

Turning Drill

TOM AND JERRY

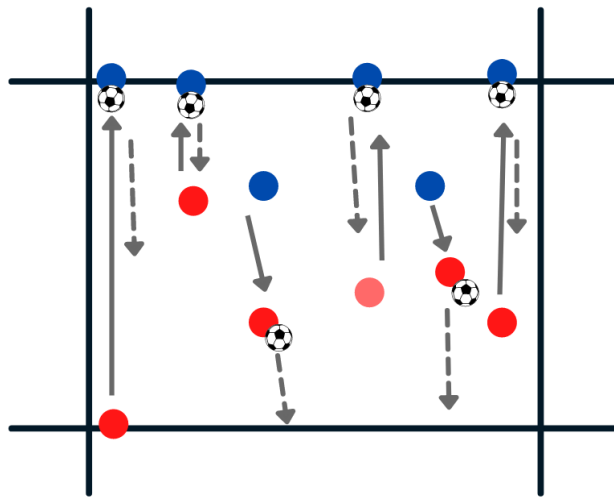


Age: 4-6

Players: 8-12

Topic: Turning and Dribbling

Duration: 15 Mins



Set Up The Drill:

Set up a 20x20 yard grid using small cones. Split players up into pairs and have enough balls for one between two.

Instructions:

Split the players up into pairs and designate one player to be the cat (Tom) and one player to be the mouse (Jerry) in each group. Tell the players that the ball represents a big lump of smelly cheese! Next, have each 'Tom' stand at one side of the grid with their back to the cheese which is placed behind them. Each corresponding 'Jerry' should stand at the other side of the grid directly in line with their partner.

Upon the coach's call, all the Jerry's must sneak up on their Tom's as quietly as they can to try and steal the cheese. Explain to the players that to do this they must put their foot on the ball whilst gently tapping Tom on the shoulder.

Once Tom is tapped on the shoulder the race begins; Jerry must roll the ball back (thus completing a drag back turn) and race back to the opposite end of the grid. Tom must try and steal the ball back before Jerry gets back to their original spot safely. Play the game 3 times before switching roles and see who can get the most wins!

Coaching Points:

- Correct execution of the drag back turn, the inside hook and the outside hook.
- Have good acceleration after the turn to escape pressure.
- When running with the ball take bigger touches and make longer strides to try and cover the ground quickly.