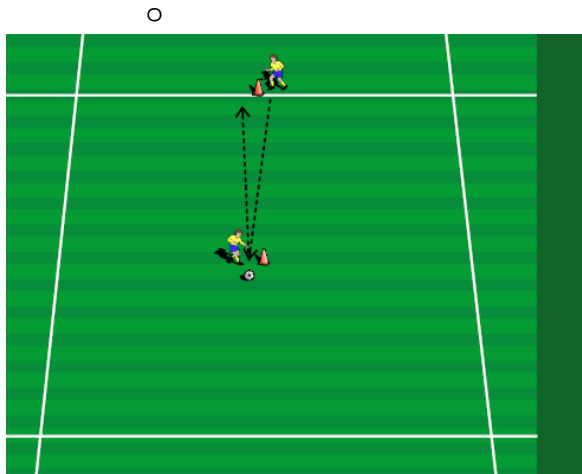


This session will look at the technique and application of various turns while running with or controlling the ball. The session begins with a technical warm-up reviewing various techniques for turning the ball, before going on to a relevant passing and moving pattern, pressure is then added in the 3rd drill where players must turn with speed and precision in a 1v1 setting before finishing, and finally a restricted scrimmage encourages constant changes in the point of attack, thereby promoting plenty of turns in the regular run of play.

- **Warm-up: 10 yard turns**



Set up: 2 cones 10 yards apart. 1 ball between 2 players.

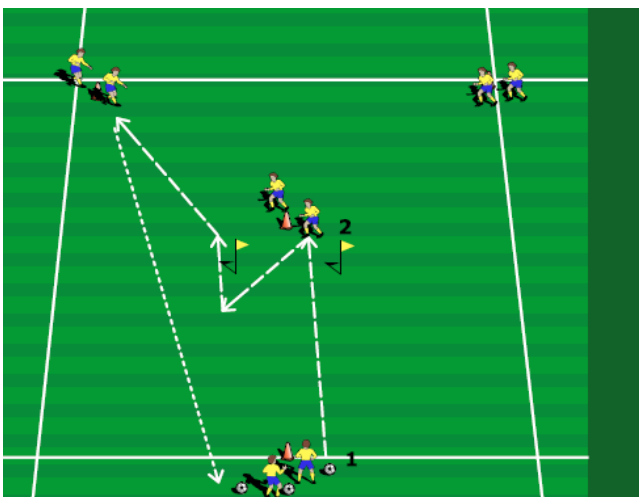
Instructions: Players take turns dribbling out to the cone and performing various turns before passing the ball to their partner who repeats. Some turns to go over include: Drag Back, stop turn, inside/outside hook, step over, U turn, Cruyff, Zidane turn.

Coaching Points: Technical drill that starts light as a warm-up. Depending on age and fitness level, you can add a third player to each line so that a longer break is given, or you can have each player with their own ball simply performing the run over and over.

Some of turns to cover include the following (click on the links to see short video clips of each):

- [Drag Back \(view here\)](#)
- [Outside hook \(view here\)](#)
- [Inside Hook \(view here\)](#)
- [Cruyff \(view here\)](#)
- [Step Over Turn \(view here\)](#)
- [Zidane turn \(view here\)](#)

- **Passing pattern with various turns**



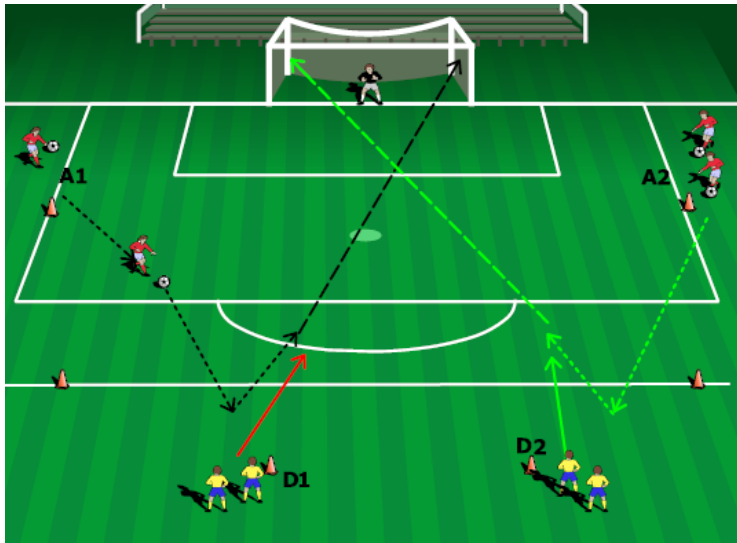
Set up: Y shape with 10 yard gaps between the cones. 2 players at each cone. A 5-10 yard gate in the middle.

Instructions: Player 1 passes the ball into player 2 who takes a positive touch back toward player 1. Player 2 then performs one of the turns around the gate, and passes the ball to player 3 who dribbles back to station 1. All players follow their passes to rotate. Once Player 2 has performed his turn, the next ball can start and with the same pattern being performed in the opposite direction.

Coaching Points:

Progression: Ask the players to perform increasingly difficult turns at station 2. Players at station 3 can perform various skills on their return to the beginning. For the most advanced players and teams, ask the first player to throw the ball into the turning player, or chip it in the air.

- **1v1 turning and finishing under pressure:**

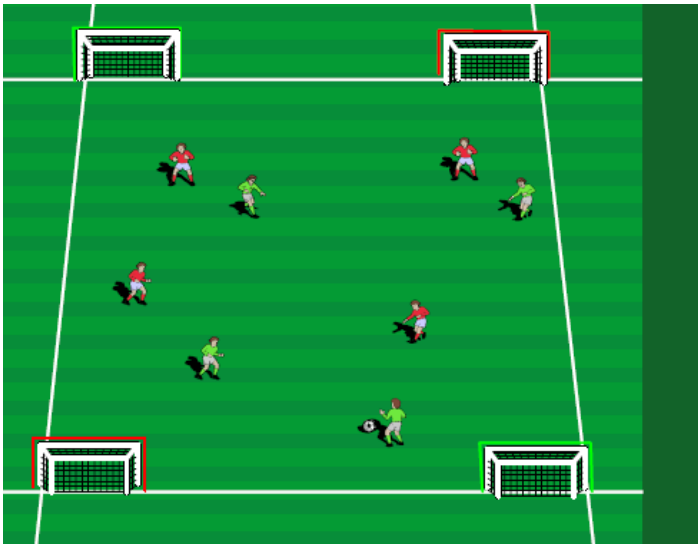


Set up: 4 lines split as illustrated above.

Instructions: First attacker (A1) dribbles quickly towards the first defender (D1). Once A1 crosses the marked line, he/she must turn as quickly as possible and finish on goal. D1 may sprint to defend as soon as A1 has crossed the line, in order to force a quick and efficient turn as well as a realistic shot on goal. As soon as the shot is taken, A2 and D2 perform the same exercise from the opposite side.

Coaching Points: Start the drill by forcing certain types of turns (ie: hook, cruyff, step over, etc), and then let the players be creative. This drill can also be turned into a team competition to see which team can score the most goals in a given period of time.

- **Controlled scrimmage with 4 goals:**



Set up: 2 teams with 4 goals (one in each corner of the field). Field size will depend on the number of players, but should be on the smaller side to encourage technical play and lots of defensive pressure.

Instructions: Simple scrimmage where the red team defends the red goals (in adjacent corners), and the green team defends the green goals.

Coaching Points: With the goals organized as above, the direction of play will constantly be changing, forcing many turns both technically and tactically. Encourage players who turn and attack another goal whenever one is crowded with defenders.