

7 - Turning - Drag Back, Cruyff, Outside Hook, Inside Hook, Step-Over and Stop Turns

Players who are able to use a variety of turns will lose possession of the ball less often and create attacking opportunities for their team. Without the ability to turn young players tend to kick the ball away in a panic when pressed by the opposition.

Lots of practice will be required to get to the stage of being able to use turns in a competitive match when it matters. Encourage players to accept the challenge of mastering these skills by practising away from formal training sessions. Explain the difference between turning and dribbling, turning isn't necessarily about beating defenders but it buys us some space and time to keep the ball when under pressure.

There are at least six basic turns that can be learned plus some variations. Each of these can be mastered with both feet so there is plenty scope for learning over a number of seasons. Technically correct demonstrations will be important. Don't try to cover too much at once, it will take some time to coach all of these skills effectively.

Coaching Points - Observe the following details:

- ✓ Are players carrying the ball with their head up? Need to see position of defenders and available space
- ✓ Ensure the ball is under close control, little touches keeping it close to feet
- ✓ Look at the timing of the turn, do they get the best advantage over the defender
- ✓ When players turn do they use the correct foot away from defender to keep the ball protected?
- ✓ Look carefully at the technical quality of the turn, do they use the correct controlling surface of the foot?
 - **Drag back** - sole of boot, turn with the ball and keep it under the knee all the time
 - **Step over** - feigning to make long pass, step over the ball spin back and play ball with other foot
 - **Outside hook** - little toe, really hook the ball, open hips quickly, get low and come out of turn with pace
 - **Inside hook** - cut hard across front of ball taking it past front of standing leg, lean back
 - **Cruyff** - wider stance, add disguise by feigning kick, use inside of big toe to cut it inside standing leg
 - **Stop turn** - touch top of ball and begin to turn 90°, plant foot and play ball with outside of other foot
- ✓ The knee of the standing leg should always be bent to get the centre of gravity low and make turn quickly
- ✓ Having made the turn do they make a quick change of pace to attack the space they have created?

Useful Drills

48	Slow in - Fast out	60	No Turn
49	Tractor Trailer		
50	Tractor versus Trailer		
51	Bill's Gates		
52	Ten		
53	Take a Turn		
54	Spare Man		
55	Go Then Show		