



Diagrams created using Soccer Tutor.com Tactics Manager

**Set Up:** Eight players are set up inside the grid, each player starts with a ball.

**Procedure:** On the coach's signal, the players dribble directly towards the cones at game speed. When they get close to the cones, they perform a 180 degree turning move and dribble the ball back out. Possible turning 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 Turn on the whistle.

### **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.