



Turning

Category: Technical: Turning
Difficulty: Moderate

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Individual-Adult Member

Description

Turning and COD

Warm up (10 mins)

Organization

30x30 split into 4 squares

2 players in each square, dribbling the ball and practice skills. flicks and tricks etc.

when the coach calls "Turn" players must change direction and dribble into a different square.

Add Dynamic stretches High Knees, Heel flicks, skipping, kick through, open the gate and windmills

Coaching Points

1. can we change direction quick
2. When we turn can we accelerate quickly.
3. can we try and change direction with different feet and different surfaces. experiment with ideas.



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SAQ (10 mins)

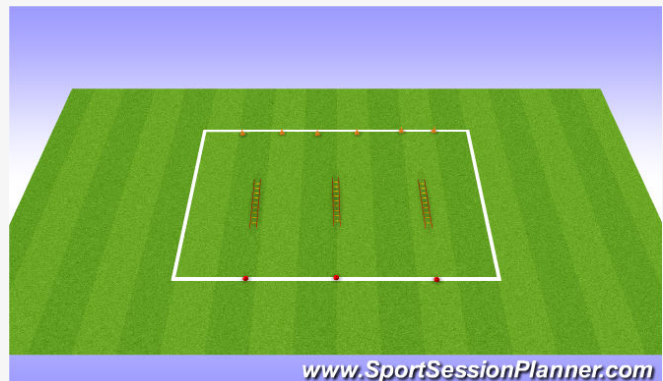
Organization

3 lines - Encourage players to sprint through the gates at the end of there ladder

Line 1 - Side leg shuffle

Line 2 - In and Out

Line 3 - Centipede



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Turning (10 mins)

Organization

30 x 30 Diamond shape, each player has a ball and each cone can have up to 3 players at it.

players dribble up to blue central cone and perform the skill requested by the coach

Turns

1. *Drag back* - put the foot on top of the ball and gently pull backwards, so the ball rolls behind players turn in the same direction as the foot they used and dribble back
2. *Back Heel Turn* - Using a little push with the back of the heel, then turn in the same direction as the foot used - When the players use the heel to turn, that touch should still keep the ball close to them.
3. *Cruyff Turn* Players dribble up to the cone and pretend to strike the ball - instead the foot goes over the ball, players turn their toes inwards, then use the center of the foot to push the ball behind them, again keeping the ball close to them.
4. *Outside Hook* - players dribble up to the cone and then turn away sharply - pushing the ball backwards with the outside of the foot, the turn and push of the should be done together.
5. *Inside hook* same as the outside, but turn using the inside of the foot.



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Coaching Points

1. Can we complete a smooth turn
2. When we have completed the turn accelerate away from the cone.

4 goal game (10 mins)**Organization**

30 x 30 square with a goal on each line.
players can score in any goal.

Coaching Points

1. Can we turn quickly? accelerate away.
2. Quick decision pass, turn, dribble or shoot?
3. Can we encourage finishing

**Game (20 mins)****Organization**

20 x 30 grid, with two goals
encourage players to attack and perform skills

