



# ***1v1 DOMINATION: ZIDANE WORK***

# KEY



DRIBBLE



PASS/SHOT



MOVEMENT



WALL



REBOUND



PLAYER



SERVER

# 1V1 ZIDANE WORK (BACK TO PLAYER)

## Set up:

Server start with a ball 15 yards away from a wall, place an obstacle (jumper, cone, pole, mannequin) halfway between the server and the wall, player starts in front of the obstacle facing the server.

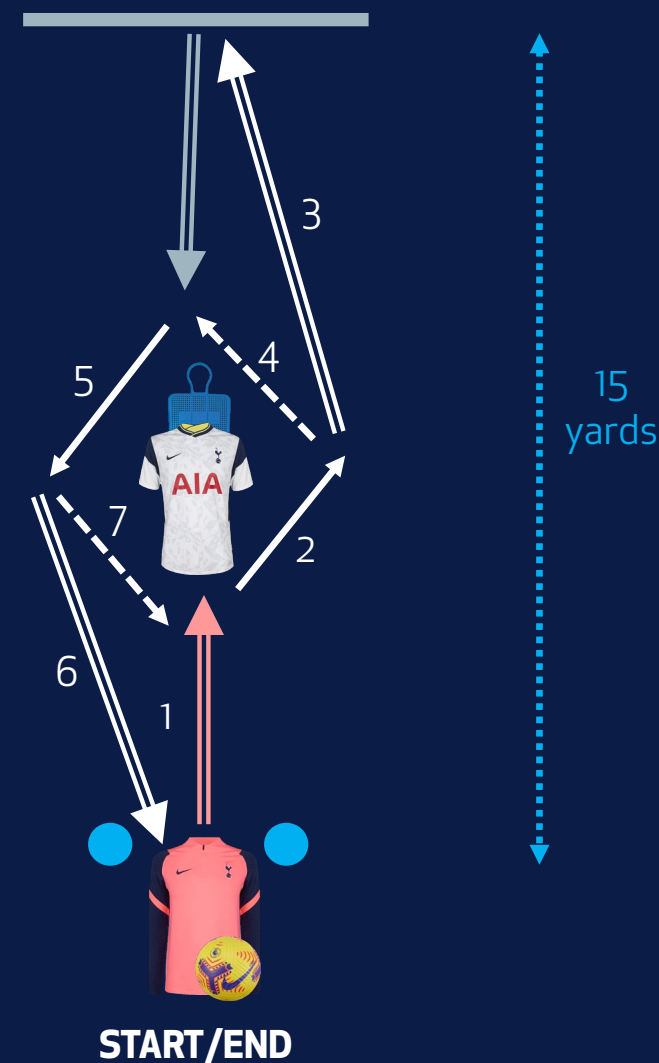
## Activity:

Receive a pass from the server with the obstacle behind your back, take a touch to secure the ball and turn past the obstacle, play a pass off the wall and receive the rebound, take a touch to secure the ball and turn past the obstacle, play a pass to the server. Complete as many rounds as you can in 60 seconds.

**TIP:** Once you have mastered after taking a touch, try to roll past the obstacle with your first touch.

## Key Points:

- Body position - create distance from the obstacle by slightly turning your body to be able to receive on your front foot
- Strong base - upon receiving keep your knees bent to create a stable base, this helps avoid being moved by an active defender
- Arms - use your furthest arm from the ball to feel behind you and try to move off from the obstacle



# 1V1 ZIDANE WORK TO PASS

## Set up:

Server positioned 15 yards away from 2 target gates, place an obstacle (jumper, cone, pole, mannequin) halfway between the server and and approximately 5 yards from a wall, player starts with a ball in front of the obstacle facing the wall.

