

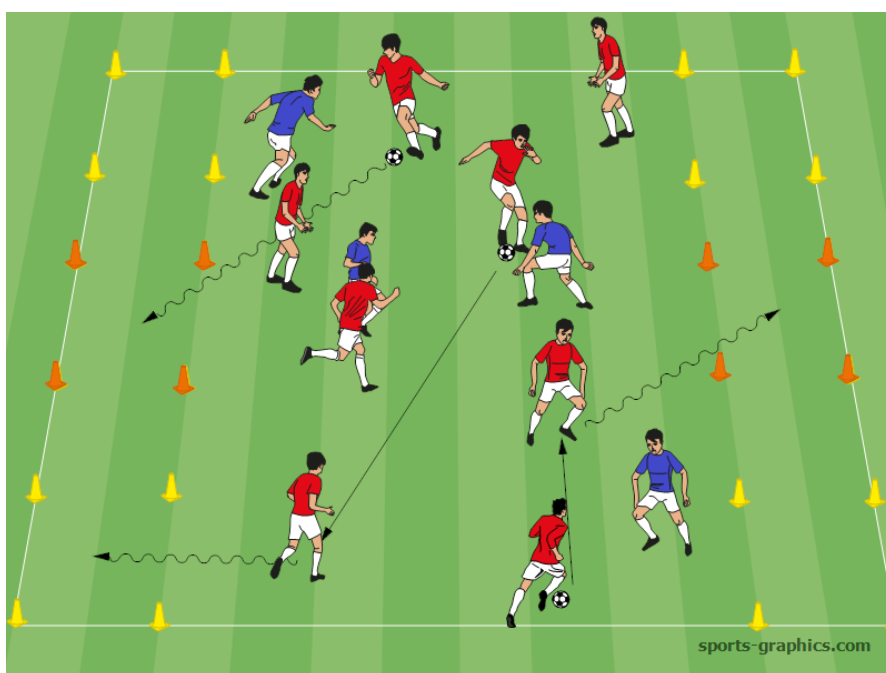
DRIBBLING AND TURNING INTO AREAS

Improve turning in a skill related practice

TECHNICAL

Turning

Turning Techniques



Set up a 25x25 playing area with six 5x5 scoring zones marked out inside the area as shown.

Size of playing area can be adjusted if necessary.

Players start by spreading out around the area but not in the scoring zones.

Attacking team start with three footballs. Attacking team attempt to score by turning and running with the ball into a scoring zone.

Minimum of one pass must be made to a teammate on the attacking team before running with the ball into a scoring zone. If defenders win the ball they score a point.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Ability to dribble and turn using both feet.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Correct technique for the right situation.
- Develop good decision making.
- Improve spatial awareness.
- To improve dribbling and turning technique.

KEY FACTORS

- Close control
- End product
- Head up (quick look behind to be aware of the space, opponent and teammate)
- Keep the ball moving
- Positive attitude
- Technique - correct turn for the situation

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Appropriate selection and execution of techniques (shielding, turning and dribbling).
- Close control of the ball.
- Encourage good technique and positive attitude.
- Encourage players to attempt different techniques to gain confidence.
- Fluency is achieved by practice.
- Increase the speed when competent.
- Instil confidence in dribbling.
- Team work and communication.

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