



Set Up: Twelve players are set up inside the grid, with lines starting on the outside of the grid.

Procedure: Four lines of players work towards the cones set in the center of the field. During the drill, the first player in line dribbles towards the cones at speed, then turns and passes the ball back to the second player in line. The drill continues in this pattern with the players performing different turning moves at the cones. Possible moves are: Step over, Step on, Full sole roll, Pull behind the leg, Cruyff, Chop with inside or outside of the foot, etc.

Teaching Topics:

- 1 Turning moves.
- 2 Feinting moves.
- 3 Ball control.

Progressions:

- 1 Instead of a passing, perform a takeover.

Coaching Points:

- 1 Accelerate out of your turning move in order to create enough space to pass.
- 2 'Sell' your turning moves with ball and body feints.
- 3 Keep the ball close to your foot and be able to turn away from pressure at any time.