

Turning Drill

TRUCK AND TRAILER

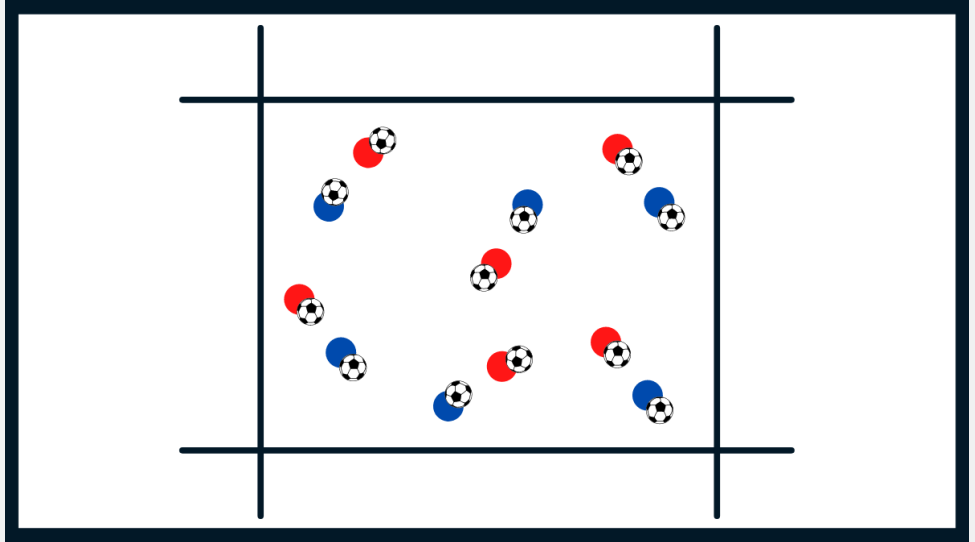


Age: 4-6

Players: 8-12

Topic: Turning And Dribbling At Speed

Duration: 15 Mins



Set Up The Drill:

Set up a 20x20 yard grid using small cones. Split players up into pairs, numbering them '1' and '2'. Inform player number 1 that they will start as the 'truck' and player number 2 that they will start as the 'trailer'. Give each player a ball.

Instructions:

Player number 1 (the truck) dribbles their ball around the area whilst player number 2 (the trailer) sticks as close to him/her as possible. Award points for trucks and trailers that stay close, maintain good control and travel quickly. Have the pairs work for 90 seconds before switching roles and then introduce the following commands for the players to act upon;

- Heavy Traffic: players must use a designated turn to turn 180 degrees and then switch roles.
- Trailer: The currently designated trailer leaves his/her ball and tries to steal their partner's ball.
- Truck: The currently designated truck leaves his/her ball and tries to steal their partner's ball.
- Race Night: The players race to the outside of the area, make a turn and then race back to coach.

Coaching Points:

- Correct execution of the drag back, inside and outside hook.
- 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!