

# Playing on the turn

## PRACTICE 2

Encourage finding a target player who has to protect the ball or turn to advance the play. By **MORITZ KOSSMANN**.

### WHY USE IT

Encourages playing into a target player who will have to protect the ball or turn to advance the play.

### SET UP

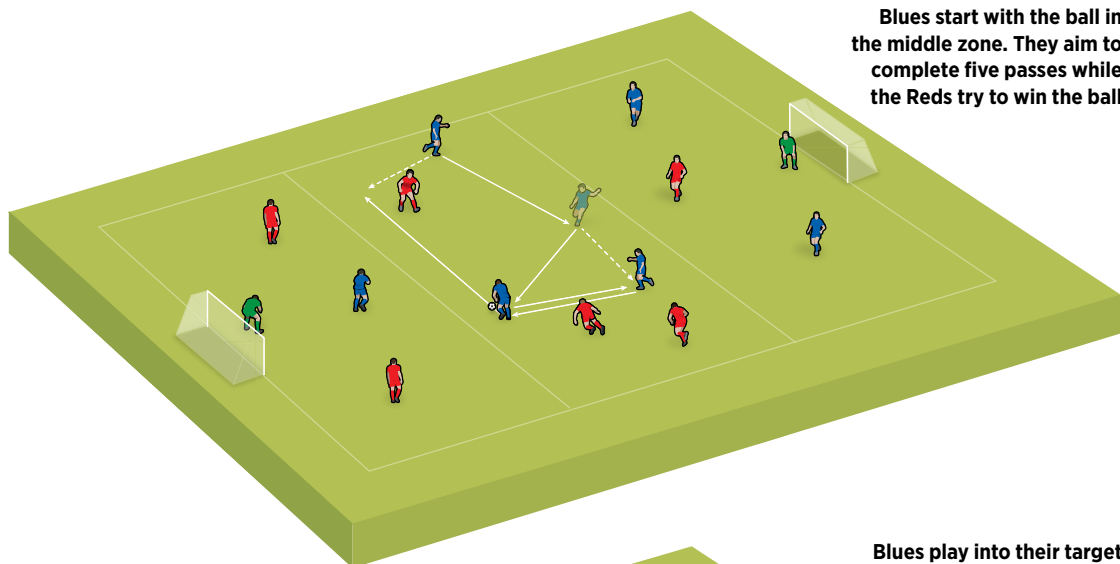
Set up an area relative to the size of your group, with a goal at each end. Split the area into three zones.

### HOW TO PLAY

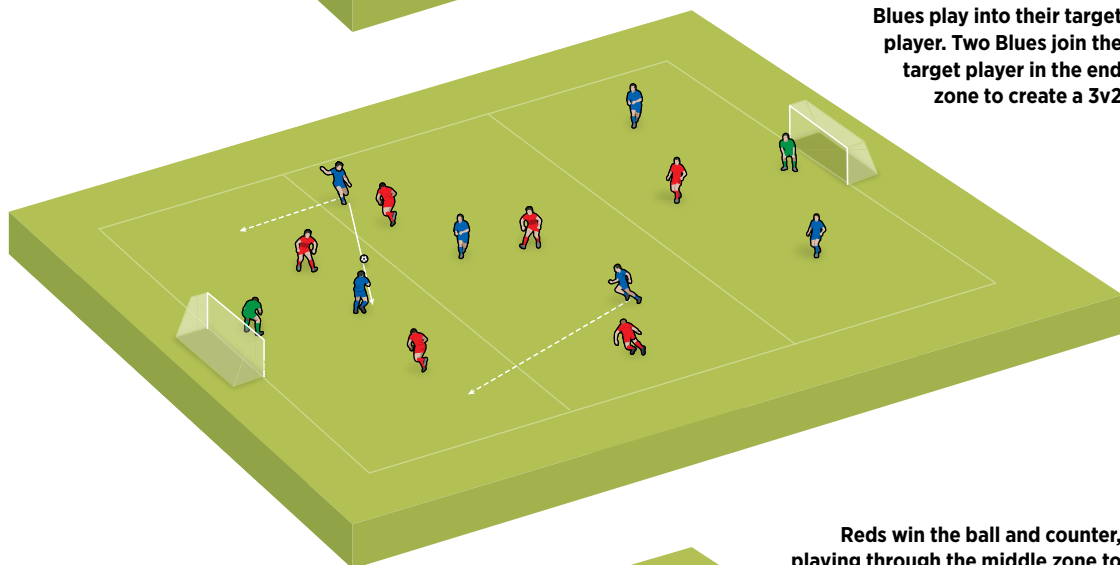
Teams play 3v3 in the middle zone, and 2v1 plus a goalkeeper in the end zones. One team starts with the ball in the middle zone, looking to achieve a certain number of passes before playing into its target player. Once that target player has received the ball, two players from the middle area can join the end zone, making it a 3v2. The team of three looks to score a goal to win a point. If the defenders win the ball back, they can counter-attack, playing the ball through the middle third into their target player. Two players can join the target player, creating a 3v2. Restrictions, such as no passing directly back to the player that passed to you, can be added to encourage players to stay on the ball and change direction.

