

## TURNING /CHANGE OF DIRECTION IDEAS – 8 minute station

Hook (aka Cruyff) turn [LINK](#)

Inside Cut [LINK](#) (1:16)

Outside Cut [LINK](#)

Sole of foot turn [LINK](#)

### Activity 1: Running With the Ball

**12 min. -12 intervals- 40 sec. play + 20 sec. rest**



**Organization:** In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side of the grid and back. Player should perform the following technical tasks:

**1.** Run to the other side; stop the ball, run back. Three Intervals. **2.** Run to the other side, turn using two touches with the inside of the foot. Three Intervals. **3.** Run to the other side, turn using two touches with the outside of the foot. Three Intervals. **4.** Run to the other side, turn using the sole of the foot. Three Intervals.

### Activity 2: 3 Turns

**15 min. -15 intervals- 45 sec. play + 15 sec. rest**



**Organization:** In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side, turn and dribble to the central cone, turn and go to the end line, turn and run with the ball to the start line. Player should perform the following technical tasks: **1.** Turn using the inside of the foot (inside cut). Five Intervals. **2.** Turn using the outside of the foot (out of the foot hook). Five Intervals. **3.** Turn using the sole of the foot. Five Intervals.

### Activity 1: Running With the Ball

**12 min. -12 intervals- 40 sec. play + 20 sec. rest**



**Organization:** In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side of the grid and back. Player should perform the following technical tasks:

**1.** Run to the other side; stop the ball, run back. Three Intervals. **2.** Run to the other side, turn using two touches with the inside of the foot. Three Intervals. **3.** Run to the other side, turn using two touches with the outside of the foot. Three Intervals. **4.** Run to the other side, turn using the sole of the foot. Three Intervals.

**Objective:** To dribble the ball forward

**Player Actions:** Dribble the ball forward

**Key Words:** Head up, Surface, Big touch

**Notes:** 1. To look where you go with the ball. 2. We want to use the laces portion of the foot. 3. Want to run fast and get to the other side quickly

### Activity 2: 3 Turns

**15 min. -15 intervals- 45 sec. play + 15 sec. rest**



**Organization:** In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side, turn and dribble to the central cone, turn and go to the end line, turn and run with the ball to the start line. Player should perform the following technical tasks: **1.** Turn using the inside of the foot (inside cut). Five Intervals. **2.** Turn using the outside of the foot (out of the foot hook). Five Intervals. **3.** Turn using the sole of the foot. Five Intervals.

**Objective:** To dribble the ball forward and turning with the ball

**Player Actions:** Dribble the ball forward

**Key Words:** Control, Slow down, Shoulder

**Notes:** 1. Push the ball in front of you with the laces. 2. Slow down before you execute the turn. 3. Get in the habit of knowing where the defenders are.

### Activity 3: 6 Turns

**18 min. -18 intervals- 45 sec. play + 15 sec. rest**



**Organization:** In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run with the ball and turn. Player should perform the following technical tasks: **1.** Turn alternating the inside of the foot and the outside of the foot (inside cut). Six Intervals. **2.** Turn alternating the outside of the foot and the sole of the foot (out of the foot hook). Six Intervals. **3.** Turn alternating all 3 surfaces. Six Intervals.

**Objective:** To dribble the ball forward and turning with the ball

**Player Actions:** Dribble the ball forward

**Key Words:** Touches, Acceleration

**Notes:** 1. The number of touches is determined by the space and the speed we need to get to the other side. 2. Accelerate with the ball after each turn.

