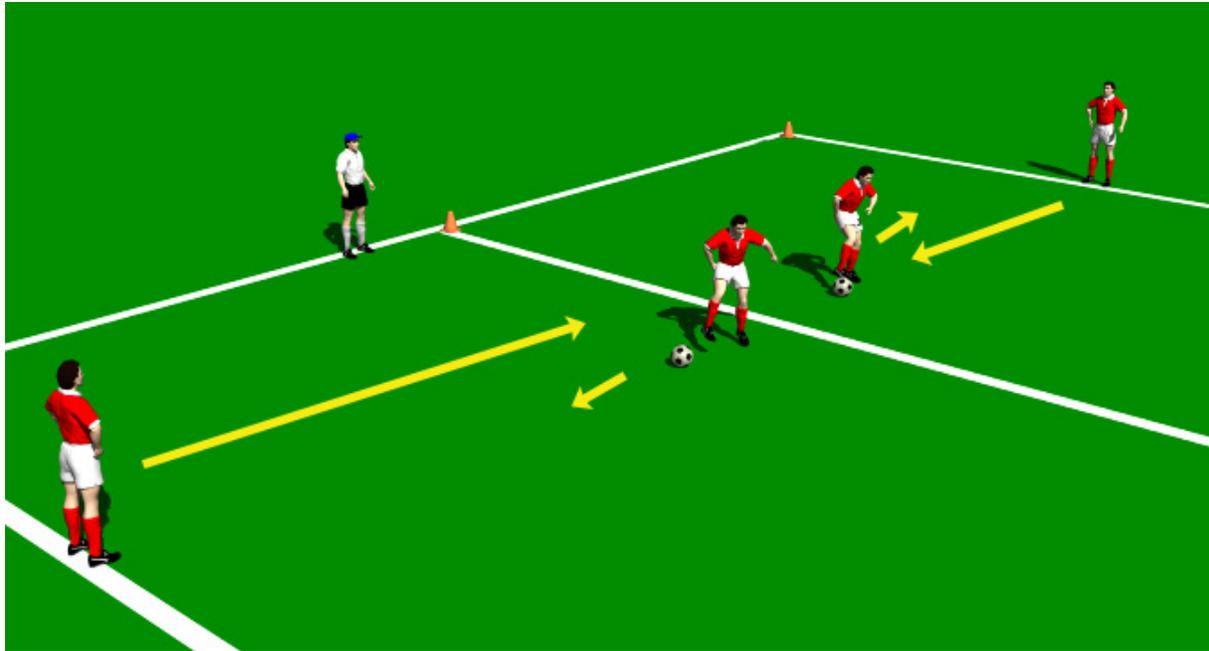


## The Step and Hop Move



### **Exercise Objectives:**

This practice is designed to develop the “Step and Hop” 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 Step and Hop move and dribble back to their starting positions. Players should accelerate after turning.

### **The coach should emphasize the following coaching points:**

- ☆ Maintain close control over the ball.
- ☆ Build up speed gradually. Don't sacrifice quality for speed.
- ☆ When turning, get the ball out of your feet and into the direction you want to turn.
- ☆ If the turning touch is close to the feet the head will be down. If the turning touch is out of the feet, the player can scan the field and run onto the ball for their second touch.
- ☆ Use a change of speed and explode away from the player.

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.