

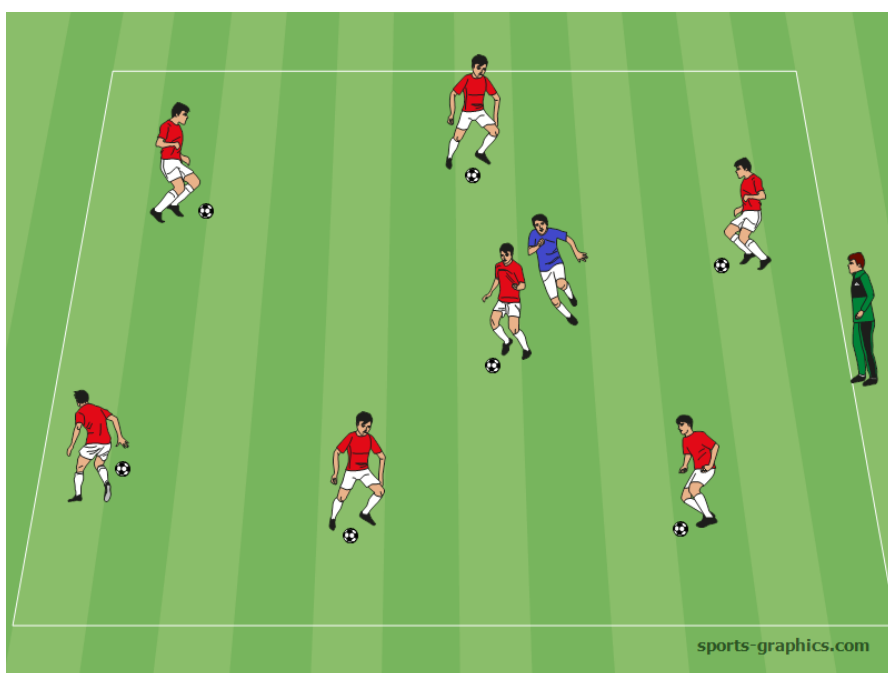
# TURNING UNDER PRESSURE

Improve turning in a skill related practice

TECHNICAL

## Turning

## Turning Techniques



Set up a 15x15 practice area, or adjust if necessary.

Players with a ball each dribble within the area.

On coach command, players perform a turn of choice and explode into space.

After a short time, make one player a defender who attempts to win balls.

Encourage players to be aware of the defender while turning.

Allow players to express themselves, use different turns, 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.
- Correct technique for the right situation.
- How to have small and quicker touches to have better close control of the ball.
- Improve basic ball manipulation.
- 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)
- Positive attitude
- Quality of first touch
- Technique - quality of turn

### FOCUS AREAS

- Emphasise the importance of the correct distance that the opponent needs to be before executing the move. Demonstrate how the ball is easily lost if they are within tackling range and how being too far away before executing a move may be counter-productive and lose the advantage.
- 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.
- 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.
- When to dribble, when to use the move.

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