

118 CREATING YOUR OWN ANGLES

Purpose: Create more opportunities for players to develop their own angles.

ORGANISATION

- ▶ 12 players (4 participating at any one time).
- ▶ F feeds the ball to the carrier (F1).
- ▶ The carrier sprints on an angle, forcing the opponent to move across to defend.
- ▶ Approximately 5-7 metres from the opponent the carrier quickly changes direction and runs into the space which the defender vacated.
- ▶ The carrier finishes the skill with an effective kick to a forward (K2).
- ▶ More targets and opponents can be added in the forward line to make the drill more realistic. Also change the position on the ground and where the drill is run.

COACHING POINTS

- a. The carrier has to be convincing in the initial part of the run to make the opponent commit to that angle.
- b. If the run is slow or is giving cues that a change of direction is coming the opponent will not be fooled.
- c. If the opponent does not move then the opportunity may arise for the carrier to simply run past the defender on the original angle.
- d. The distance of the "cut" is important: too early and the opponent will easily move across to block the angle; too late and the carrier could run into the opponent.
- e. Remember, defenders usually are attracted to the ball.

