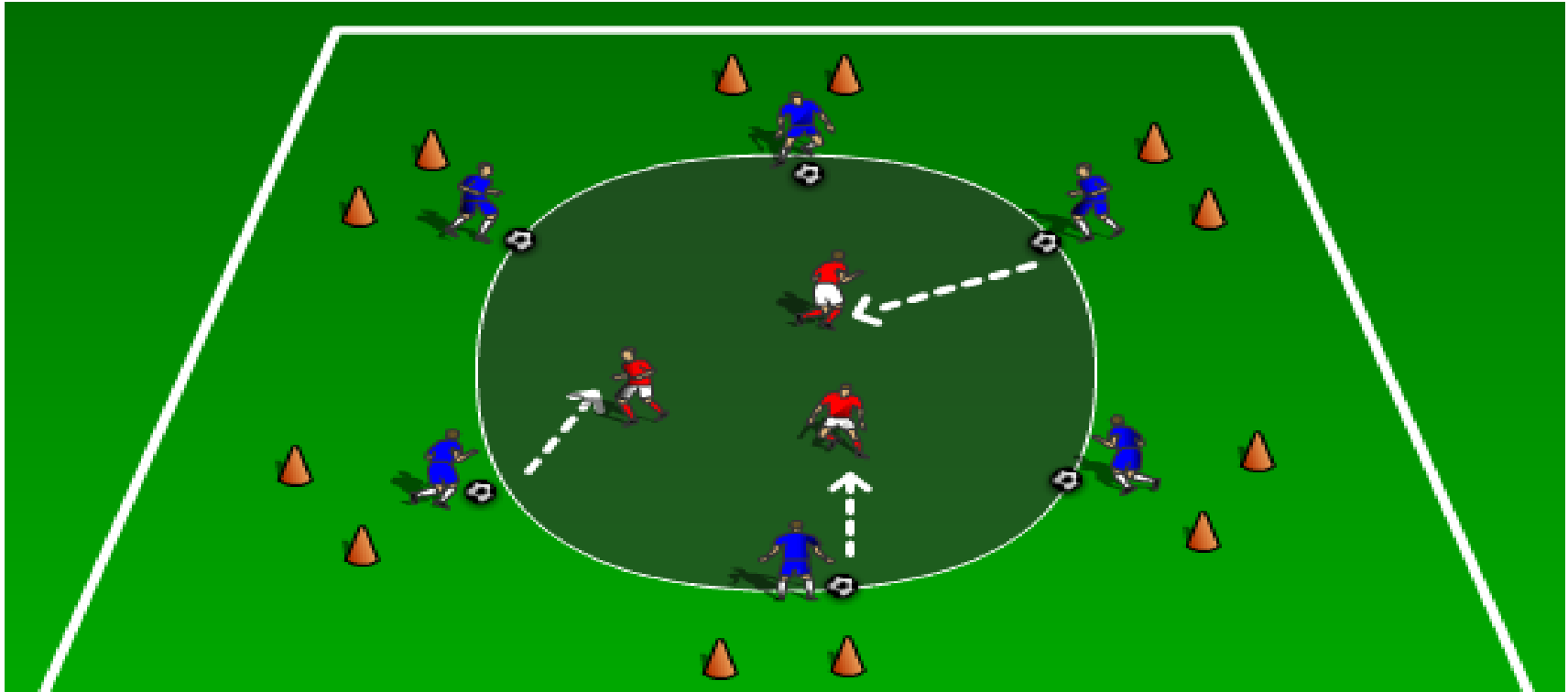


TURNING INTO SPACE



SET UP / RULES

Two groups of players

One group work inside the area

The other group work around the outside

The inside group must continually receive passes from the outside players

The players must receive the ball on their back foot and then dribble to pass out to a different player

Progression

1 – the outside players must also receive on their back foot and dribble to turn in their gate before passing into the middle

2 – the outside players must now receive on the back foot, turn and dribble through their gate and back through a different gate