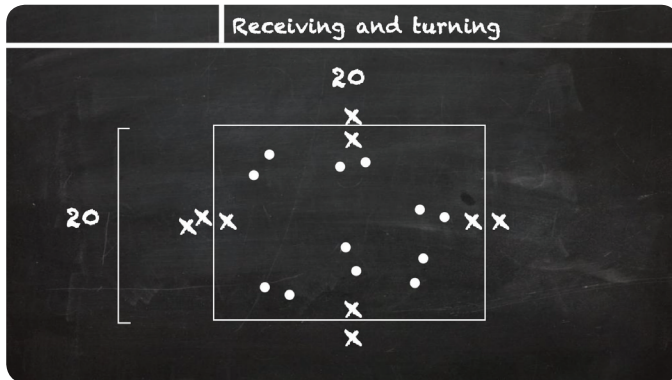


RECEIVING AND TURNING

SESSION TECHNICAL PRACTICE		PLAYERS 8 – 16
AREA 20 X 20	AGE UP TO 11	TIME 15 – 20 MINS



KEY FACTORS

Different types of turns

Close control

Awareness to know what is around you –
play with head up

(P) Accelerate away from the defender

SET UP:

1. Place 6 pairs of cones 1 yard/metre apart randomly throughout the area to make 'gates'.
2. Players must work in pairs (or 3s) and each pair must start the practice from a central position on 1 of the 4 sides of the pitch (see diagram). 1 ball per pair.
3. The aim of the practice is for a player from each pair to dribble around the area from gate to gate. Upon going through a gate the player must complete a quick turn back through the gate before dribbling to another gate.
4. Once the player has completed 5 turns he must play the ball to his teammate waiting on the side of the pitch.

PROGRESSION: Add 1 defender to the practice who just has to get a touch on the ball to score a point. He is allowed to challenge any player with a ball.

SKILL DEVELOPMENT: Dribbling technique, passing accuracy, defending.

NOTES