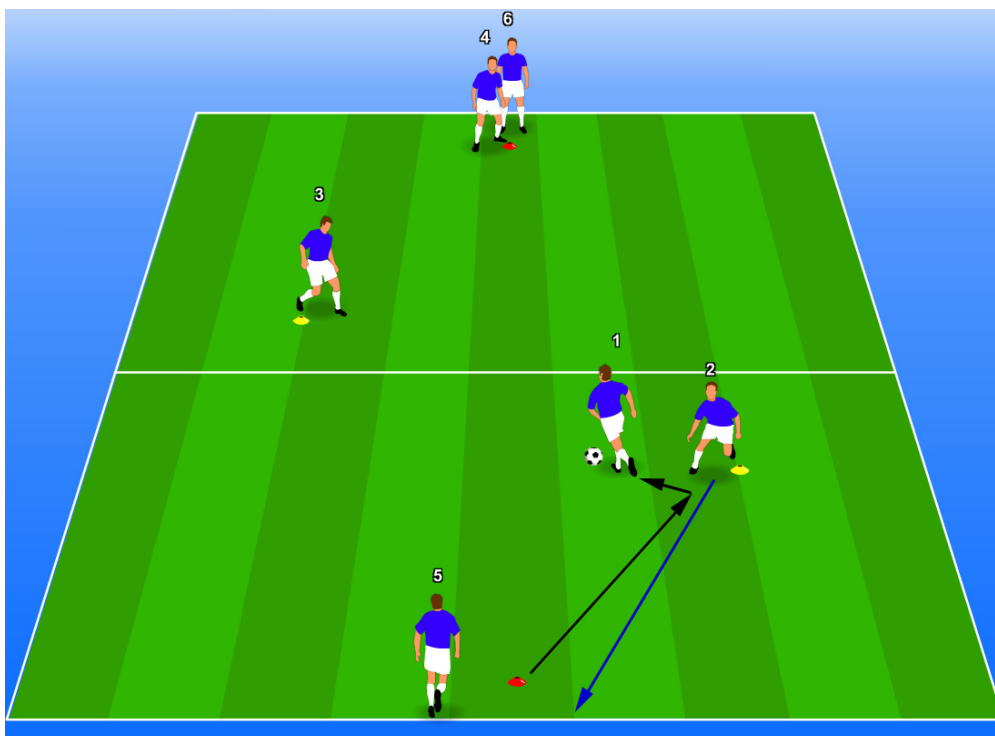


Italian Serie 'A' Academy Cut and Change Technical Training Drill

The following drill is just one of **102 exercises included in Ball Control 2 DVD-Set**. The teaching methods in the DVDs are the same that have been developed in the youth and academies of the Italian Serie 'A'

