



# “Making friends with the ball”

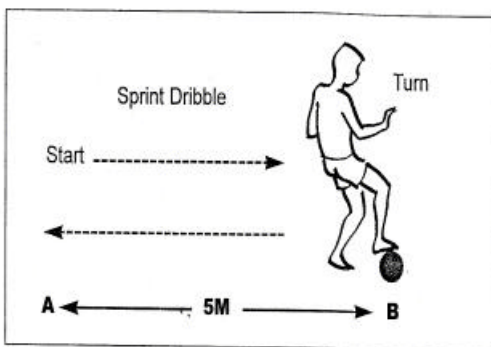
A set of 18 basic skills and exercises which will assist young players to better enjoy the game.

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## 8. CHANGING DIRECTION-TURNING

**THE CHALLENGE No.1:** The recommended number of attempts in succession (half with right foot, half with left foot)  
 Recommended repetitions: Level 1 - Beginners, Level 2 - 10 times, Level 3 - 20 times, Level 4 - 30 times, Level 5 - 40 times.

**THE CHALLENGE No.2:** The average time, after two attempts in succession.  
 Recommended times: Level 1 – Beginners, Level 2 – 22 secs, Level 3 – 20 secs, Level 4 – 18 secs, Level 5 – 16 secs.



### Reasons for learning this skill

During a game every player should be looking for the best option for the movement of the ball for the best advantage of the team. There will be times when there are no positive options in front of the player and he/she has to turn with the ball to look for further options behind and to the side. This could happen anywhere on the field. It is in the interest of the player to keep a watchful attention to the movement of all players on the field to assess the options available and to always have an “escape route”. One situation is when a player is required to get the ball out of trouble quickly. If the player has no other options whilst dribbling he/she must be able to stop the ball and start dribbling in another direction e.g. reverse, and at the same time protecting the ball from the opposition and looking for further options to pass to a team mate or to shoot for goal or to dribble.

### Organisation by coach or parent

N.B. To avoid injury, players should warm up and stretch properly, before starting any exercises.

Two players, one size 3 ball, 2 cones, one tape measure.

### Task to practice - the challenge

1. Dribble the ball 5 metres at speed, stop ball on line, drag it back with the sole of the foot and dribble at speed back to the start - repeat using each foot for a set number of times.
2. Dribble the ball 5 metres at speed from A, stop ball on line (B), drag it back with the sole of the foot and dribble at speed back to the start (A) then perform another turn quickly back to B. Do 5 turns in all and return to the start (A). Perform 2 times and take an average.

### Coaching hints - things to look for

- shorter running strides to ensure;
- easy contact with the ball;
- keep the ball close to the feet;
- slow jogging to three-quarter pace movement;
- push the ball softly ahead;
- head up to remain aware of the changing circumstances in the game;
- when wanting to turn, step up beside the ball and place the other foot onto the ball with the sole of the foot;
- when the ball is under control bring the foot on the ball back causing the ball to roll backward;

- the speed of the ball should be ample to allow the player to turn and within two paces be able to start dribbling again in the opposite direction;
- protect the ball when under pressure by placing the body between the player and the ball or keeping it at the furthest point.

### Additional skills practice

- Cruyff turn
- Back heel
- Inside turn
- Outside turn

### Progressive training practice

Set up a grid 25 metres by 15 metres with one goalkeeper and two defenders against two attackers one of which must stay back on the 25 metre line until the first attacker passes the ball back to him/her. Object is to encourage forward players to turn with the ball and to play it back when they have difficulty in progressing forward. Progress to 3v4. Use different coloured bibs for the teams.

