



Monster turn around

Objective- To introduce various turns

Players dribble a soccer ball in a 20x20 grid

The coach introduces the drag back, inside and outside turn to the players and asks them to perform these turns when he/she calls turn.

When the players are comfortable with the turns, the coach enters the grid and chases after the players, roaring like a monster as he approaches each player. The player then turns quickly and dribbles away in the opposite direction.

Coaching Points

Keep the ball close

Bend the knees, low centre of gravity helping you move away quickly

Encourage the player to use the inside of their lead foot to cut the ball back away from the coach as they turn.

After the player has turned move into the space quickly.