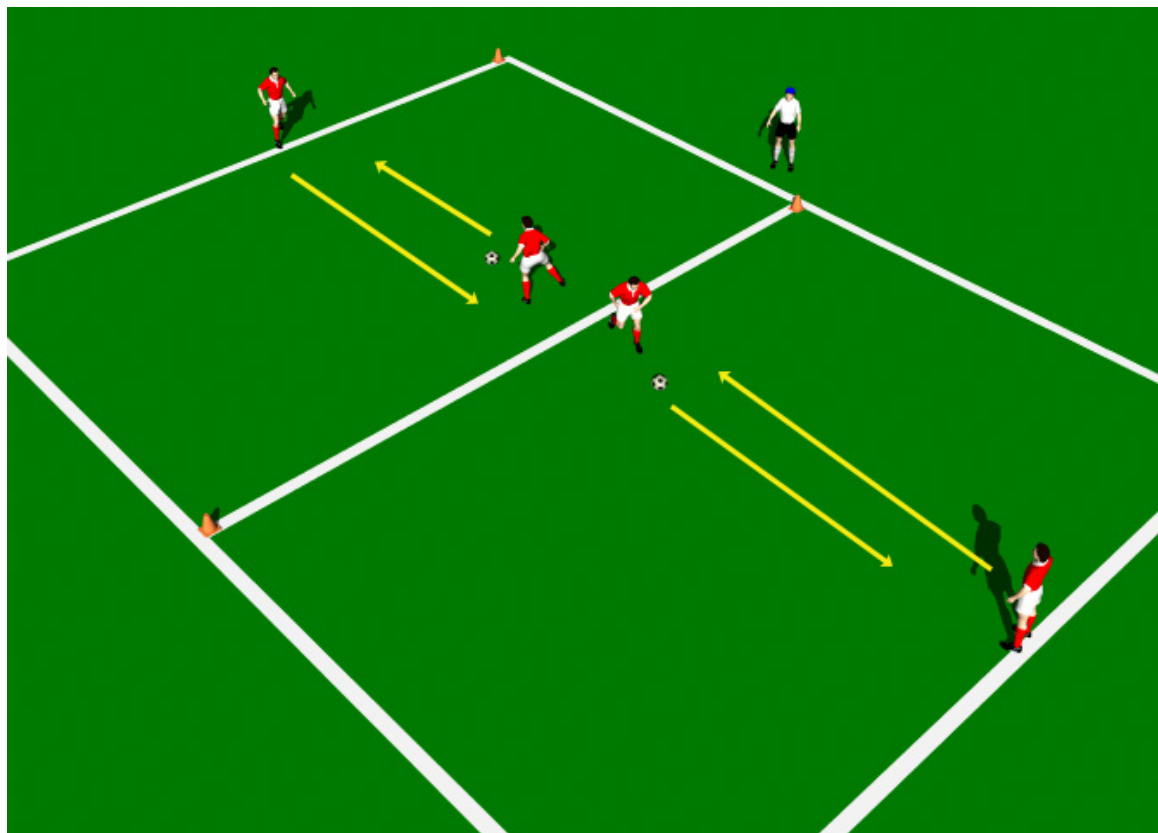


## Turning on the Ball



### **Objective of the Practice:**

This practice is designed to develop the technique of turning with the ball.

### **Coaching Points:**

Divide players into pairs, with one ball each. Players alternate dribbling the ball towards each other. At the mid-point of the grid, players' turn and dribble back to their starting positions. Players should accelerate after turning.

### **The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use a variety of surfaces to turn with the ball such as outside, inside and sole of the foot.
- When turning, get the ball out of your feet and into the direction you want to turn.
- If the turning touch is close to the feet the head will be down. If the turning touch is out of the feet, the player can scan the field and run onto the ball for their second touch.

Use a change of speed and explode away from the player.