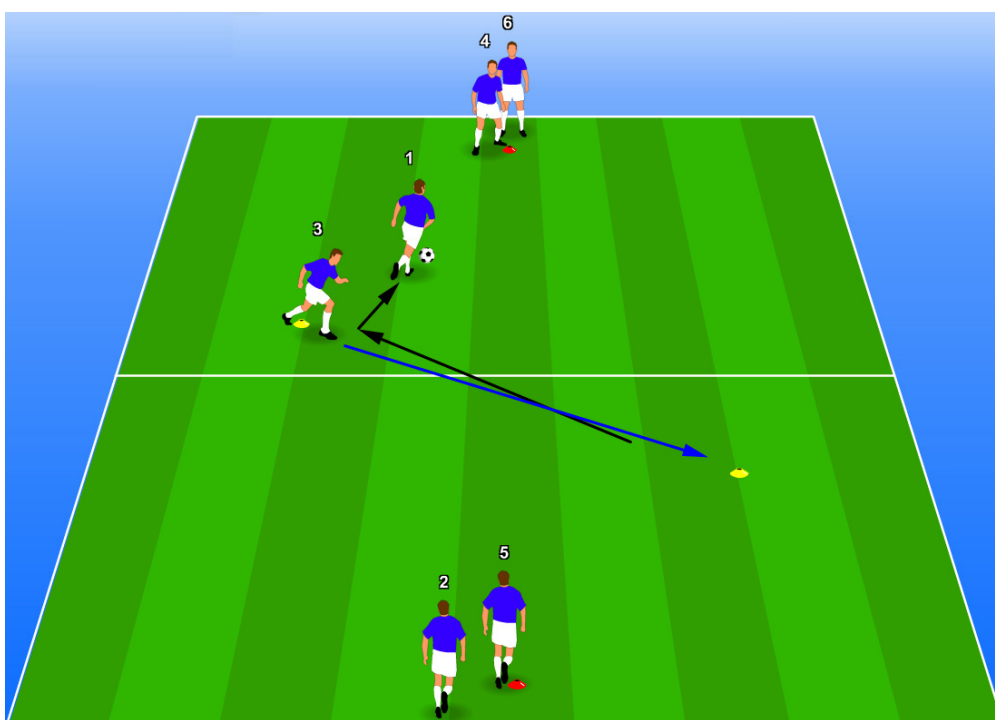
Technical Ball Control 'Cut and Change' Training Drill...



STEP 1 of 4

PLAYER 1 STARTS BY ATTACKING PLAYER 2, JUST BEFORE HE APPROACHES 2, 1 MUST CUT AND CHANGE DIRECTION WITH THE INSIDE OF THE RIGHT FOOT AND THEN ATTACK TOWARDS PLAYER 3.

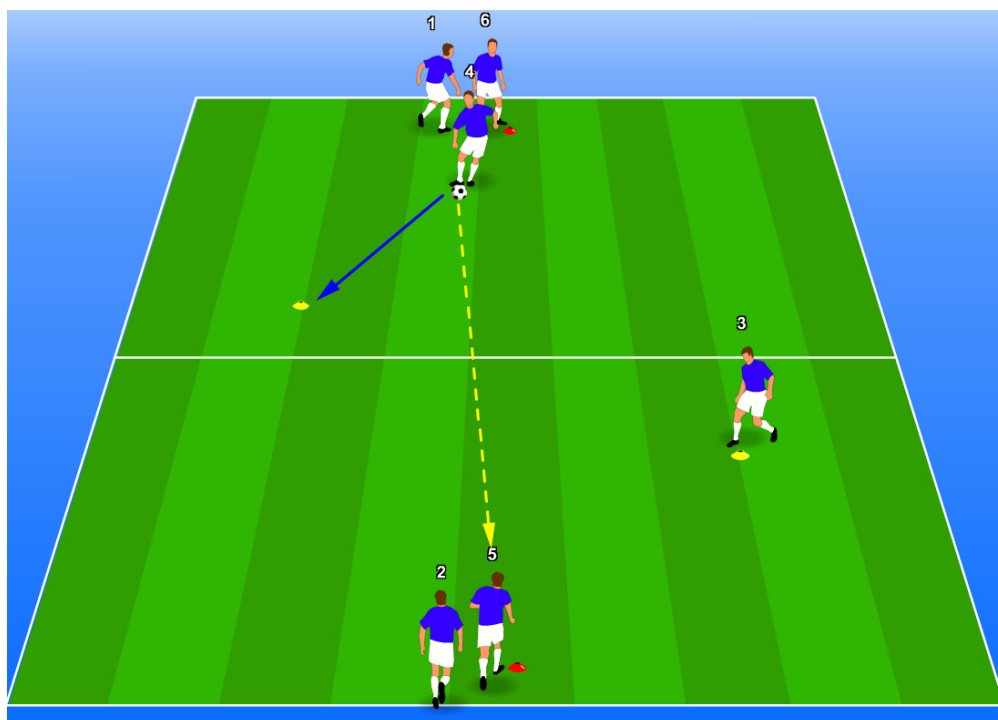
PLAYER 2 THEN MOVES TO THE BACK OF PLAYER 5.



