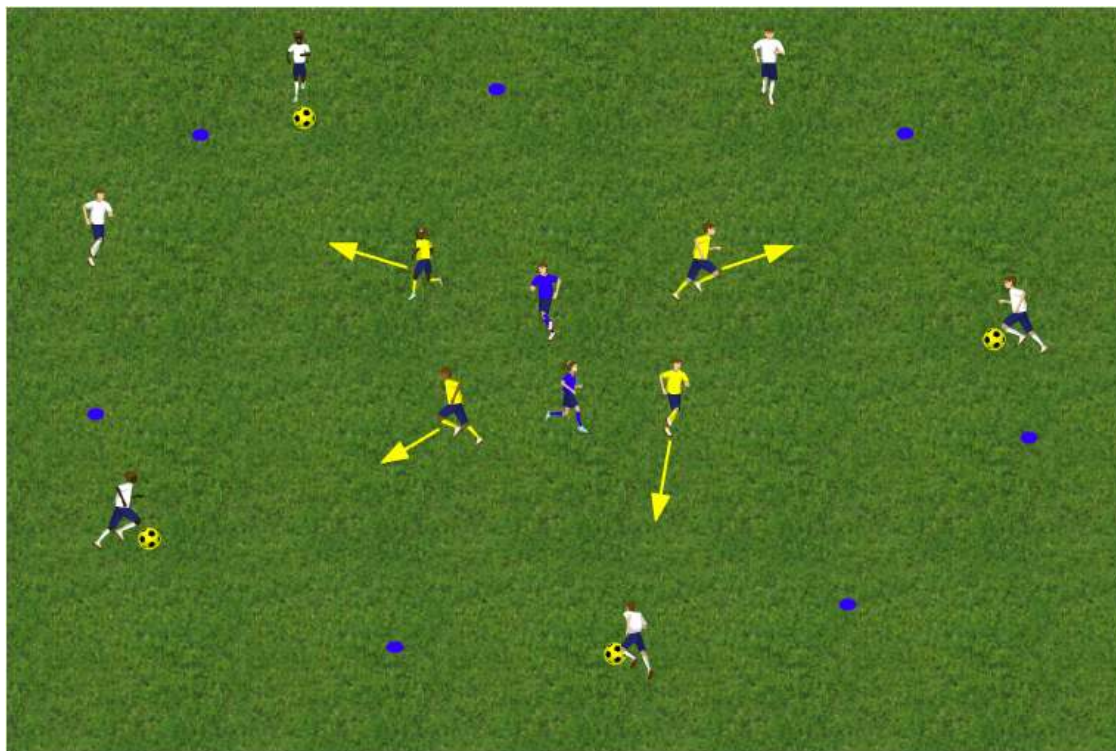


A PRACTICE TO IMPROVE THE SKILL OF TURNING WITH THE BALL

The following practice has been designed using www.grassrootscoaching.com Coaches Chalkboard.



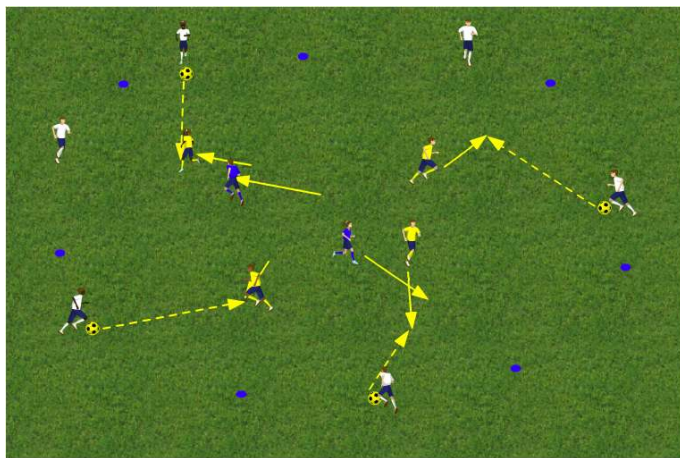
ORGANISATION

Use a total of twelve players. Mark out a clock area of between 20 - 30 yards in diameter, the area can be adjusted to suit the age and ability of the players. Position six players around the perimeter of the clock. Position four players in the middle of the clock, with two defending players. Four of the players on the outside of the clock have footballs.

