

TURNING ACTIVITY 1

The drag back turn

Organization

In a 15x20 area, have 1 ball for each player for all 3 turning activities: Set up as shown in diagram 1 all players on one end. The coach facing the players 10 yards away.

Objectives

To re-introduce and practice the drag back turn. Practice with both feet.

Coaching Points

Correct technique: Drag Back

1. Place your standing foot 4-6 inches away from the ball.
2. Place your other foot on the top of the ball.
3. Pull your foot back quickly behind you.
4. Turn quickly, and follow the ball.

ACTIVITY 2

Turning away from the defender, mastering the technique

1. Players now walk around the area when they get to a cone (static defender). They perform the drag back turn and accelerate away to another cone.
2. Progress to jogging and then to full speed.

ACTIVITY 3

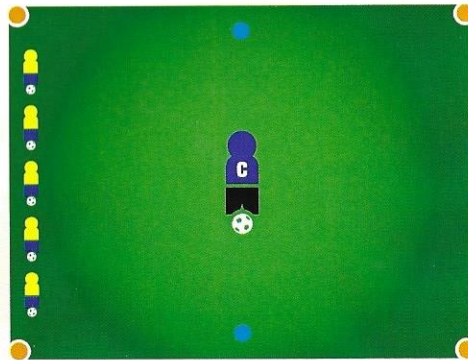
Drag back races, putting the turn under pressure

1. A simple race is sufficient to put young players under pressure, as they will all try to go as fast as they can and the skill level will break down.

DRAG BACK TURN

DIMENSIONS 15' x 20'

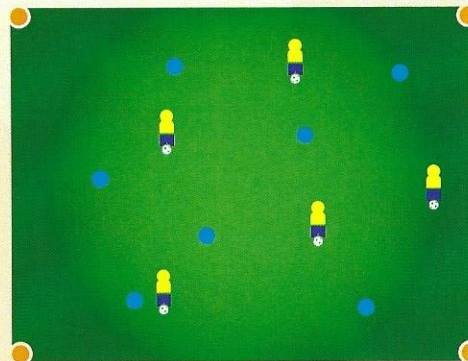
ACTIVITY 1



DRAG BACK TURN

DIMENSIONS 15' x 20'

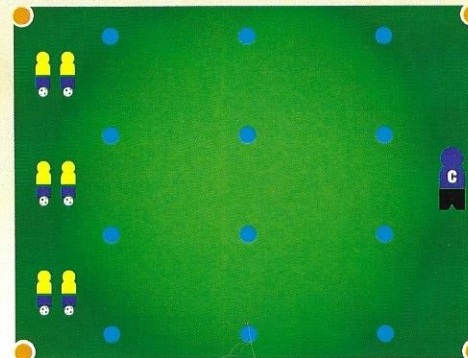
ACTIVITY 2



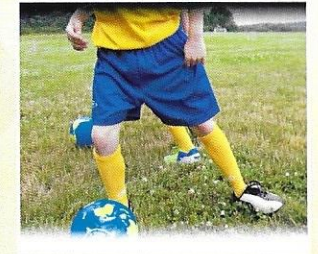
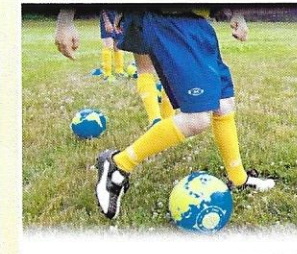
DRAG BACK TURN

DIMENSIONS 15' x 20'

ACTIVITY 3



2. The coach first calls out Cones 1-2-3 and the players run to those cones, do the turn, and then dribble back to the start line.
3. Do not have more than 2 players in each line, to avoid crowding.
4. Discuss with the group after several attempts going at $\frac{3}{4}$ pace and getting the turn correct each time.



Advanced Progression

When the player makes a turn they pass the ball back to their partner.

FAKES ACTIVITY 1

Shoulder Fakes

Organization

Each player has a ball, and there are 3 activities in total--as laid out in the diagrams below.

Objectives

To develop the technique and skill of a shoulder fake.

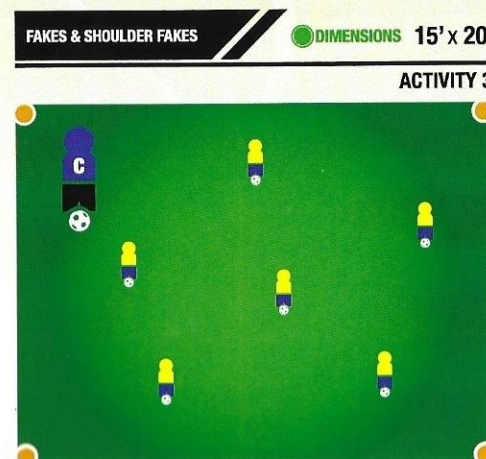
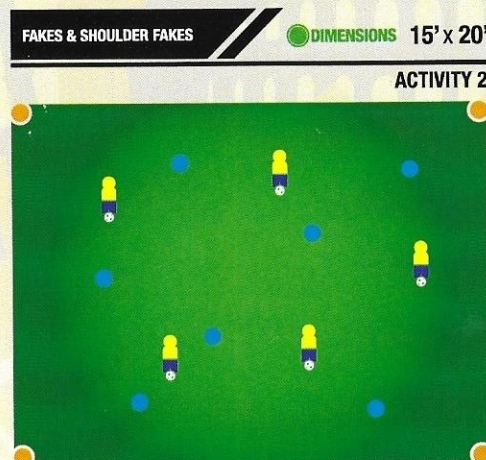
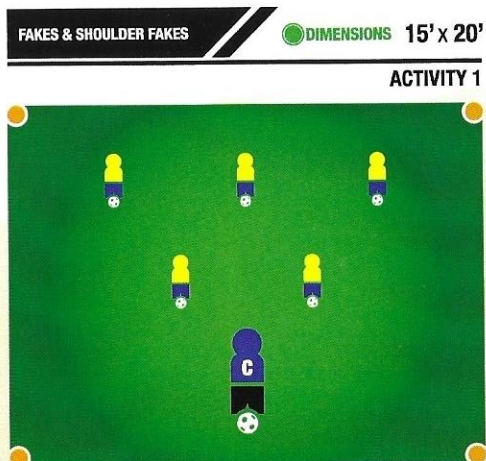
Coaching Points

1. Place the ball in front of the player.
2. Player will drop shoulder to left (for right footed player) with the knee and foot following in the same direction to fake going left. The foot needs to look as if it is going to play the ball but does not touch the ball.
3. Player then plays the ball with the little toe on the right foot at a 45 degree angle away and in front 2-3 paces.
4. Emphasize a rapid change of speed and direction (repeat 4-5 times from standing).

ACTIVITY 2

Static defenders, fake away from the defender

1. Each cone is a static defender, and each player will fake around the "defender" (cone).
2. All of the above coaching points have the players walking to start with, not running, otherwise their technique will be poor. It is important to master the technique first, and then learn to perform it with greater speed.
3. Slowly build up to a jogging speed-if you see players moving too fast and not practicing correct technique make them go back to walking.



ACTIVITY 3

Moving towards another player; ensure technique is correct before moving on to this activity. Shoulder fakes puts the fake under pressure

1. Start from walking again and build up to ½ speed.
2. Players then dribble around the area and when they come across another player, they fake to move left and move off to the right.