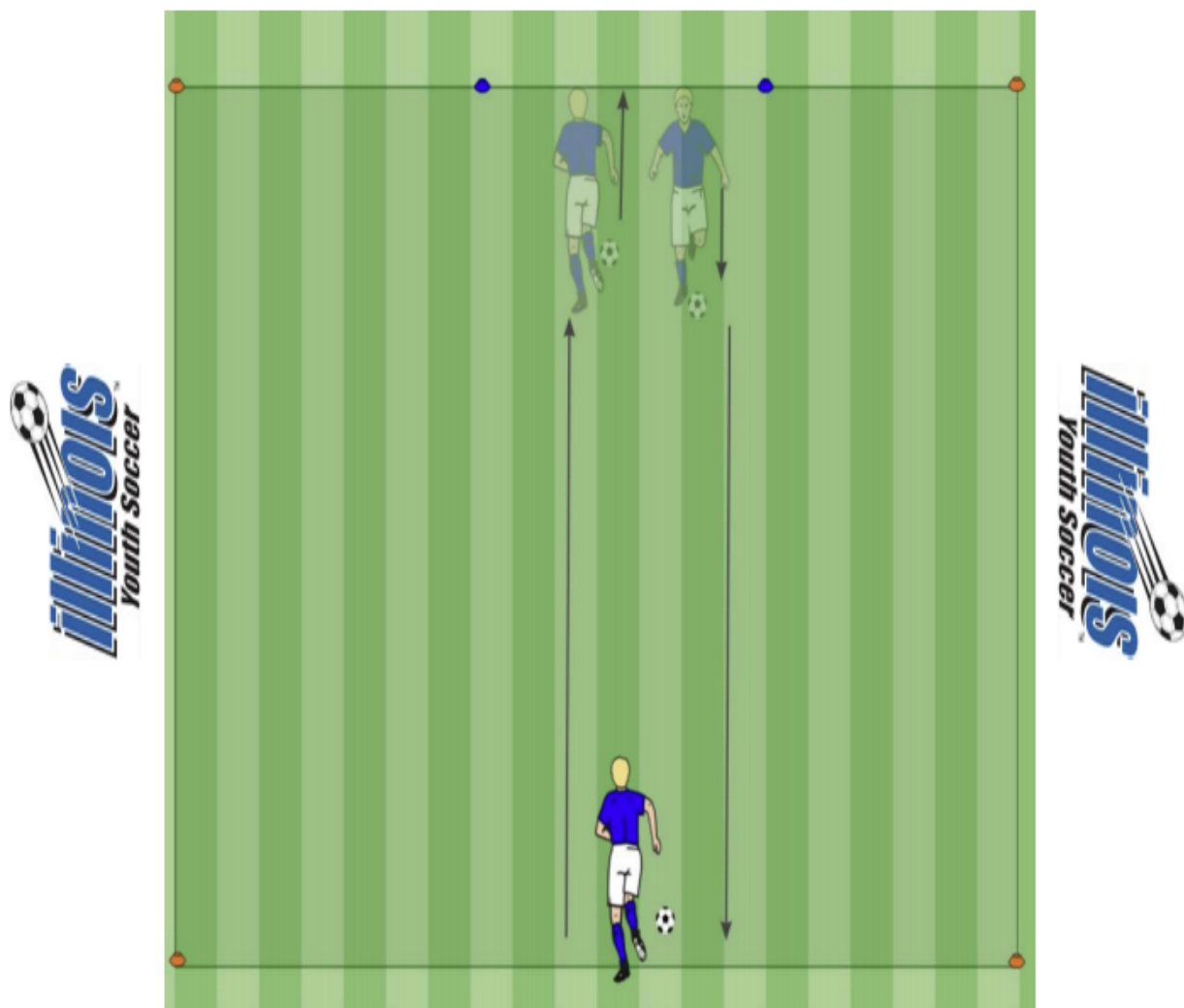
## 7v7 Turning with the Ball - COVID 19 (U9-U10)

Adam  
Howarth

**Objective:** To dribble the ball forward and turn using 5 different turns

**Player Actions:** Pass/dribble, Change pace, Change point

**Key Qualities:** Optimal technical, Optimal physical



**Organization:** 1. Dribble the ball forward as quickly and head to line between the cones 2. When you reach the cone-turn quickly with the ball 3. Turn and return to the starting point Turns - 1. Stop Turn; 2. Inside Hook; 3. Outside Hook; 4. Stepover Turn; 5. Cruyff Turn.

**Notes:** Turning with the ball; Dribbling the ball forward with different speeds; Use both legs and all surfaces of both feet; Quick change of direction. Turns - 1. Stop Turn; 2. Inside Hook; 3. Outside Hook; 4. Stepover Turn; 5. Cruyff Turn Can use this as a part of a competitive relay race.