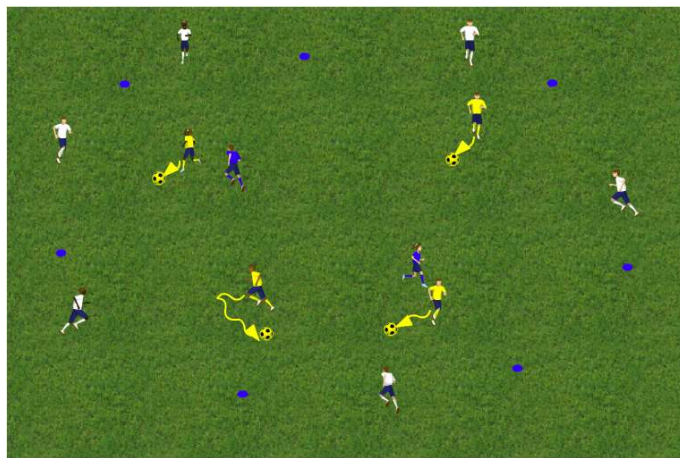
KEY TECHNICAL ASPECTS

Players on the inside make an angle to receive the pass *Good body position to receive the pass *Recognition of where the space / defenders are to control and turn *Communication - verbal and non verbal *Decisions on different turning techniques *Accurate, timed passing after turn *Awareness of other balls and players *Players on the outside to cushion the ball to the side and to complete a hook turn before passing back into the middle *Movement to find space and create angles to receive the next pass

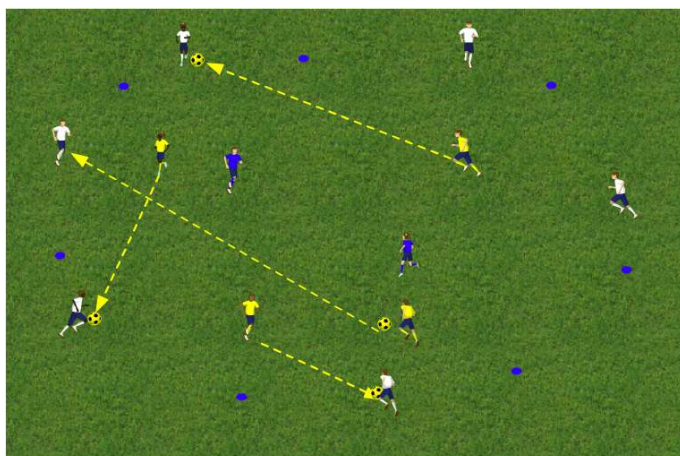
Progression # 1 – Create space, receive pass, recognition of space / defender



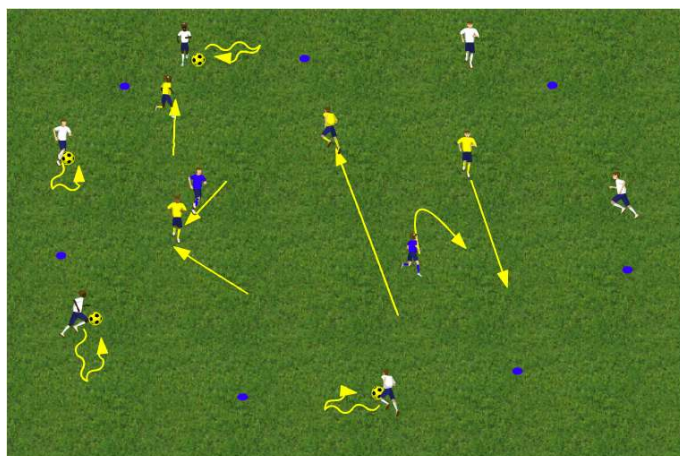
Progression # 2 – Turn with the ball into space



Progression # 3 – After turn, accurate pass to outside player



Progression # 4 – After pass, movement to find space to receive the next pass from a different server. Players on the outside complete a hook turn before passing back into a free central player.



PROGRESSIONS

Make clock area bigger or smaller *Vary the service into the middle players to test different control surfaces and techniques *Condition the practice to all the players using a specific turning technique *Encourage the players to decide which is the most appropriate turning technique *Progress to a game.

www.grassrootscoaching.com is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.