



# Drill Library



**Drill Name:** Inside Twist Off

**Age Group:** U/12 & U/13

**Objectives:** A turning skill to be used to beat an opponent in a 1v1 situation to create a goal scoring opportunity.

## Diagram:



**Description:** As the attacker approaches the defender he cuts using the inside of his right foot and using his body shield the ball he spins off into space and has a strike on goal.

**Progressions:** Start with a passive defender and then as skill level increases the defender becomes active.

**Coaching Points:** Important to use your arms to help shield the ball when spinning off the defender