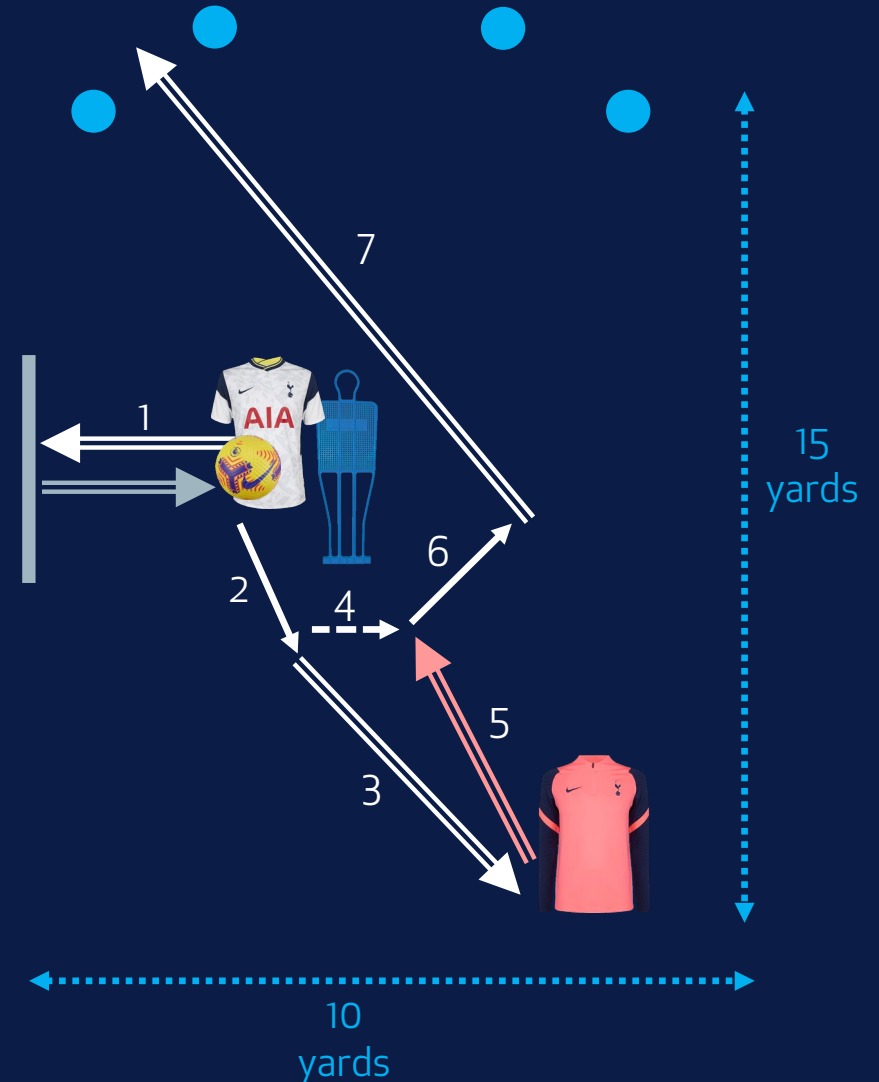
## Activity:

Play a pass off the wall and turn past the obstacle upon receiving the rebound, play a pass to the server and move to receive a return pass. Receive the pass from the server and turn past the obstacle, play a pass through either of the target gates. Attempt 5 passes through each gate.

**TIP:** Try to experiment controlling the ball with different surfaces of the feet.

## Key Points:

- Movement - when turning off your first touch, use body movements in the opposite direction you want to turn in to create space
- Ball manipulation - when turning off your second touch, use your first touch to move the ball in the opposite direction you want to take the ball (moving the defender)



# 1V1 ZIDANE WORK TO SHOOT

## Set up:

Place your obstacle 5 yards from the server and parallel with a wall, place a goal/target to shoot towards 10 yards from the opposite side of obstacle. Player starts with the ball in front of the obstacle and facing the wall.

## Activity:

Play an angled pass off the wall so it rebounds towards the server. Make a movement to become available and receive a pass (back to obstacle) from the server. Upon receiving turn past the obstacle and shot towards the goal/target.

**TIP:** Try to add disguise to your movement and receiving to help to create space and confusion when playing with an active defender.

## Key Points:

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

