

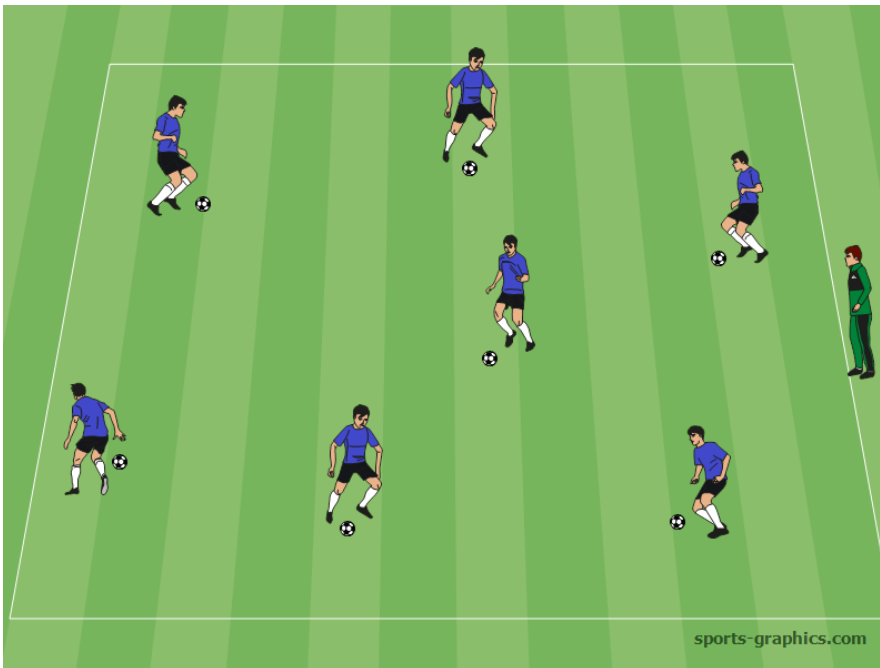
INSIDE HOOK TURNING TECHNIQUE

Develop ball manipulation in a technical practice

TECHNICAL

Turning

Turning Techniques



Organise players to dribble around in a 20x20 area with a ball each.

Players practice a specific move - 'Inside Hook'.

Using the inside of the foot, wrap foot around the back of the ball to take it in a new direction (180 degrees). The standing foot must be placed alongside the ball before the turn.

Follow the skill acquisition stages:

Stage 1 - Develop the skill with a stationary ball, systematically producing step by step moves. This needs to be practiced with both feet.

Stage 2 - Progress with players dribbling the ball while practicing the skill.

Stage 3 - Increase speed and develop disguise/fakes as part of the move.

Stage 4 - Develop the decision making

process of when and where to use the move. This can be achieved by coaching the players in a skill related and game centred practice.

Stage 5 - Progress to modified small sided games and specific functional play to challenge the players learning.

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

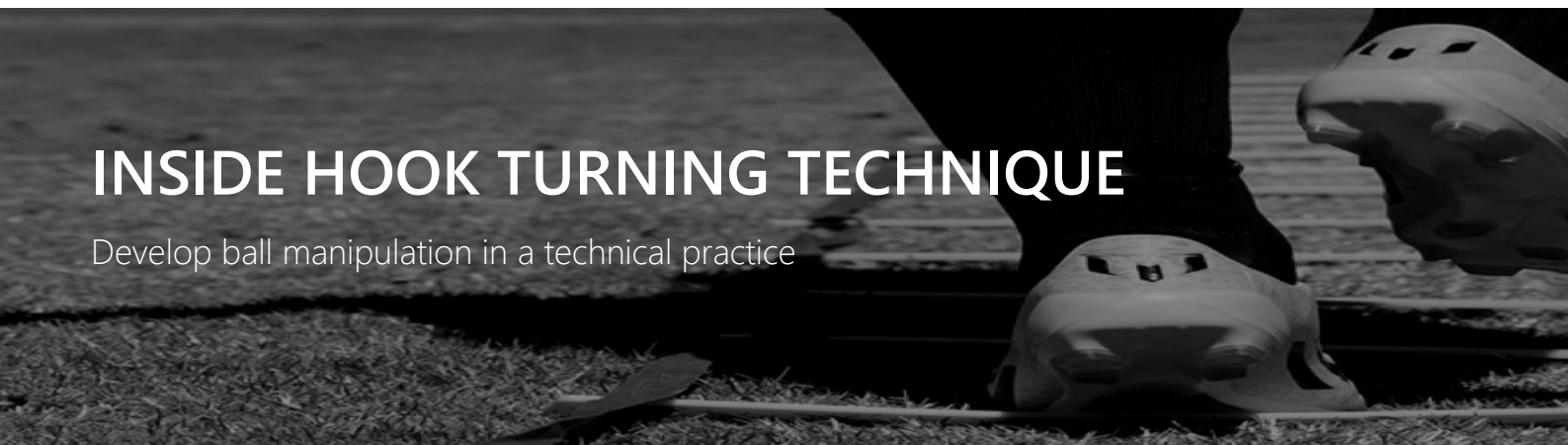
- Develop good decision making.
- Improve spatial awareness.
- To refine the specific technique through five skill acquisition stages.

KEY FACTORS

- Accelerate away
- Close control
- Disguise
- Head up (quick look behind to be aware of the space, opponent and teammate)
- Knees bent
- Positive attitude

FOCUS AREAS

- Ability to reverse or change direction quickly if confronted by an opponent.
- Close control of the ball.
- Demonstrate the purpose and why the particular move is useful in a game situation. (Correct technique for the right situation).
- Emphasise the reasons for turning (creating space to exploit an attacking opportunity or simply to protect the ball by shielding).
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- To gradually increase the fluency and speed of the move.
- To improve a specific move use the technical skill acquisition stages throughout the practice to ensure progressive learning.



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