



Turning Technical progressive

Category: Technical: Turning
Difficulty: Moderate

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Individual-Adult Member

Skill application

Set up:

20x20 grid

4 cones on 4 sides of grid with 4 more in the center as marker to turn at.

Position players at 4 outside cones.

Players will dribble from their cones to middle cones and make a turn nominated by the coach.

Progression:

Have coach stand in the middle of inside cones and reach a leg out to apply pressure on turn.

Have them turn again at half way point back and then make another turn at inside cones so they make three turns in one trial.

Coaching Points

Players need to be aware of timing of turn.

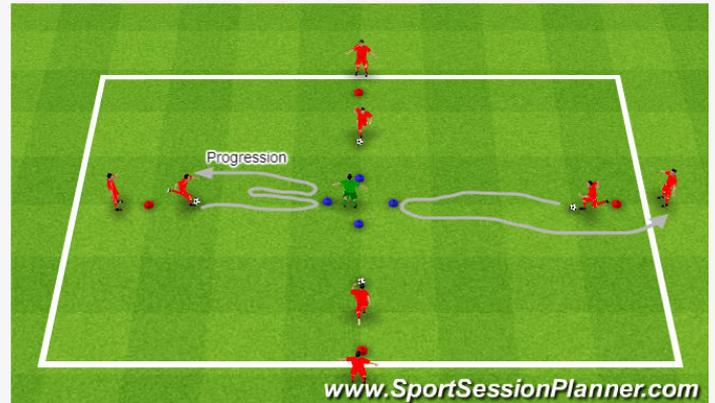
Accelerate away after turn with look over shoulder.

Coaching points will be specific to turn coaches nominate eg Inside cut: Reach over the ball

Don't run around the back of the ball.

Bend standing leg so low center of gravity and good balance.

Accelerate away.



Bashers and Dodgers

Set up:

20 x 20 Grid.

Two teams each with a ball.

One team has ball in hand as is trying to hit the ball the of the other team who are dribbling with the ball on the ground.

Count each ball you hit and add up scores after time is up.

Switch roles.

Coaching Points:

Look over shoulder for danger /pressure behind you.

make different turns to protect the ball from the basher.

Accelerate away from pressure and into space.



4 goal turning game

Set up

30 x 30 Grid with 3 or 4 players on each team.

Four goals are set up opposite each other as shown.

Teams play into two goals each.

Each team has a goal opposite each other ie. North and south and the other team plays into east and west.

Players will try to score in any of their two goals while recognizing where there is too much pressure and make a turn to play into a goal less well defended.

Coaching Points.

Drive towards a goal to activate defending the goal and make a turn to go opposite direction/ multiple turns to confuse and fake defenders.

When player on the ball is making turn second and third attackers need to be aware to support him on the ball and make effort to get into supporting positions for either direction.

Look to create numbers up and use combinations to beat defender.



3 v 3 + Targets (15 mins)

Set Up: 2 grids with end zones. Targets move in the end zone, depending on the movement of the ball in the grid. **Progressions:** Players can play with limited touches, targets one touch; player who plays to the target cannot receive the ball back. **Coaching Points:** receiving the ball under pressure; technique in pass [weight, accuracy, length]; run with the ball or pass; when to release the ball; movement off the ball and support; communication.



Regular Game

PLAY REGULAR GAME

