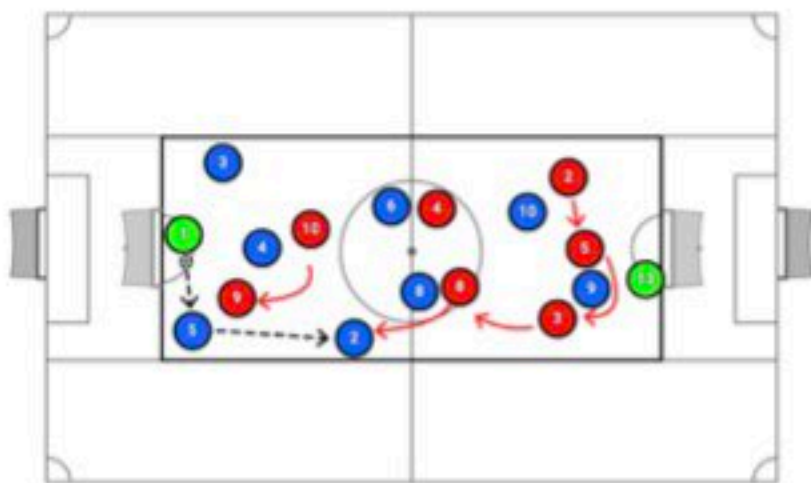


BUILDING FROM THE BACK – (BUILDING & PROGRESSING)

RF

Turning



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4 Corners

Turning
Passing & Receiving
Support play

Decision making
Awareness
Confidence

Balance
Agility
Co-ordination

Communication
Coping with being 'stressed' in tight areas with the ball

Session Set-Up

SSG
44x70/80yd area

Supply of
Footballs

8 Blue Bibs
8 Red Bibs
2 Green Bibs

Offside
Flags/Poles

Session Detail

Players are playing in a SSG, as shown. Players need to turn and keep possession of the ball in tight areas. Quick combinations and one-touch in dangerous areas needed from building the attack to progressing and penetrating up the pitch to score.

Progressions

Half pitch practice
Use of function to turn and to play wide to WBs
Phase of play

Key Questions

Have I assessed the situation before I have turned?
After I have turned where and when can I penetrate?
Does the ball always have to penetrate the opposing team?

Coaching Points

1. Turning technique – close ball manipulation – assess space behind you – turn into space
2. Passing & Receiving – dictates type of turn – no touch, 1-touch, multi-touch
3. Movement to receive in tight areas and keep possession
4. Support play
5. Looking to score from a turn in a tight area