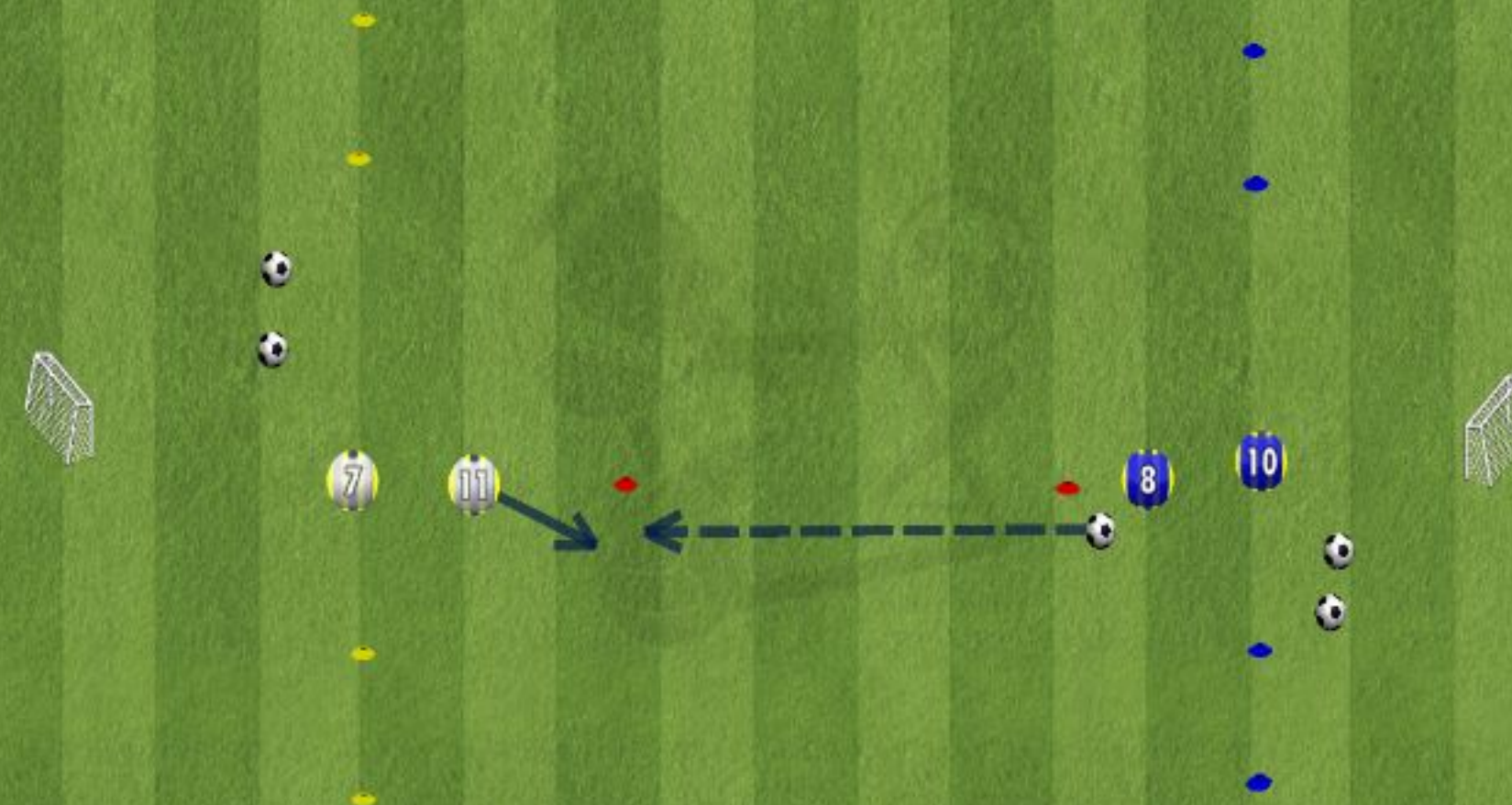


ANIMATION 2

Developing Ball Mastery - 'Touch and Control'
Coach Helen Lorraine Nkwocha
UEFA A Licence
www.ImmersedInTheGame.org

www.tacticalpad.com



The Aim - Use a different skill to a) Travel Forward and b) beat the opponent
Think About: TIMING of the skill, PREPARATION to change, BALANCE of yourself & IMBALANCE of opponent

www.tacticalpad.com