

RYS World Cup Weeks 1 and 2 Topics and Learning Outcomes

Week 1

Topic: Dribbling to Beat an Opponent

Learning Outcomes

1. Controlled Approach
2. Engage defender at speed by attacking front foot
3. Timing of move-just outside of tackling radius
4. Body shape-low center of gravity
5. Cut into space behind defender
6. Head up, accelerate away

Note: Moves to introduce-Inside/Outside, Scissors, Step Over

Week 2

Topic: Turning

Learning Outcomes

1. Controlled Approach
2. Appropriate turn to protect or change direction
3. Bend knees to create platform to accelerate
4. Use upper body to aid disguise
5. Turn into space
6. Take away with nearest surface
7. Head up, accelerate away

Note: Turns to introduce-Inside Cut, Outside Cut, Drag Back, Cruyff