



Change of Direction/Turning

Category: Technical: Turning

Difficulty: Beginner

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Individual-Adult Member

Description

COD/Turning

Warm up

Organization

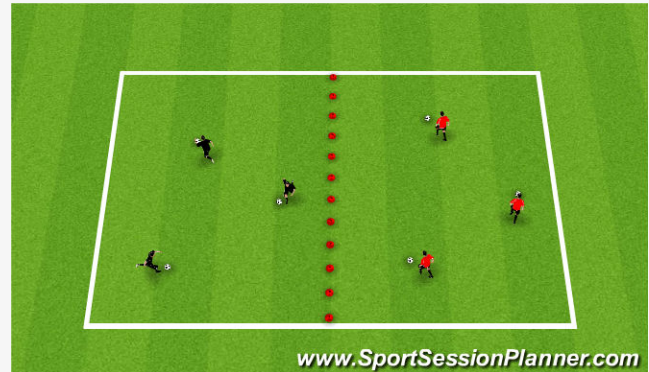
20x20 square split into 2.

Players are split into 2 teams, each team dribbles on one side of the square.

when coach gives instruction the players must switch sides.

Coaching points

1. can we change direction quick.
2. alternate different parts of the foot to change direction with.
3. accelerate after the turn

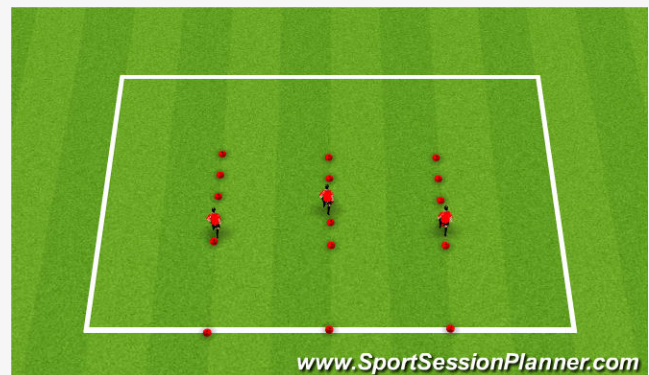


SAQ

Line 1 side to side

Line 2 bunny hops

Line 3 Hopping



Turning

Organization 30 x 20 full line at 15 yard line.

Each player has a ball at their feet

Players dribble across middle line and perform a turn and across back over the line

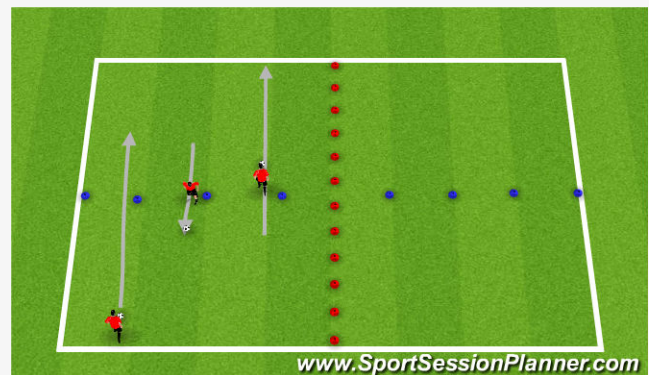
Players perform another turn and then must dribble to the far line.

Caching Points

1. quick dribble, slow down to perform turn
2. can we accelerate after each turn?
3. can we try various skills

Progression

1. Any turn any foot
2. 1st turn right 2nd left
3. Turn using sole only
4. turn with outside then inside
5. can we try pulling the ball through legs or across the body



4 goal game

4 goal game 5v5 Save Image: Save Img Color
Organization 40 x 40 with a goal on each line
Players can score in any goal
1st team to score twice stays on the field
Coaching Points
1. sharp turns - can we change direction fast
2. can we be creative and tricks and turns
3 combinations
4. quick finish



Game

Organization 30 x 20
Players play in a 1- 2- 1 formation
Encourage players to be creative

