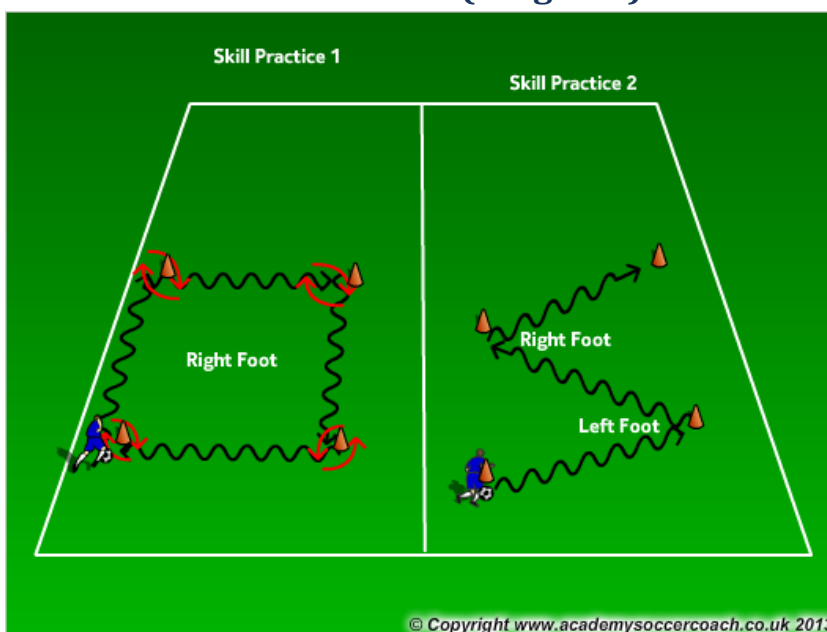
**STRIKER** – When driving across the face of the goal and being tracked by a defender perform the move to create space for an opportunity to finish on goal.

**MIDFIELDER** – When driving forward in a midfield position and being challenged from the side, change direction quickly using the move. This will enable the player to create space and time to pass to strikers or lay the ball off to wide players to continue the attacking sequence.

**DEFENDER** – When dribbling freely out of defence in a wide area and the area in front looks to be tight, perform the move to change direction and allow the pass inside to midfield or strikers.



## 6. Twist Off (Diagonal)



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**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.

### 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 the pass ball to a team-mate or have a shot at goal.
- To use this move effectively it must be practiced regularly.

### 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.

## 7. Drag and Turn (Back to Goal)



The Move: Player receiving the ball has their back to goal with a defender close behind. On receiving the ball the player turns side on and drags the ball away to the side with the sole of the foot nearest to the defender. Players need to check over the shoulder and push away from the defender to create space before performing the move.

### Coaching Points:

- Timing of the move.
- Check shoulder before receiving the ball.
- Pull away from defender to create space for executing the move.
- Drag back has to be quick and positive.
- Turn quickly and accelerate out of the move.

### Skill Practice 1:

- Stand side on to the markers and use the right foot Sole Drag and Turn move to clear the markers.
- Turn quickly and dribble round to opposite markers.
- Repeat practice going in opposite direction using the left foot sole drag and turn move.

### Skill Practice 2:

- Stand side on at first marker and perform the right foot move.
- Dribble forward and perform the left foot move at the next marker.
- Dribble across and perform the right foot move.
- Dribble forward to last marker and then perform the left foot move.

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

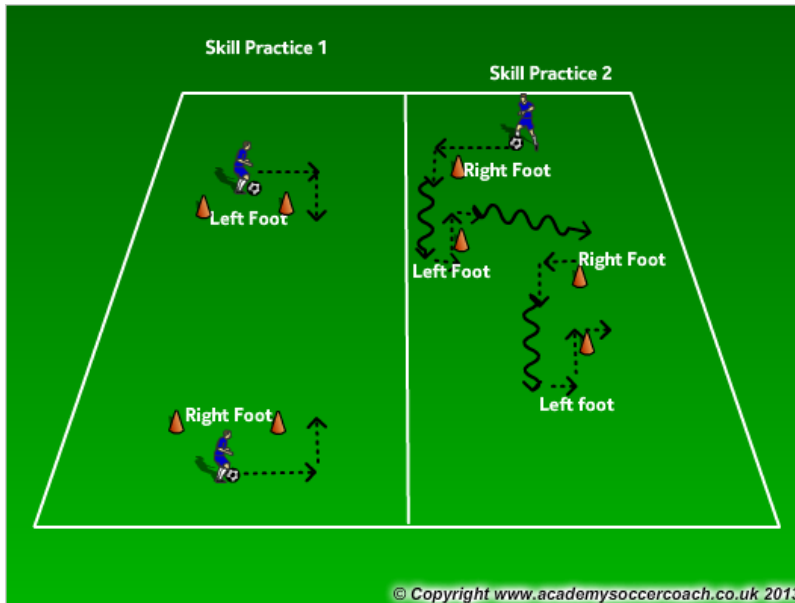
**WHERE & WHEN** the move can be best executed:

**STRIKER** – On receiving the ball with your back to goal and remembering the key points this move can be very successful in and around the goal area.

**MIDFIELDER** – When receiving the ball in a midfield area with a defender close behind a quick execution of the move will create space to continue the attacking phase.

**DEFENDER** – When receiving the ball and facing towards your own goal and an opponent close behind a quick positive and well timed move will create space and eliminate a dangerous situation.

## 8. Step over (Back to Goal)



**The Move:** When the player receives the ball with their back to goal and with a defender marking tightly, this would be a good situation to perform the step over move. On receiving the ball the player fakes to strike or pass the ball to team-mate but steps over the ball and takes the ball away to the side and turns to create space to continue attacking phase.

