



Turning

Category: Technical: Turning
Difficulty: Moderate

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Description

Warm up

Organization 20 x 30

Number players into groups of 4, when you call a number, those players will dribble quickly to the outside perform a turn and dribble back into the square.

Coaching Points

1. can we turn using different surfaces of our feet.



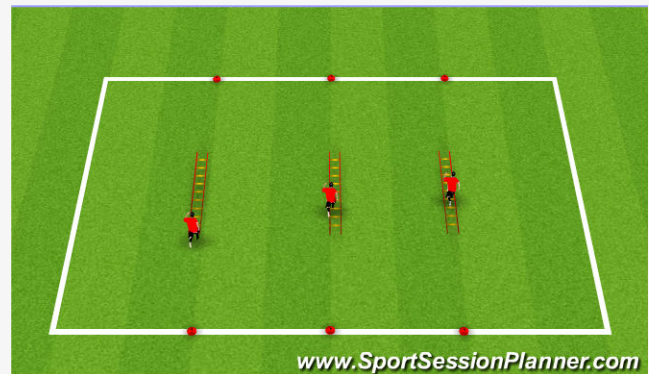
SAQ

SAQ

Line 1 fast feet

Line 2 Two forwards one back

Line 3 bunny hops



Technical Turns

Organization 30 x 20 full line at 15 yards

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

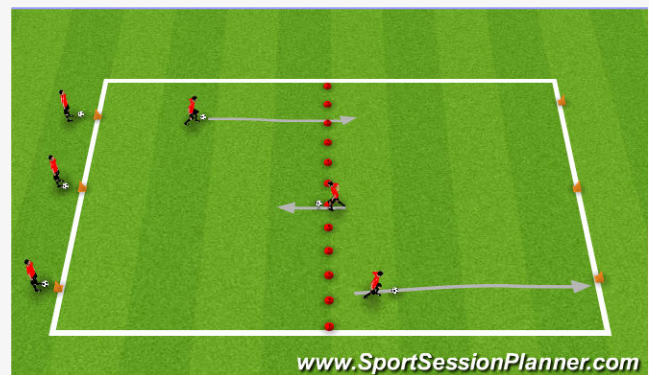
1. Any turn any foot

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



4goal game 5v5

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 attempt tricks and turns

3 combinations

4. quick finish



6v6 to big goals

Creative - attack defenders

Quick Finishing

Can we combine and create overloads



Game

Game

encourage players to be creative in 1v1 situations.

can we create overloads

