

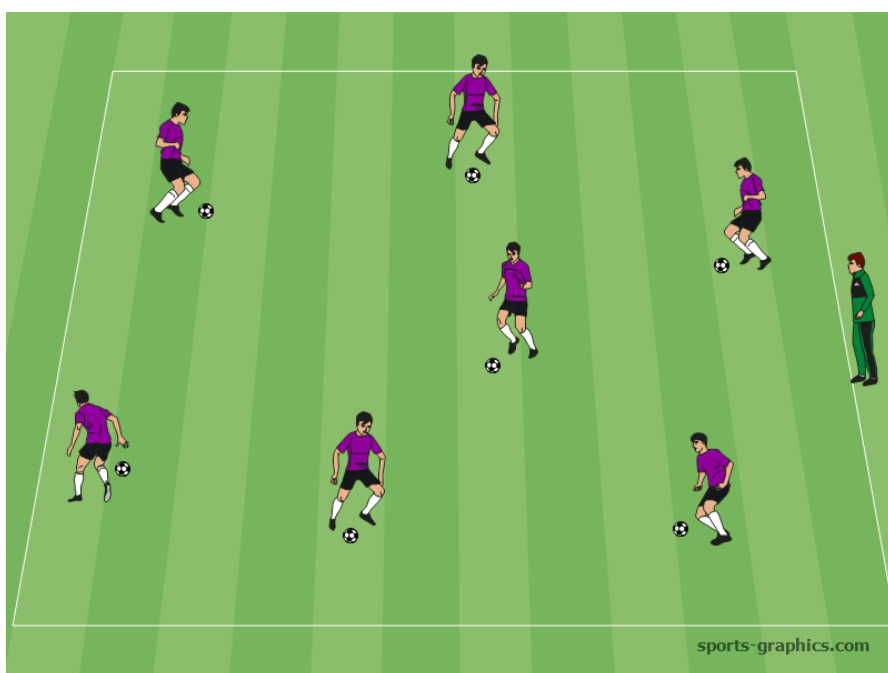
# SCISSORS STEP OVER TURN TECHNIQUE

Develop a specific turn through a number of skill acquisition stages

TECHNICAL

## Turning

## Turning Techniques



Ensure each player has adequate work space and a ball. Players practice the 'Scissors Step Over Turn'. Stepping around and over the back of the ball from outside to inside, the player spins on the standing foot towards the ball and using the inside of the opposite foot to take the ball into new space, creating a 180 degree turn. E.g. if using the right foot, step across the ball to the left (stamp firmly). As the foot touches the ground, spin clockwise on the right foot, before taking the ball with the inside of the left foot. 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.

Stage 4 - Develop the move to a more game related activity to improve decision making on the correct timing and use of the skill. Stage 5 - Repeat skill acquisition Stages 1-4 encouraging players to use their less dominant foot.

## 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.
- How to protect the ball to keep possession.
- Improve spatial awareness.
- Technical mastery.
- 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
- Technique - quality of turn

## 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.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.
- 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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