STEP 2 of 4

PLAYER 1 MUST CUT AND CHANGE DIRECTION WITH THE INSIDE OF THE LEFT FOOT BEFORE EXCHANGING THE BALL WITH PLAYER 4.

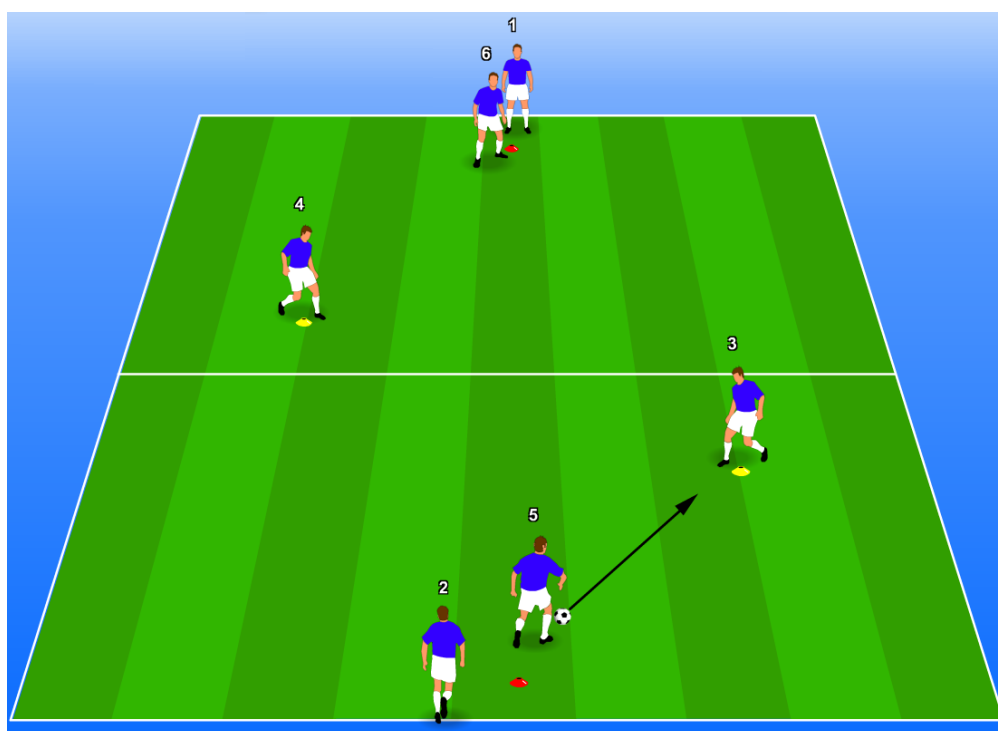
PLAYER 3 SPRINTS INTO PLAYER 2's PREVIOUS POSITION.



STEP 3 of 4

PLAYER 4 PASSES FIRST
TIME TO PLAYER 5
BEFORE SPRINTING
INTO PLAYER 3's
PREVIOUS POSITION.

PLAYER 1 MOVES TO
THE BACK OF PLAYER 6.



STEP 4 of 4

THE SAME SEQUENCE
CONTINUES...

Coaching Points:

1. As approaching the player, cut the ball into the direction you want to go in.
2. After turning, accelerate away
3. To keep the exercise realistic, defenders should provide passive pressure.
4. There should be a fast pace throughout the exercise.



This is just 1 of **102 different exercises** included with:

Ball Control Vol. 1 and 2 DVD Set -
Italian Style **Academy Technical Skills Training Program**

Click the link below to buy your copies now:

<http://shop.soccertutor.com/Ball-Control-2-DVD-Set-Italian-Style-Academy-p/st-d003.htm>

Produced by Coach George using Tactics Manager Software for creating the diagrams.
Purchase your personal copy now: <http://www.SoccerTutor.com/TacticsManager>