

TURNING AND FINDING AREAS WITH OVERLOAD

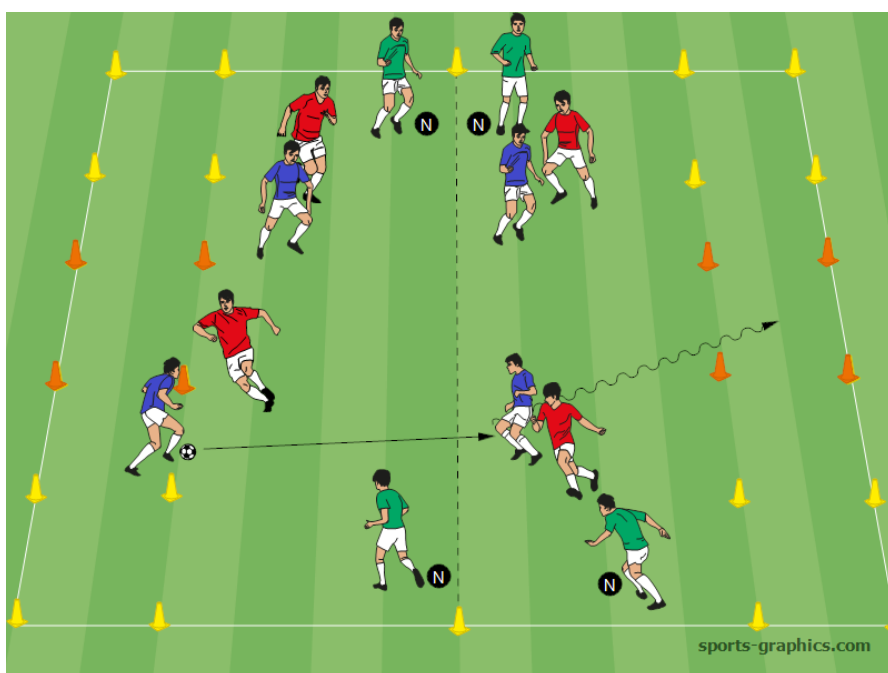
Improve turning in a skill related practice

TECHNICAL

TACTICAL

Turning

Turning Techniques



Set up a 25x25 playing area with a halfway line and six 5x5 scoring zones inside the area as shown.

Size of playing area can be adjusted if necessary.

Players are split into three even teams. One team is neutral and supports the team in possession but cannot score.

Two teams spread out inside the area. The ball starts with a team in their defensive half.

The team in possession can score by a receiving player turning before running with the ball into one of the scoring zones. On reaching a scoring zone the ball should next be played to the opposition to attack the other end.

The three teams rotate on a scoring limit or time limit.

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.
- Correct technique to receive.
- Develop good decision making.
- Improve spatial awareness.
- Technical mastery.

KEY FACTORS

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

FOCUS AREAS

- Appropriate selection and execution of techniques (shielding, turning and dribbling).
- Close control of the ball.
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- Increase the speed when competent.

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