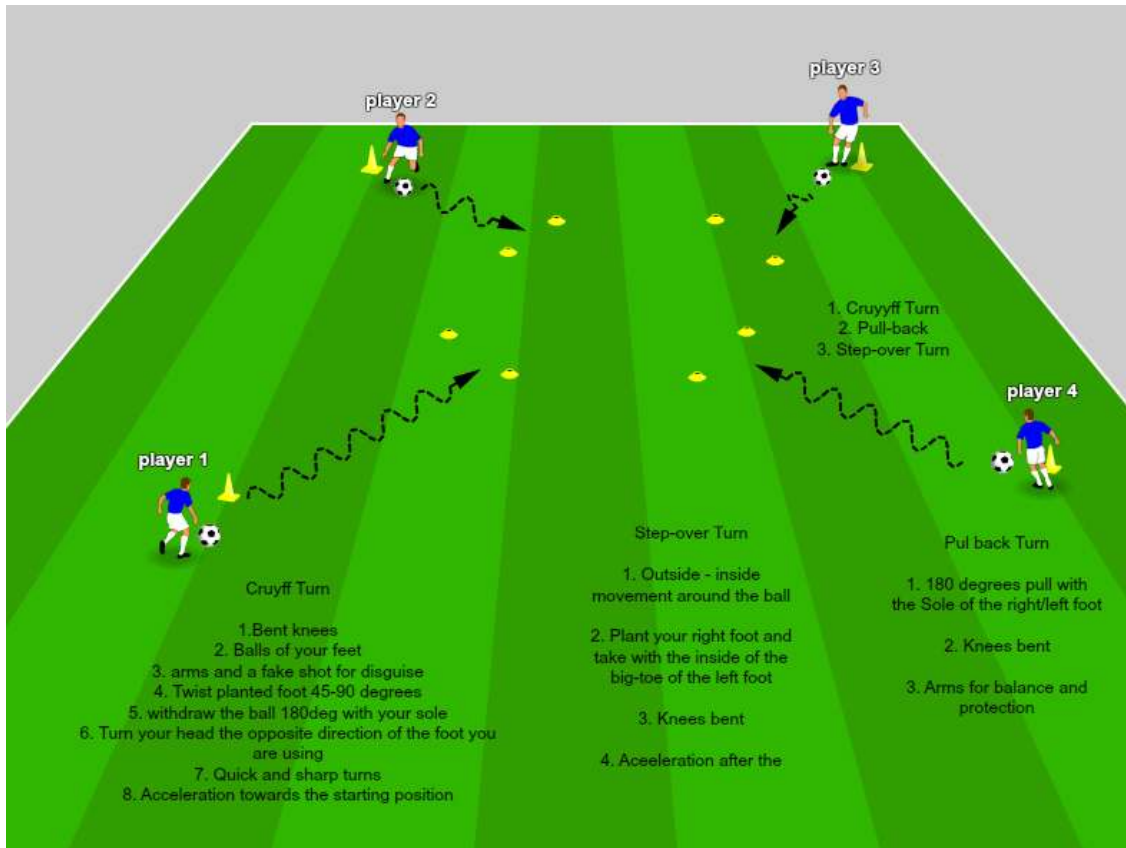




To improve Individual Turning with the ball



Date: 14/Sep/2015

Measurement: Select Pitch Area

Time: 06:00

Players: 0

Duration: N/A

Level: U5 - U10

Objective: 1. Cruyff Turn 2. Pull-back Turn 3. Step-over Turn

Description: 1. Players dribble towards the gate and perform a sharp turn
2. Next Player Starts the same action after the previous player turns at the gate

Coaching Points: 1. Bent Knees
2. Arms for balance/ Protection
3. Dribbling below knees
4. Perform sharp Turn
5. Acceleration iwth the ball into the empty space

Progression: 1. Peform the Three turns
2. Pass to the next player on the line after Turn