



# ***1v1 DOMINATION: RONALDO WORK***

# KEY



DRIBBLE



PLAYER



PASS/SHOT



SERVER



MOVEMENT

# 1V1 RONALDO WORK (FACE TO FACE)

## Set up:

2 marked gates 15 yards apart, place an obstacle (jumper, cone, pole, mannequin) halfway between the markers.

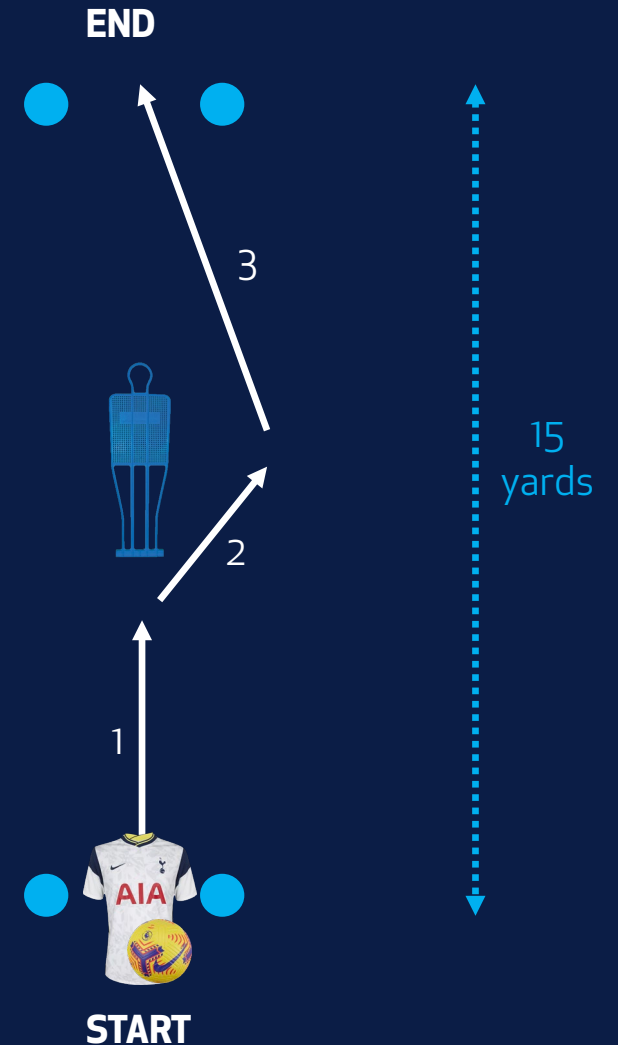
## Activity:

Dribble from the START markers towards the obstacle, use a trick (forward thinking move) to beat the obstacle and explode to the END markers. Turn around and repeat towards the START markers. Complete as many as you can in 60 seconds.

**TIP:** Try the following tricks 1) Shoulder drop 2) Single/double stepover 3) Ronaldo chop.

## Key Points:

- Timing - perform your trick at approximately 1m from the obstacle
- Disguise - use your arms to add disguise to your trick
- Striking angles - aim to contact the ball at either 10 o'clock or 2 o'clock angles



# 1V1 RONALDO WORK TO PASS

## Set up:

2 marked gates 15 yards apart, place an obstacle (jumper, cone, pole, mannequin) halfway between the markers, server positioned at the top markers.

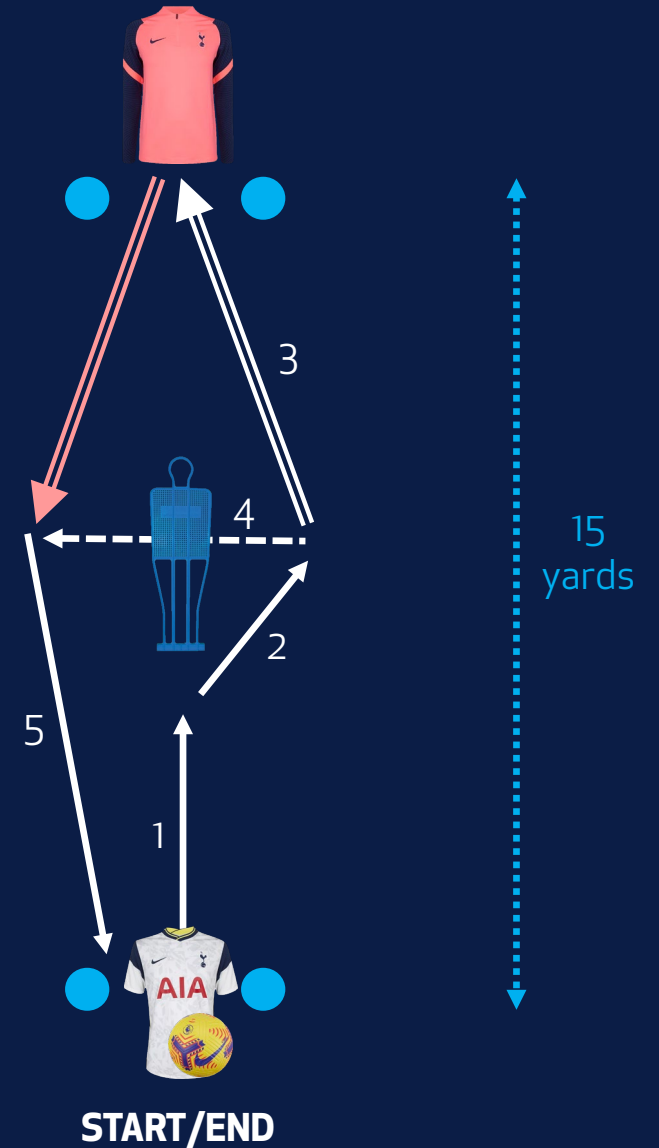
## Activity:

Dribble from the START markers towards the obstacle, use a trick to beat the obstacle and then pass to the server. Move sideways to the opposite side of the obstacle and receive a pass from the server, explode towards the START markers. Complete as many as you can in 60 seconds.

**TIP:** Try experimenting with different 1) Tricks 2) Passing techniques and foot surfaces 3) Receiving techniques

## Key Points:

- Look - when attacking the obstacle keep your eyes forward to see the obstacle, space and server
- Timing - aim to pass as early as possible after your trick beats the obstacle
- Body shape - try to receive the ball in an open body shape and/or on your back foot. See where the ball is coming from and where you want to take it



# 1V1 RONALDO WORK TO SHOOT

## Set up:

Place your obstacle 5 yards from the marked gate and place a goal/target to shoot towards 10 yards opposite to the obstacle.

## Activity:

Start next to your obstacle with the server on the ball. Make a movement away from the obstacle towards the marked gate to create space. Receive a pass from the server and then attack the obstacle. Use a trick to beat the obstacle and shoot into the goal/target.

**TIP:** Try to receive the ball in an open and forward facing body shape as this will allow you to take the ball forwards quickly.

## Key Points:

- Scanning - when moving off the obstacle, scan by looking over your shoulder to judge distances, space and time
- Ball contact - work your foot patters (little steps, big step, strike) to help with clean ball striking contact

