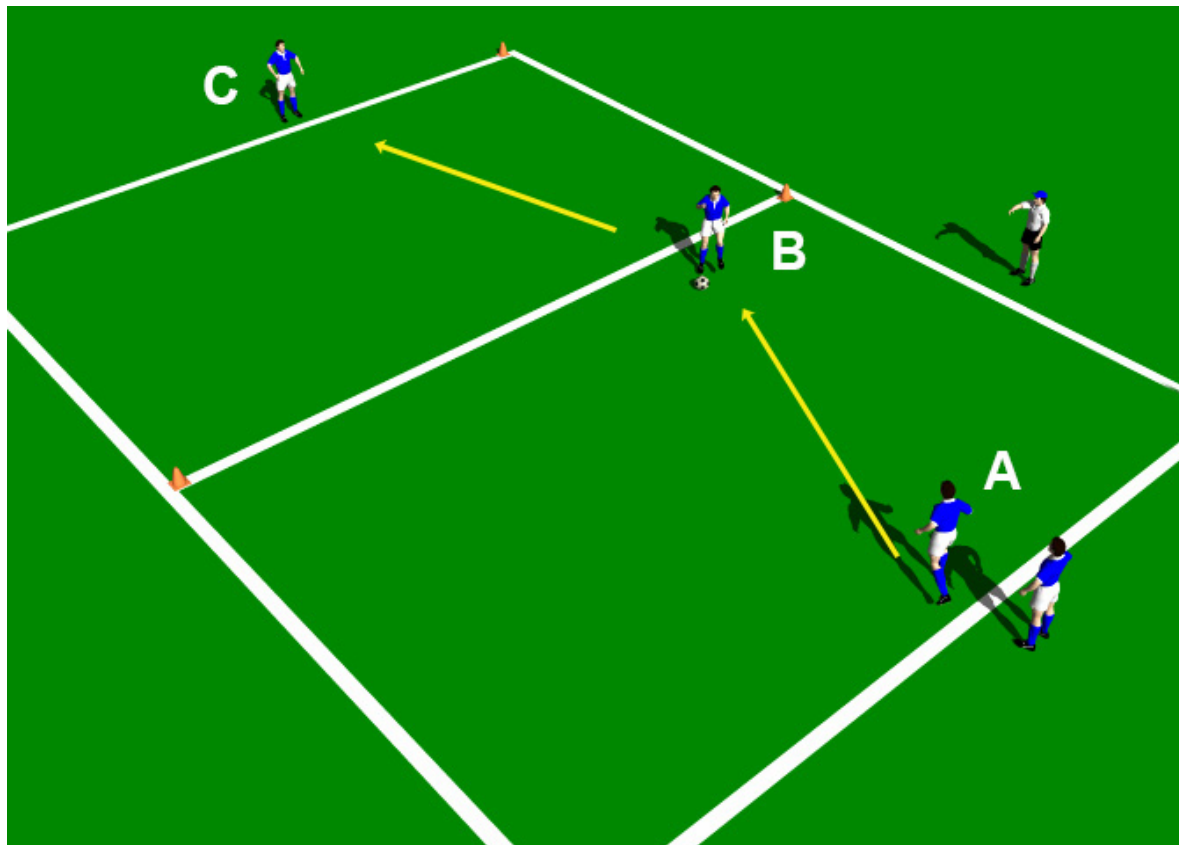


Turning Quickly on the Ball



Objective of the Practice:

This practice is designed to improve each player's ability to turn quickly on the ball.

Field Preparation:

Grid 10 x 20 yards. Small group of players. Cones. 1 Ball.

Coaching Points:

Four players per grid, using one ball. The grid should be 10 yards x 15 yards. Two players are positioned at each end of the area. Player "A" with the ball starts the practice by passing the ball to player "B" who has come to meet the ball. Player "B" turns quickly on the ball and passes to player "C". Player "A" moves to receive a pass from player "C" and the drill is repeated in the same sequence. The receiving player must control the ball as economically as possible.

The coach should emphasize the following coaching points:

- Demand the ball from the server. Call for the pass.
- Control and turn using either the inside or outside of the foot.
- Turn quickly and get the ball out of the feet.
- Try to turn and pass in two touch.
- Check over your shoulder to scan the field.
- Receive the ball on a "side on" position to turn quickly and open up your vision of the field.