**Coaching Points:**

- Create disguise by communicating with supporting player.
- Exaggerate step over when executing the move.
- Check shoulder before receiving the ball as this dictates which step over foot to be used.
- Take a good positive touch to the side to clear defender before turning into space.
- Accelerate out of the move.

**Skill Practice 1:**

- Player dribbles through the gate and performs the right foot step over.
- The player then turns quickly and drives through the opposite gate and once more performs the same move and dribbles back to starting point.
- To repeat for left foot move, the second set of markers need to be moved to the left side of the first set of markers.

**Skill Practice 2:**

- Player dribbles through the first gate and performs the right foot step over.
- The player then turns quickly out of the move and drives through the opposite gate and performs the left foot move and drives back to starting point.
- This practice can be timed to monitor player's progress and speed.

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

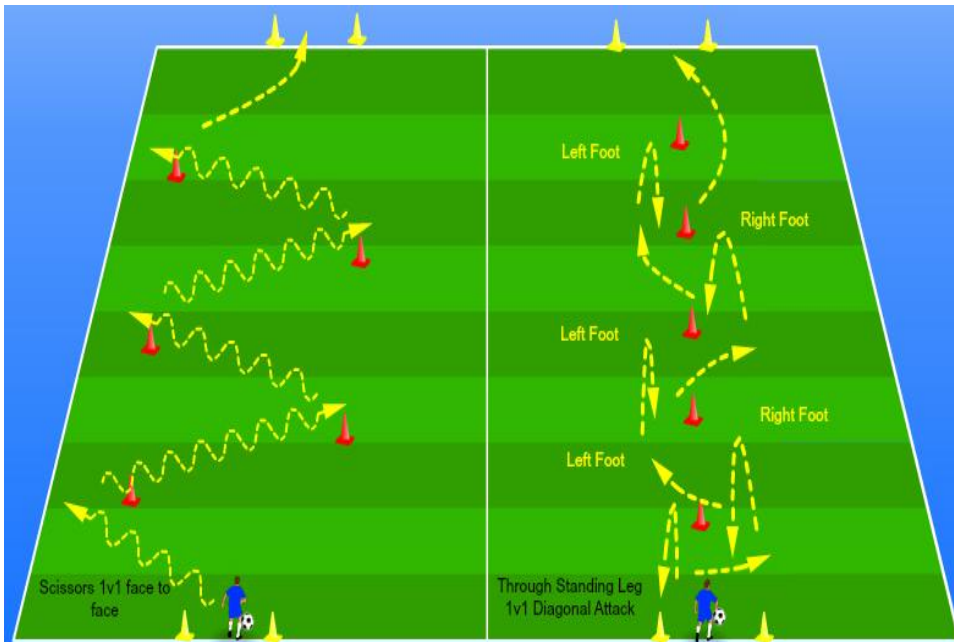
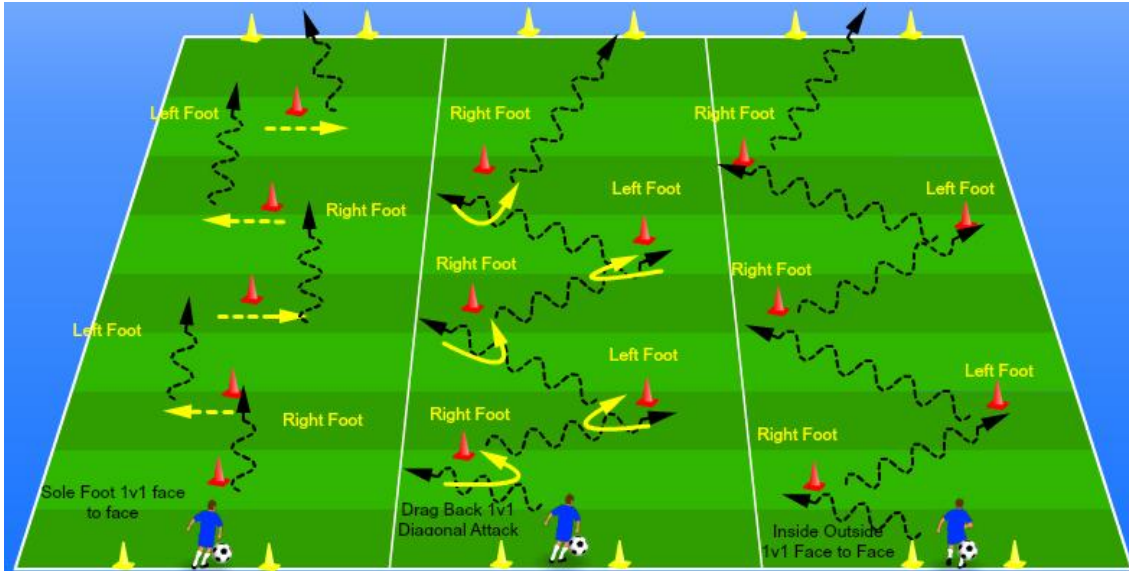
**WHERE & WHEN** the move can be best executed:

**STRIKER** – When the player receives the ball from a midfielder with their back to goal performing the right or left foot step over move will enable the player to create space for a strike at goal.

**MIDFIELDER** – When receiving the ball in a midfield position with back to goal and a defender close behind performing a quickly executed step over move will allow the player more space to pass ball wide or forward to team mates to continue the attacking phase.

**DEFENDER** – When being challenged from behind by an opponent in a defensive area near the bye line, performing the move will create space and allow the player to drive up the line and start a new attack.

### 9. Fast Feet



**LIVE TOGETHER.PLAY TOGETHER. WIN TOGETHER**

