



PART FOUR! **THE ULTIMATE GUIDE TO RUNNING WITH THE BALL!**
COLLECT THEM ALL!

WATCH FOR SPACE!

We're not talking about mazy dribbling but full-pelt sprinting with the ball, just like Gareth Bale! To pull this off, you need to be totally aware of the space around you. If you're approaching a defender who's been left on his own, get ready to burn it!

SPRINT IT OUT!

This technique is not about having loads of tippy-tappy touches like Lionel Messi – it's about hitting the ball into space and belting after it! Measuring your touch is the key. You'll need just enough power on the ball to get it past the defender, while giving you enough room to beat him in a sprint!

USE THE SURGE!

You can't fly around the pitch at full speed for the whole game, so it's important to vary your speed and pick your moment. Carry the ball at one pace towards your marker, then when you spot a moment, it's time to surge and really turn on the gas!

THE MOTD COACH **SKILL OF THE WEEK!**
WEEK 4: **The Cookie!**

MOTD's expert training tips for your dad, PE teacher or football coach!

- LEARN THE COOKIE!**
- Push ball forward with your instep
 - Turn hips and fake to cut ball back with leading foot
 - Switch feet and push the ball out with other foot



DRILL No.1 **IN YOUR GARDEN!**
 Try doing the Cookie in straight lines at first – just dribble from one end of your garden to the other, trying it as many times as you can on your way!

DRILL No.2 **DOWN THE PARK!**
 Go two-on-two in the park with three mates and set up a goal. The players on both teams must beat their man with a Cookie before they can shoot!

DRILL No.3 **IN TRAINING!**
 Line three players on the 18-yard box. On the whistle they need to dribble to the six-yard line, do a Cookie, dribble back to the start, perform another Cookie and shoot!

IS YOUR DAD A TOP FOOTY COACH? GET HIM TO SEND HIS BEST COACHING TIP TO SHOUT@MOTDMAG.COM AND WE'LL PRINT THE BEST ONES IN THE MAG!

NOW WATCH OUR COOKIE VIDEO!



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