

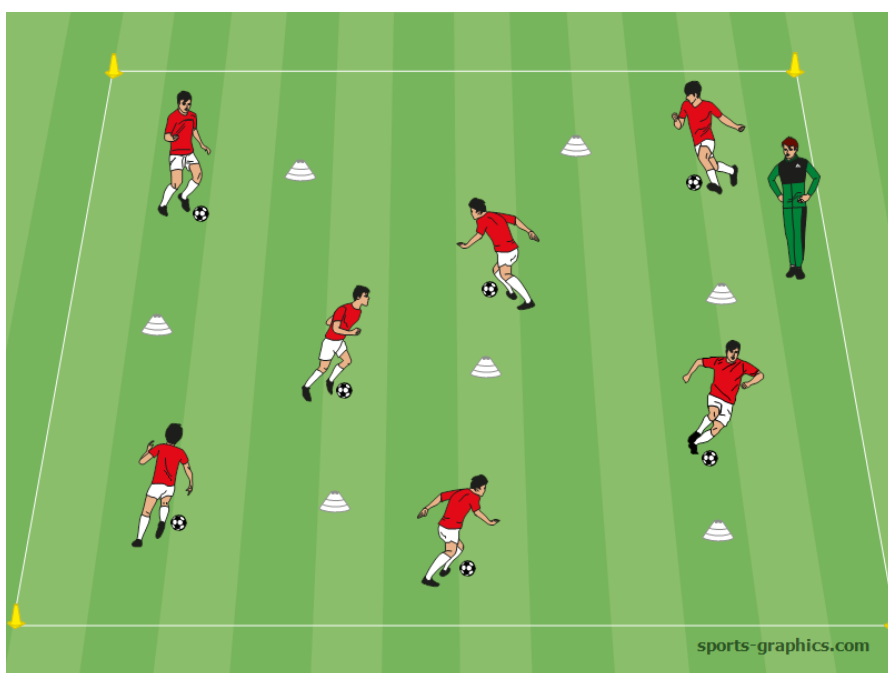
TURN WITH PURPOSE

Improve dribbling and turning techniques in an unopposed technical practice

TECHNICAL

Turning

Turning Techniques



Set up a 15x15 playing area with cones placed randomly within the area. Players with a ball each dribble within the area.

Pre-determine a range of turns and give them each a number.

On coach command, players dribble up to a cone (defender) and perform a specific turn based on the number called.

For example, "two" may refer to a Drag Back Turn.

Players continue dribbling within the area. Encourage players to express themselves and attempt to use both feet.

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.
- How to have small and quicker touches to have better close control of the ball.
- Improve basic ball manipulation.

KEY FACTORS

- Accelerate away
- Close control
- Disguise
- Head up (quick look behind to be aware of the space, opponent and teammate)
- Positive attitude
- Quality of first touch
- Technique - quality of turn

FOCUS AREAS

- Close control of the ball.
- Emphasis on foot speed and clean contacts on the ball to change direction.
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- How to select and execute a variation of the moves and how to gain a successful end product.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.
- The correct distance is just out of touching range and the move should be steady with a change of pace (acceleration out of the turn) into open space.
- To gradually increase the fluency and speed of the move.
- Use of both feet.
- Use of disguise and clever turning techniques.

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