



## CATALAN HOME PRACTICE

### BALL MASTERY & COORDINATION TRAINING:

Turning Move	P B	Sideways Move	P B	Forward Move	P B	Dodge Move	P B	Tight Space	P B
Cruyff Turn		L Turn Pull/Push		Super Ronaldo		Elastico – Flip/Flap		Inside/Outside Clap/Clap	
Pivot Turn		Iniesta Croqueta		Single Stepover		Sole Roll - Round the Clock			
Double Pivot		Cuts		Double Stepover		-		-	

To become proficient in the above domains players will need to perform the given techniques between 150-500 times – depending on the degree of difficulty and familiarity. The Catalan Soccer® red sock/yellow sock method is a great way to make practice fun. We have found that just calling a players 'left foot' their 'yellow sock' alone goes a long way toward overcoming the stigma attached to weak foot practice.

It is important that once players have reached the desired level of competence, are able to perform each move at least 8 times out of 10, their mastery should be extended through time-trial based activities. This added ingredient of increased speed and limited time makes practice more realistic to the demands of the game, and goes some way to replicating the pressures posed by opposition.

After reading through the tutorials and practising each skill...choose which **challenge** you would like to do for the above skills, and then enter your best scores in the Personal Best (PB) column on the table above.

### CHALLENGES:

- Execute as many cycles as of the same skill as you can without making an error
  - Execute as many cycles as you can with your strong foot in 30 seconds
  - Execute as many cycles as you can with your weaker foot in 30 seconds
  - Execute as many cycles as you can alternating feet in 30 seconds (*right then left, repeat*)
-

### **CRUYFF TURN – <https://www.youtube.com/watch?v=zVEeum8wA6U>**

- Turn the toes in, and bring the ball back...don't hit the ball, bring the ball, and carry on through the contact for a smoother execution.
- Ensure that your feet are an appropriate distance apart, avoid hitting the standing foot.
- Turn your hips as you swing your foot toward and then past the ball. This helps reorganise the body and accelerate away.
- Pull your foot back and pretend to kick or send the ball before executing the Cruyff turn. Throwing this false cue out to the defender may result in them jumping in the wrong direction, or even flinching away from the ball itself.
- Pushing our foot through the ball helps us turn our hips to come out of the turn faster and be orientated to move away.

### **SUPER RONALDO - <https://www.youtube.com/watch?v=aEOVsSedc0>**

- The Super Ronaldo Chop is a standard chop move to change direction, but preceded by a horizontal sole roll across the body.
- Identify the space beyond your opponent before selecting which way to roll and then chop the ball.
- Sole roll the ball across the body with the right foot to shift the defenders momentum.
- The ball should roll quickly and decisively across the body. The length of your first touch, increases the space available to exploit.
- Stay with the ball when rolling it quickly and do not let it get away from you.
- Chop the ball using the opposite foot to the one that you originally used to sole roll the ball.
- Send the ball diagonally – including forward movement of the ball to accelerate and go opponent, and horizontal movement to avoid being tackled by an outstretched leg.

### **L TURN/ PULL PUSH**

- With the ball starting away from the body pull the ball back toward the body with the sole, quickly release the top of the ball and then push the middle of the ball with the inside of the same foot. Make sure the ball goes BEHIND the standing leg.
- Ball size is important, for younger players use size 3 or samba balls. Size 4 balls make it more difficult for younger players to get the ball behind their standing leg.
- Pulling the top of the ball is important. Not the shoulder, the top of the ball.
- Once players are pulling with good consistency, the focus should then be put on the pushing of the ball and players being able to quickly pin the ball with the opposite foot.
- The pin shows that the ball is under full control.
- Encourage players to pin the ball with their leg at full extension and as far from the body as possible whilst still within reach.
- Players who are comfortable with this can then start to rotate the hips during the pull and push to change this skill into a turn.

**We have included some YouTube videos for the kids to watch – after all a picture paints a 1000 words...so a video must paint at least 10x that!**

### **SINGLE STEPOVER**

- Outside step over's work by bringing the selected foot to the centre of the body and then out and around the ball. Designed to fake a touch on the ball it can be used to get a player off balance when done correctly.
- Begin with the ball in the centre of the body and slightly out in front.
- Focus on drawing a circle around the circumference of the ball.
- The players should draw the smallest circle they can without hitting the ball.
- The selected step over foot should land on the floor close to the ball, but far away enough that the opposite foot can fit between the ball and the step over foot.
- Once players are consistently drawing tight circles around the ball with one foot, challenge them to try their weaker foot.
- The second part to this skill is to push the ball away from the body with the outside of the supporting foot. (step over right, push with the left and vice versa)
- Small touches and steps are the best way to learn and they can then be scaled up to cover bigger distances when needed.
- Recognise the space beyond the defender that you want to go into and ensure that you explode out of your touch to accelerate past your opponent.

