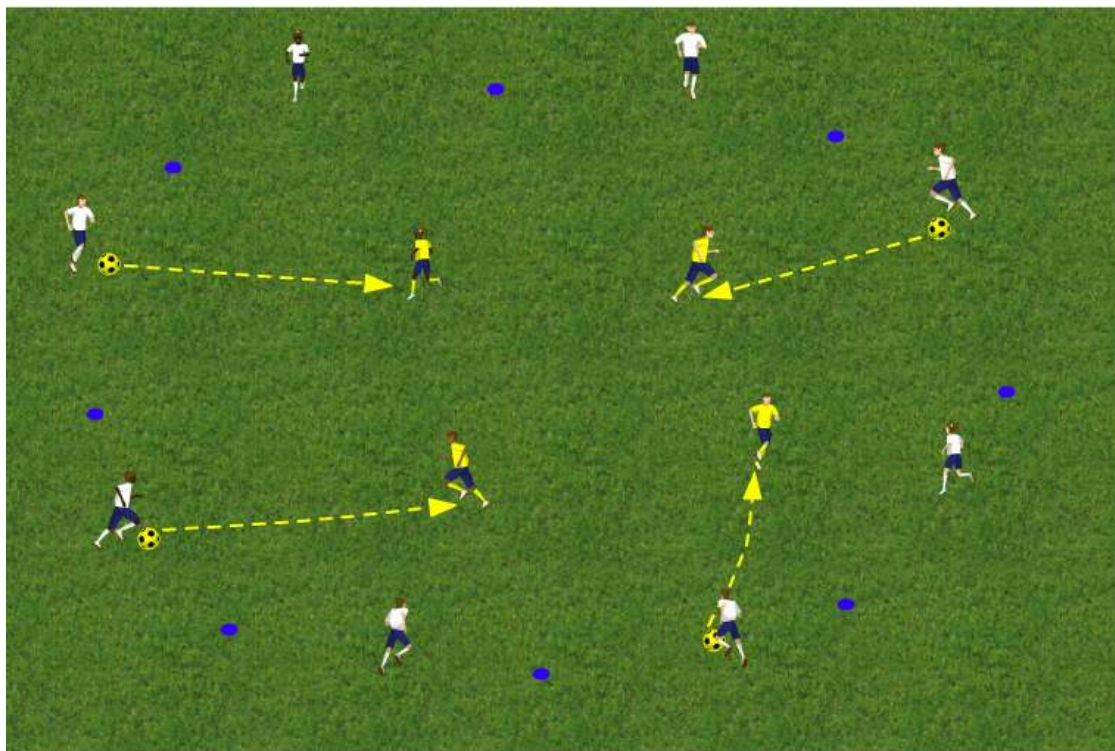


A PRACTICE TO IMPROVE THE TECHNIQUE OF TURNING WITH THE BALL

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

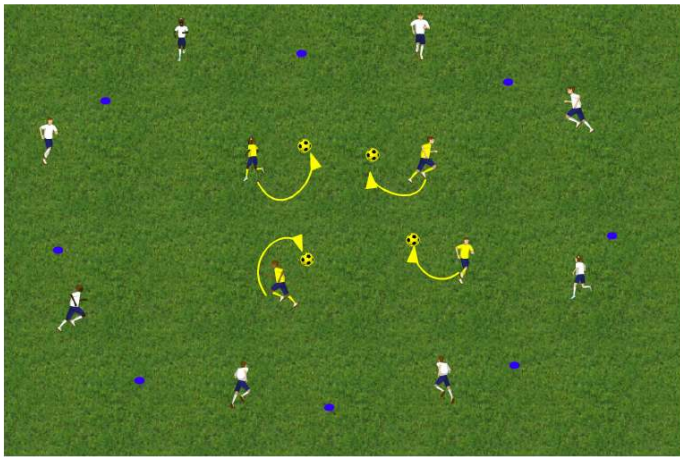
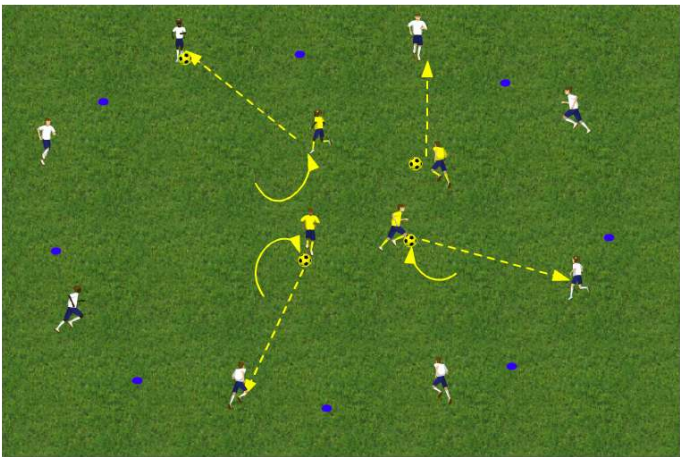
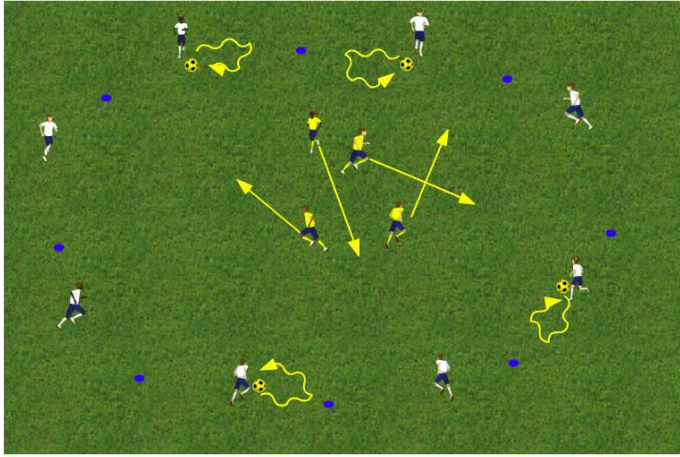
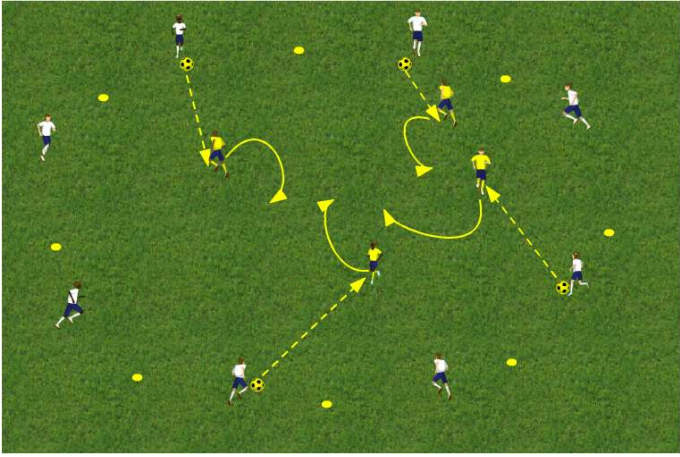


ORGANISATION

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 eight players around the perimeter of the clock. Position four players in the middle of the clock. Only four of the players on the outside of the clock have footballs. The ball is passed to a player in the middle of the clock; they turn with the ball and pass to a free player. They then look to receive a pass from another player on the outside of the clock who has a ball. When the players on the outside of the clock receive a pass, they do a hook turn and then look to pass to one of the players in the middle of the clock.

KEY TECHNICAL ASPECTS

Players on the inside make an angle to receive the pass *Good body angles to receive the pass
 *Recognition of where the space is to control and turn *Can they turn with no touches *Can they turn with one touch *Use different turning techniques *Communication - verbal and non verbal *Accurate, timed passing after the 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 one of the middle players.

<p>Progression # 1 – Good angle of support to receive the pass. Players turn with the ball or let the ball run across them without touching it</p>	<p>Progressions # 2 – After turn, accurate pass to a free player on the outside of the clock.</p>
	
<p>Progression # 3 – Pass and move. Receive the ball on the outside of the clock and use a hook turning technique to turn with ball and return to position before passing</p>	<p>Progression # 4 – Receive a pass from a different player and turn. Repeat.</p>
	

PROGRESSIONS

Make clock area bigger or smaller *Vary the service into the middle players to test different control surfaces and turning 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 skill by bringing in opposition

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.