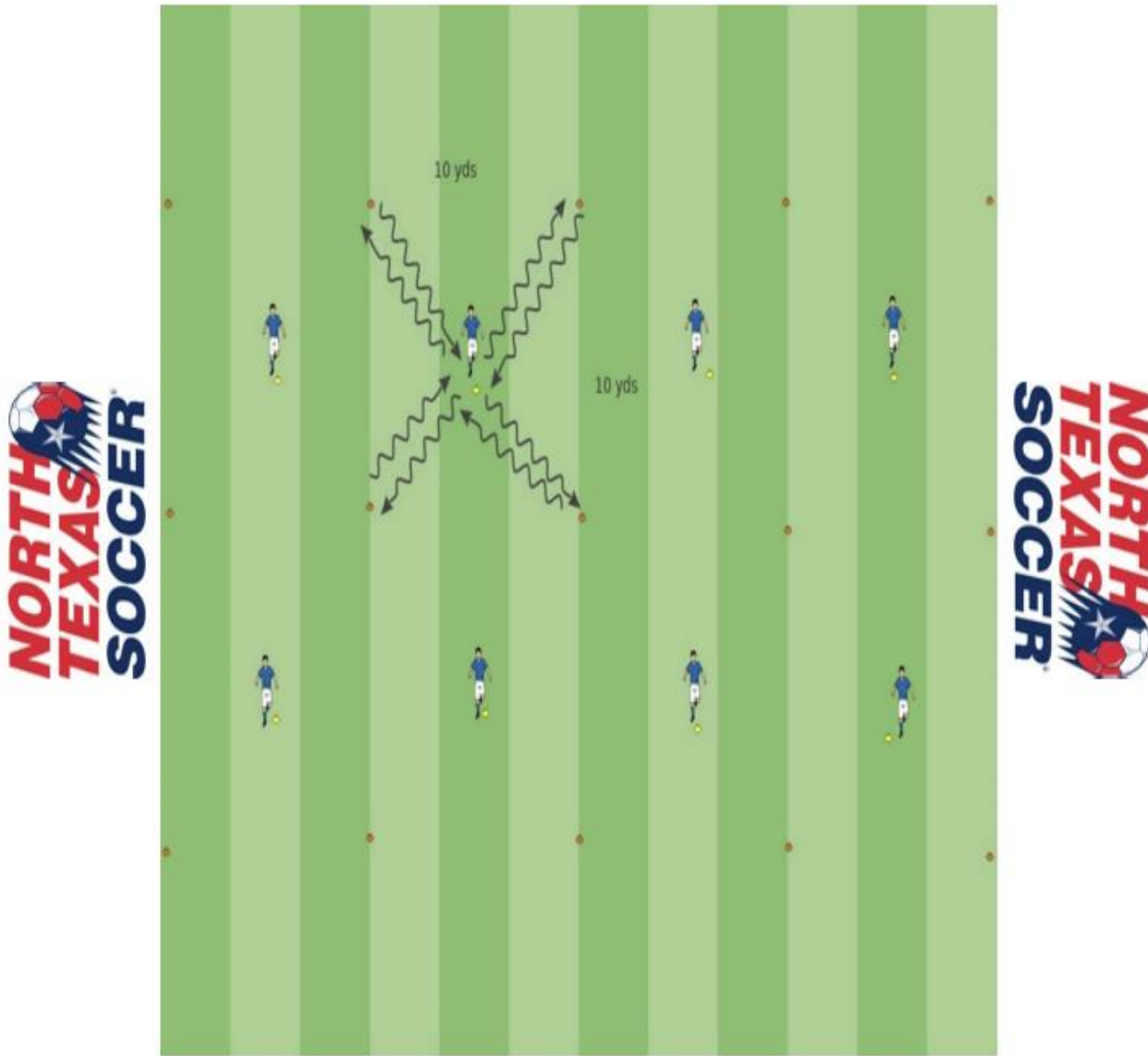
## 7v7 Turns with the Ball (U9-U10)

Gary  
Williamson

**Objective:** Learn/practice six turns

**Player Actions:** Pass/dribble

**Key Qualities:** Optimal technical



**Organization:** Mark out field space with 10 x 10 yd squares. One square per player. One Ball Per Player. Turn with the ball at the corner and in the middle of the square 7 Turns Total. Go Two Times on the right foot. Two times left foot. Six Turns Total.

