

PHYSICAL

Keep looking up to see the defenders position, the space and the opportunity to penetrate past them.

MENTAL/PHYSICAL

Improvise by using feints and tricks to deceive the defender. Fake one way and move in the opposite direction.

1V1 ATTACKING

MENTAL

Be confident! Make your mind up and execute the action.
Don't be afraid of losing the ball

PHYSICAL/TECHNICAL

Keep the ball away from the defender by using your body as a shield.
Use BOTH feet!!

PHYSICAL

Use a change of pace to penetrate past the defender. Approach slow and advance at speed.