

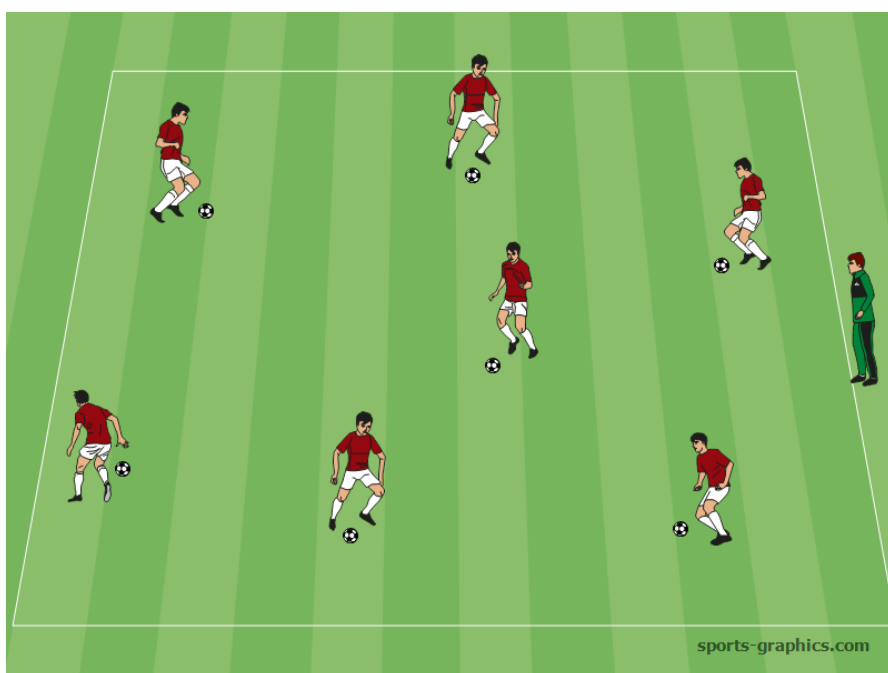
PULL TURN

For developing methods of turning through a number of skill acquisition stages

TECHNICAL

Ball Manipulation

Turning Moves



Set up a 20x20 practice area ensuring each player has adequate work space and a ball. Players push the ball forward with the right foot and pull back with the sole of the same foot while making a quarter turn (45 degrees right/clockwise) taking the ball in the new direction with the inside of the right foot.

This should also be practiced using the left foot to push the ball forward and the same foot to pull the ball back, thus turning the opposite direction (45 degrees left/anti-clockwise).

Follow the skill acquisition stages dependent on the player's progress.

- Stage 1 - Develop the skill with a stationary ball systematically producing step by step moves.
- Stage 2 - Progress with players increasing

the speed of touch.

- Stage 3 - Combine other ball manipulation moves to challenge further. Try giving a range of different techniques learned, with players changing on command or combine two moves in one to increase the difficulty/complexity.

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

- Players will improve balance , coordination and feel for the ball.
- To improve touch through ball manipulation techniques.

KEY FACTORS

- Close control of the ball
- Head up
- Knees slightly bent
- Light on feet
- Rhythm
- Speed of the move
- Technique of the move

FOCUS AREAS

- Encourage players to have their head up - when the player is more proficient they should only briefly need to glance down.
- Observe players progress and follow the skill acquisition stages 1-5.
- To develop or refine a specific technique so that the player is comfortable with the move.
- To gradually increase the fluency and speed of the move.

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