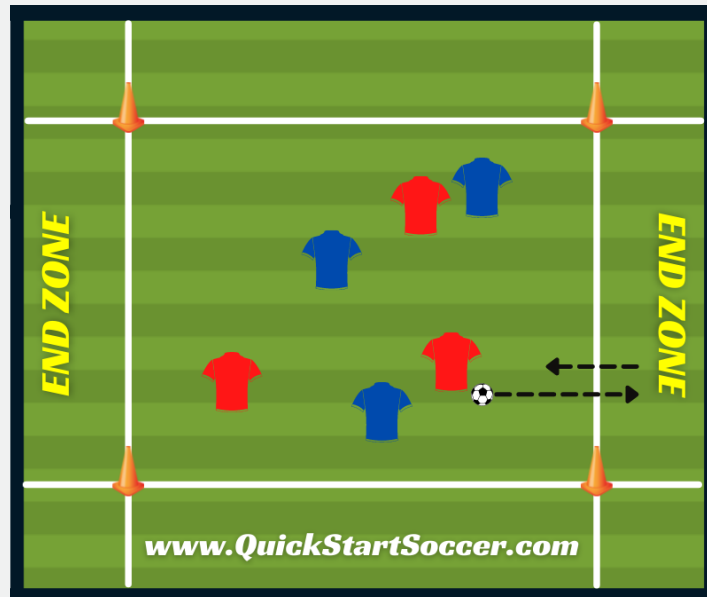


Turning Drill

OUT AND BACK IN



Set up The Drill: Make a 30x30 meter grid and create two 'end zones' at either side of the grid. Next, divide players into two teams of 5/6 and prepare one soccer ball. Now the game can begin.

Instructions: Players must work together with their team mates to keep possession of the ball by passing, dribbling, turning, and running into space. To score a point, a player must dribble the ball into the end zone, make a turn, and dribble the ball back into the grid.

Progression: Make 4 end zones, one at each end of the grid. Make it a rule that in order to win, a team must score a point in all 4 end zones.

Coaching Points:

- Keep your head and be aware of what's around you.
- Find the easiest end zone to attack.
- Spread out and move into space. Everything is easier with space!
- Must to correct execution of a turn (drag back, hook turns) in the end zone to score a point.

