



# ★ RECREATIONAL ★ COACHING CURRICULUM

## MOVES AND FAKES TECHNIQUES

Moves and fakes are used to beat an opponent, relieve pressure from a defender and create space and time. There are lots of moves and fakes that can be used to do this, however, in the recreational curriculum we will highlight the basic techniques. Also, we will outline certain age specific moves and fakes based on the characteristics of the players in each age group. At U8, we have identified the STEP FAKE, SCISSORS MOVE & INSIDE CUT as appropriate for this age group.

### **Best Used**

- One vs. one battles with a defender.
- During 2 v 1 situations.
- To change direction with deception.
- To set up a pass or shot on goal.

### **Technical Breakdown - characteristics needed for all moves and fakes.....**

- Close control when dribbling. The ball must be under control to manipulate the ball.
- Deception. Players must use their body to over exaggerate movements in order to fake out a defender.
- Change in speed. Once the fake or move has been completed, a change of pace and acceleration is important to exploit the space created and not allow the defender to recover.
- Balance. It is important to bend your knees and open your stance in order to remain balanced throughout the move or fake and then allow you to explode.
- Players must come out of the move or fake diagonally and in opposite direction of the fake.
- Game speed. Try to complete the fake or move at game speed, which will not allow defenders to read what the attacker is trying to do. Completing the movements slowly will allow defenders to telegraph what the attacker is doing and adjust accordingly.

### **Common Mistakes**

- Player does not have total control of the ball, which allows the defender to step in and steal the ball.
- The move or fake is completed too close to the defender, which results in the defender winning the ball.
- No deception. Defender easily reads what the player is trying to do and steals the ball.
- Player fails to accelerate after turning and allows the defender to recover back into a good position.
- Player comes out of the move too straight or in the direction of the fake, which allows the defender to win the ball.

On the next few pages we will describe in detail the three moves and fakes outlined for this age group.