



Practice Builder



Team: _____

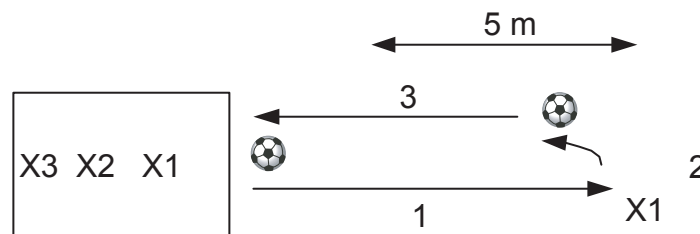
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical 2: Change of Direction, Cut-Backs (15 min)



Groups of 3

1. x1 passes ball 3-5 m out and sprints after it
2. x1 cuts ball back with inside foot
3. x1 passes ball to x2 and sprints to end of line
4. x2 repeats

Ask players to execute quick turn with outside of foot and flicking straight back with sole of foot in step 2.