

Turning Drill



FAST AND FURIOUS

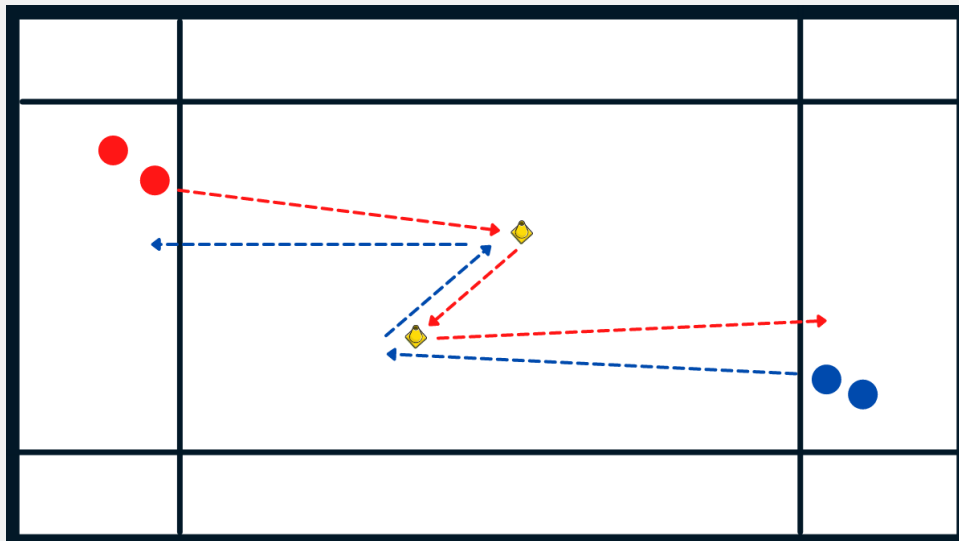


Age: 6-8

Players: 8-12

Topic: Turning And Dribbling At Speed

Duration: 15 Mins



Set Up The Drill: Set up a 5x20 yard area with two tall cones in the middle placed at a slight diagonal across from each other as shown in the drill diagram. Have 4-6 players and 2 balls per grid. Players line up in groups of 2-3 on the end lines facing the central cones. Repeat to accommodate all players.

Instructions: Make sure the first player in each line has a ball at their feet. To warm-up, each of the players with a ball dribbles to the furthest cone, executes a turn, quickly executes another turn at the cone diagonally behind them, and then dribbles to the opposite end line passing the ball off to the first teammate in the opposite line who then repeats the sequence. Have the players work in 2-minute increments on each of the following turns; Drag Backs, Inside Hooks, Outside Hooks.

Progression: The player at the front of the line on one side will race against the player at the front of the line on the other. The players then have to race to complete the circuit and the first person to make it to the opposite side with the ball gets 10 points. After a certain amount of time, the player with the most points overall is the winner!

Coaching Points:

- Correct execution of drag-backs, inside and outside hooks.
- Slow down going into the turn and then accelerate out of it.
- Try to keep your head up whilst dribbling & be aware of your surroundings.
- Go as fast as you can without losing control of the ball.