

How to use: Train 2x/week if possible. Keep sessions 15-25 minutes. Complete Session A first, Session B later. Repeat a week if your player needs more confidence. Finish with play.

Week 21: Committed Defender

Goal: Use a defender's aggression to get past them.

The Cow: Recognize a defender moving toward or across you; play past them at the last moment.

Cues: Moving defender; 3 Toes push-pass; stay close; accelerate quickly.

Outside-Inside: Cut sharply when pressure comes from the side.

Game: 1v1 with the defender attacking from 90 degrees. **Done** = Uses the defender's momentum to escape.

Week 22: Uncommitted Defender

Goal: Off-balance a patient defender.

Stepover: Read square hips and a defender who is not moving.

Cues: Fake one way, go the other; change speed; make them lean.

Matthews: Inside-Hop-Outside, then explode away.

Game: 1v1 to a goal. **Done** = Makes a patient defender lean before changing direction and speed.

Week 23: Side-On Defender

Goal: Read and attack a smart, side-on defender.

Side-On: Fake the front and attack the back.

Cues: Patient + sideways; move earlier than you think.

Hip Clues: Hips in front - cut behind. Hips behind - accelerate in front.

Game: 1v1 from side-by-side starts. **Done** = Reads the hips and attacks the open side.

Week 24: 1v1 Review

Goal: Recognize the defender clue and choose the right solution.

Review: Committed + Uncommitted + Side-On defenders.

Cues: Moving defender - use momentum; square defender - make them lean; side-on - attack the back.

Hip Clues: Read hips, then change speed.

Game: 1v1 from a 45-degree start. **Done** = Chooses an effective solution from the defender's movement and body shape.

Simple Session Rhythm

1

Quick Start

2-3 min

Start playing fast.

2

Learn It

Main skill

Read the defender.

3

Use It

Add pressure

Defender, angle, or goal.

4

Finish With Play

Play freely

1v1 or small game.

Parent Coaching Rules

Say less. Let them try more.

Give one praise and one simple cue.

Let the game teach.

Use 1v1, a starting angle, or a simple defender clue.

Ask what they see.

Help them notice movement, hips, and body shape before choosing a move.

Weekly Progress Check

Rate each area once per week: 1 = Not yet 2 = Improving 3 = Consistent

Skill	Week 21	Week 22	Week 23	Week 24
Committed defender recognition	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Uncommitted defender recognition	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Side-on / hip-clue reading	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Change of speed after the move	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Confidence under pressure	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Reminder: Look for the player reading the defender before choosing the move: moving defender = use the momentum; square patient defender = make them lean; side-on defender = fake the front and attack the back. Then accelerate into space.