### **DOUBLE STEPOVER**

- The double follows the same pattern as the single step over.
- After the first step over, produce a second step over with the opposite foot and THEN push with the outside of the foot.

### **PIVOT TURN**

- Using the sole of the foot, pull the ball across the opposite shoulder.
- As with all Sole touches, make sure you get the ball right on the top.
- Contact with the ball should be minimal; this is not a roll or a drag, think of it as a "fling" of the ball.
- As the right foot flings the ball, the left foot should then leave the ground and 'skip' up off the floor.
- The skip of the standing foot provides bigger rotation into the turn and makes the turn far more effective.
- As children learn this move they will naturally make very small adjustments to the ball, encourage the players increase the size of the fling and the distance the ball travels. Again the standing foot skipping off the floor maximises the distance you can achieve.

### **DOUBLE PIVOT**

- When executed correctly the double pivot can be a very useful skill. After the first pivot, quickly perform a second pivot back in the opposite direction.

- After completing the initial pivot turn, a good defender will quickly calculate and react to your change in direction, executing a second pivot turn will catch out even the most intelligent of defenders.
- Difficult to execute with studs, and in slippery conditions. Players must build their proprioceptive skills to that they both 'know' and can 'feel' the top of the ball, applying adequate pressure down into the ball to guarantee their foot does not skid over the top unintentionally.
- This skill is not used to beat or bypass a player, but is more likely to buy a player time and open his passing range when in tight areas.

#### **INSIDE/OUTSIDE CUTS - <https://www.youtube.com/watch?v=YykoZL1XwLM>**

- Sharp and quick directional changes that help to protect the ball or give an assured touch in slippery conditions.
- With the ball rolling away from the body, the inside of the foot must then go past the ball to 'cut' back and change the direction of the ball.
- The positioning of the standing foot is crucial for this trick to work effectively. If the standing foot is too far away (behind the ball), players will stretch for the ball and lose balance, direction and control – limiting the turning angle.
- Planting the standing/supporting foot close to the ball allows sharper directional changes and greater control.
- In similar fashion to the pivot turn, the inside and outside cuts are more effective and sharper turns when the supporting foot skips off the floor just before contact is made with the ball.
- Players should aim for their cuts to change direction of the ball through 180 degrees as their target.

#### **INIESTA CROQUETA - <https://www.youtube.com/watch?v=IBrFLGNvV7U>**

- The art of shifting the ball across the body, from one inside surface to another is the signature move of most Futsal players, notably Andrew Iniesta.
- The player should aim to move the ball horizontally from one foot to another, without spilling the ball forwards.
- In terms of movement, this trick can be likened to sidestepping but whilst keeping the ball between your feet.
- Combine this trick with a pull push L-turn to open up.
- The ball should leave the body travelling forward – not diagonal.
- To be effective, the dribbler should hold their nerve and shift the ball quickly at the last second.
- The ball should move horizontal, laterally. It is a move that is used to dodge a tackle.

#### **INSIDE-OUTSIDE/CLAP-CLAP - <https://www.youtube.com/watch?v=OPCoFJBWoig>**

- Feint one way and take the ball ever so slightly in the same direction as the feint.
- Take a soft touch of the ball, and use the weight bearing leg you have landed on to support a push off on the opposite diagonal.
- Use the outside of the same foot that you used to gently touch the ball in the first part of the move to drive the ball on the opposite diagonal past the opponent and into space.

- Coach players to make contact with the ‘back quarter of the ball’ as it get the desired feint but also allows them to manoeuvre around the ball quickly for the push off.
- The leg and ankle must be relaxed to ensure that the initial feint touch is not too big.
- The player should use the foremost part of their foot (the inside of the big toe), allowing them to get round the opposite side of the ball quickly.

**ELASTICO FLIP-FLAP - <https://www.youtube.com/watch?v=YhCJC3xgc9w>**

- This skill works on the same principles as the CLAP-CLAP trick, only the execution is reversed.
  - The player’s first contact on the ball is a movement that pushes the ball diagonally away from the body with the outside of the foot.
  - As the ball and the defender begin to shift, the player continues his push through the ball and attempts to get to the opposite side of the ball, to push opposite with the inside of the foot.
  - Exaggerate the first movement to really ‘sell’ it to the defender. Making your second movement more effective, exploiting their unbalanced position.
  - Send the ball diagonally – including forward movement of the ball to accelerate and go opponent, and horizontal movement to avoid being tackled by an outstretched leg.
- 

Remember, there’s no shortcuts to greatest. There is no such thing as someone who tries, there are those that persist, and those that don’t.

Happy practising...

**The Catalan Coaching Team**

[www.catalansoccer.com](http://www.catalansoccer.com)