

TURNING TO FIND PLAYERS

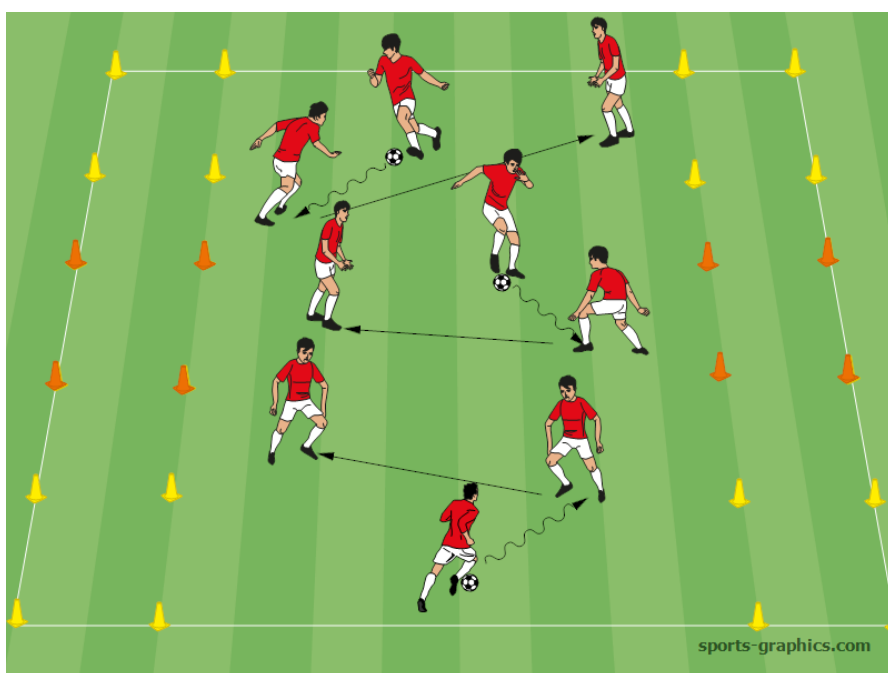
Improve dribbling and turning techniques

TECHNICAL

PSYCHOLOGICAL

Turning

Turning Techniques



Set up a 25x25 playing area with six 5x5 scoring boxes inside. Size of playing area can be adjusted if necessary. Players begin by spreading out and are free to move anywhere in the area. Players may make a run into a scoring box to receive a pass (players should not stand still in the box, but time their run to receive as the ball enters the box). Three balls are used (more or less footballs can be used depending on the number of players in the practice). The players in possession run with the ball towards a player who doesn't have a ball, before performing a turn and passing to another spare player. Players can 'jockey' the player who is running with the ball and put them under passive pressure.

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.
- Correct technique for the right situation.
- Develop good decision making.
- Develop peripheral vision.
- Technical mastery.
- To develop total control.

KEY FACTORS

- Accelerate away
- Close control
- Disguise
- End product
- Head up (quick look behind to be aware of the space, opponent and teammate)
- Keep the ball moving
- Positive attitude
- Quality of first touch

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Close control of the ball.
- Fluency is achieved by practice.
- Increase the speed when competent.
- Use of both feet.

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