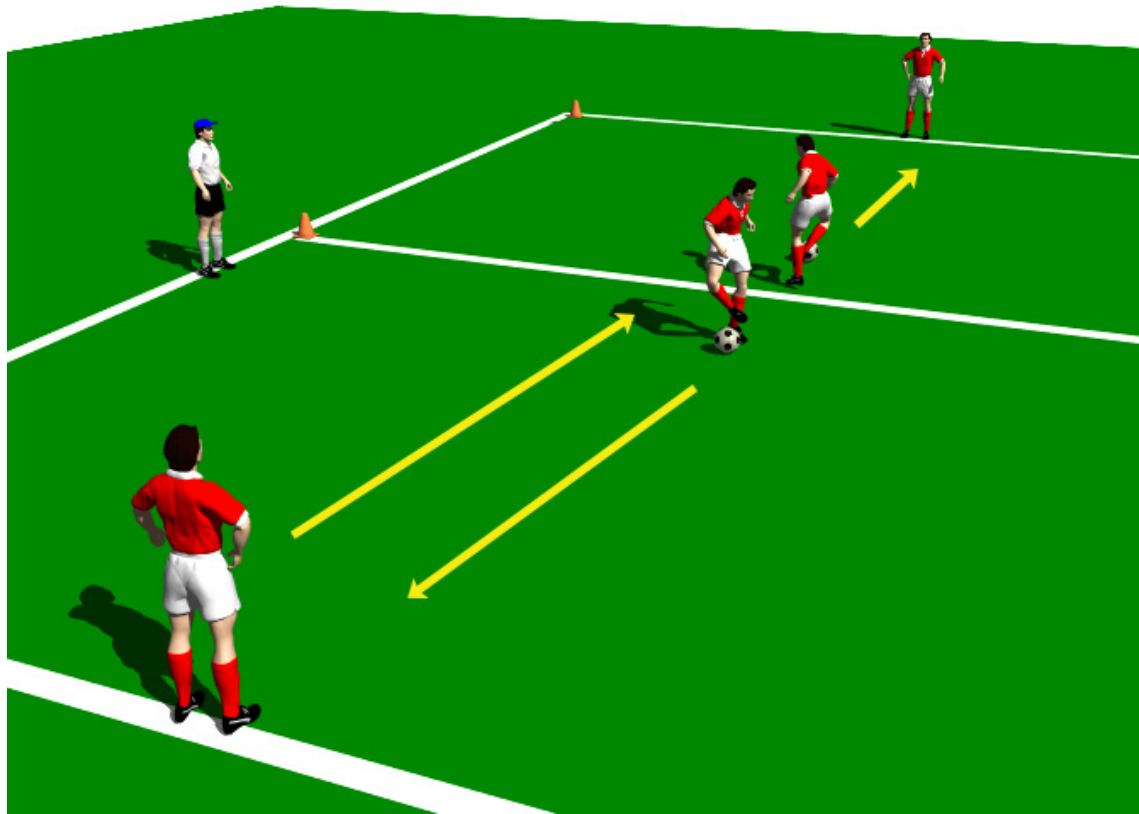


The Chop Move



Exercise Objectives:

This practice is designed to develop the “Chop Move” move with the ball.

Coaching Pointers:

Divide players into fours, with one ball each. Players alternate dribbling the ball towards each other in pairs. At the mid-point of the grid, players perform the Chop Move and dribble back to their starting positions. Players should accelerate after turning.

The coach should emphasize the following coaching points:

Step One: Move alongside the ball and approach the ball with a "Side-On" position. Plant the non-kicking foot alongside the ball, with the toe pointing towards the ball.

Step Two: Bring the kicking over the top of the ball with the lace of the shoe facing the outside of the ball. Chop down on the outside of the ball, using the laces only. Only slight contact is made with the outside of the ball.

Step Three: Spin on the non-kicking foot towards the direction of the ball. The head should be kept steady and eye's fixed firmly on the ball.

A great tip to emphasize while teaching dribbling is to encourage your players to open their hands. By relaxing the hands, the upper torso becomes loose and flexible, which lends to better upper body movement for body fakes and dipping the shoulder. Try making a fist and moving your upper body, you will notice how robotic and stiff the upper body becomes. So, keep the hands open for greater mobility.