

The Matthews Move

Named after English footballer, Sir Stanley Matthews (the 'Wizard of Dribble'), the Matthews Move or the 'Inside – Outside' uses a two-step move that fools the defender into thinking you are about to make a pass or shot to the inside when in fact you push the ball to the outside. The element of disguise is used in this skill.

- **Step 1**

Use the inside of the foot to push the ball to the inside. Drop shoulder to align in the same direction. The ball must move forward in a direction that is not entirely square to the body. The first touch should leave the ball with ample space to give the defender the visual assumption of your next move.

- **Step 2**

With the outside of the same foot, quickly cross the ball, pass or make a shot to the outside (the opposite direction to your initial move). Ideally the defender will be fooled and off balance, assuming you would go again to the inside.

Coaching tips:

- Encourage players to be aware of the game (available space, positions of team mates and opponents)
- Progress from playing with a stationary ball and following the two step moves to players dribbling with the ball. Finally use the skill in a game situation.
- Encourage players to assess when to use this move.
- Encourage players to increase their speed whilst developing this move
- Enforce good technique – knees bent, head up.

To view the Matthews Move – click on the link below.

http://www.ehow.com/video_4986988_soccer-matthews-move.html