



Session Focus.... Turning



Organisation/Set up....

Players needed: Minimum of 2

Different size gates, Red = large, Blue = medium, White = small.

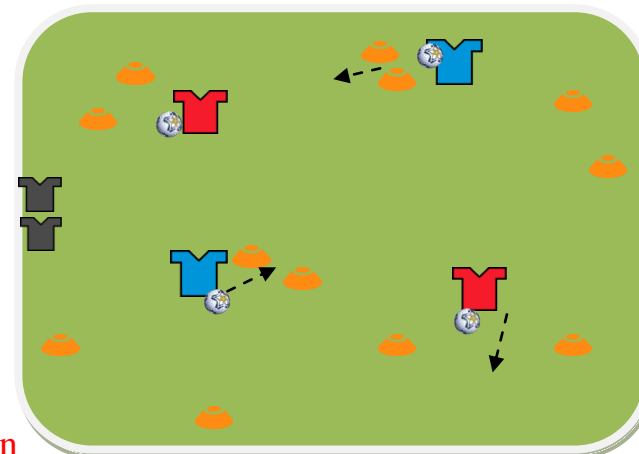
Area size 20 x 10 yards.

Corner Coaching Points and Detail....

Sole Turn – Use the bottom of the foot to role across the ball and change direction

Hook Turn – Use the outside of the foot to hook round the ball and change direction

Cryuff Turn – Place one foot over the ball and use the inside of the same foot to drag the ball back and change direction.



How to play....

Player Challenge....

Players dribble through a gate, then try to turn using one of the techniques above, back through the same gate that they have just dribbled through. Players continue to dribble through all of the gates using a variety of techniques.

Progression....Add 2 roaming defenders (Black) to increase pressure, thus creating more opportunities for the attackers to turn and retain the ball.

Technical/Tactical

How:

Rolling, Hooking or Dragging the ball back behind the standing leg/foot.

Why:

To keep possession and get away from an opponent.

When:

We are under pressure from an opponent.

Why:

To exploit the space we have just created by the turn.

Psychological

How:

Recognise the intensity of pressure being applied and opponents body position.

Why:

This will determine the turn selected to be most successful in gaining an advantage.

When:

Being under intense pressure.

Why:

To keep the ball and gain an advantage.

Physical

How:

Plant your standing foot to the side of the ball, transfer body weight to the standing foot, use arms for good balance and use eyes for disguise, then turn back into the space you have just come from.

Why:

To get away from an opponent.

When:

Under severe pressure..

Why:

To create space and time to gain an advantage.

Social

How:

In a match scenario listen and trust your team-mates information and communication.

Why:

They have the best visual pictures of the scenario.

When:

He/she has the best visual picture of the scenario.

Why:

Trust team-mates decisions.