**Activity 1: Figure 8****12 min. -6 intervals- 1.5 min. play + 30 sec. rest**

**Organization:** In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble the ball making a figure 8 between two cones. Player should perform the following technical tasks: **1.** Turn around the cone using the inside of the foot. Two Intervals. **2.** Turn around the cone using the outside of the foot. Two Intervals **3.** Turn around one cone using the inside of the foot and the other cone using the outside of the foot. Three Intervals

**Objective:** To improve the technique of turning with the ball

**Player Actions:** Dribble the ball forward

**Key Words:** Head up, Control, Surface

**Notes:** 1. Keep head up to see direction. 2. Take smaller touches before turning. 3. Use the inside or the outside of the foot to turn around the cone.

U11-U12

**Activity 2: Two Turns and Pass****15 min. -3 intervals- 5 min. play + 1 min. rest**

**Organization:** In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble to the dark cone and perform a turn, dribble back perform the same turn and pass the ball to the other player. Player will perform the following technical tasks: **1.** Turn using the inside of the foot (inside cut) and pass the ball. One Interval. **2.** Turn using the outside of the foot (out of the foot hook) and pass the ball. One Interval. **3.** Turn using the sole of the foot (Drag back) and pass the ball. One Interval.

**Objective:** To improve the technique of turning with the ball

**Player Actions:** Dribble the ball forward

**Key Words:** Control, Slow down, Shoulder

**Notes:** 1. Push the ball in front of you with the laces. 2. Slow down before you execute the turn. 3. Get in the habit of knowing where the defenders are.

U11-U12

### Activity 3: Double Cuts or Double Hooks

**18 min. -3 intervals- 5 min. play + 1 min. rest**



**Organization:** In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble to the dark cone and perform a turn, dribble back perform the same turn and pass the ball to the other player. Player will perform the following technical tasks: **1.** Turn using a double cut with the inside of the foot) and pass the ball. One Interval. **2.** Turn using a double hook with the outside of the foot and pass the ball. One Interval. **3.** Turn using a double cut at one cone and a double hook at the other cone. One Interval.

**Objective:** To improve the technique of turning with the ball

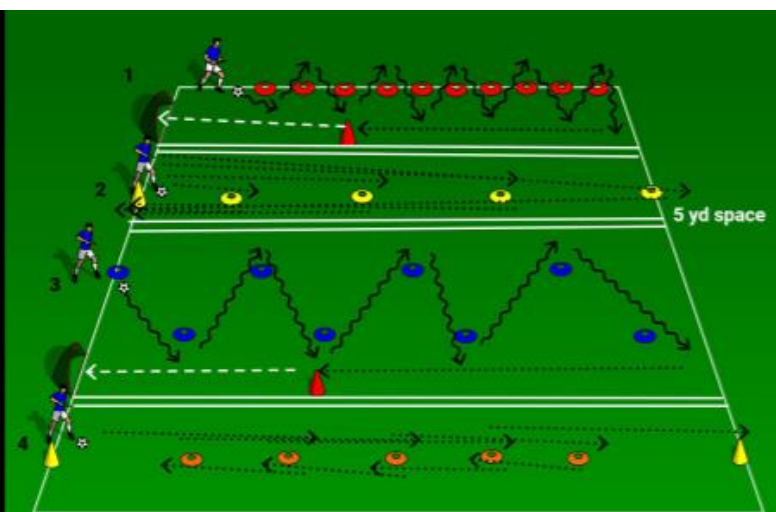
**Player Actions:** Dribble the ball forward

**Key Words:** Small touches

**Notes:** 1. Small touches to control the ball before the turn. 2. Accelerate with the ball right after each turn.

### Varied Individual Dribbling Work

- 15x10 grid
- 4 field players each with a ball
- 27 small cones; 5 tall cones
- 2 mini goals



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Station Work: 2 minutes at each station, 1 minute rest between stations. Be sure players stay a minimum of 10' apart. Set up each station a minimum of 5 yds apart.

1) One foot only each time, using inside and outside of the foot. Dribble in and out of each cone. After the last cone, turn and sprint dribbling the ball to the taller cone and finish with a pass to the small goal (target). Repeat.

2) Speed dribble out and around the first cone and return to go around the tall cone. Repeat for each of the cones. Repeat as

mastered

### Dribbling Activity

- Coach can demo
- Dribble Freely in the Grid
- Pull Back
- Outside Right
- Outside Left
- Inside Right
- Inside Left
- Burst Laces for Speed around cones to compete with other
- Moves Step over, Scissors, etc.

#### Coaching Points

- Head Up
- Control the Ball
- Keep the Ball Close
- Small touches

Time: 15-20 Minutes