### COACHING POINTS

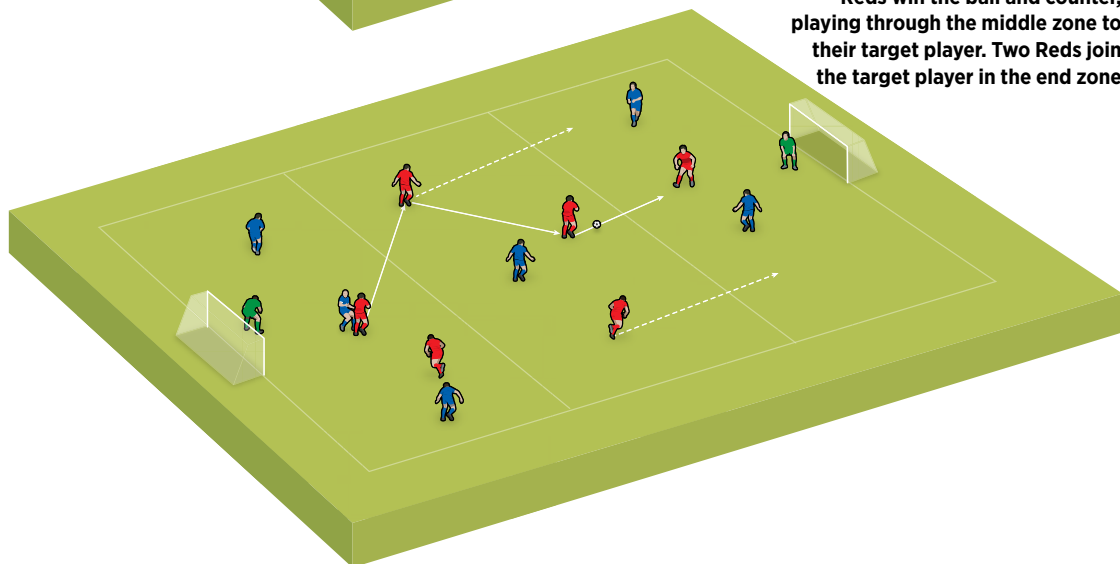
- Can you use your first touch to turn in the direction of the next pass?
- As the target player, can you hold the ball up or turn to beat a defender?



Blues start with the ball in the middle zone. They aim to complete five passes while the Reds try to win the ball



Blues play into their target player. Two Blues join the target player in the end zone to create a 3v2



Reds win the ball and counter, playing through the middle zone to their target player. Two Reds join the target player in the end zone

Player movement ■■■→

Ball movement →

Run with ball ■■■→

Shot →