



4 TURNING

Turning is the action of changing the direction you are travelling. This can be done with or without the ball and is one of the most common actions performed by a football player. Turning with the ball can assist a player in getting away from their opponent, changing the direction of play, or creating space.

Effective turning is done at speed, i.e. quick change of direction, with multiple surfaces of the foot (inside, outside, studs), and by using your body to deceive your opponent, e.g. pretending to shoot before quickly changing direction.

Examples of Turns:

- Drag back
- Outside cut
- Inside cut
- Cruyff Turn

Drag Back Coaching Points:

1. Player is dribbling with the ball, begin to slow down and place standing leg beside the ball (similar to shooting technique).
2. Place other foot on top of the ball to stop it – place weight through standing leg.
3. Using the studs (bottom of the foot), pull or drag the ball backwards, ensuring it does not go further than 1 yard/1 metre from you (to maintain control).
4. Quickly turn your body and continue dribbling with the ball in the new direction.

Notes:

- Turning is an essential skill for all players and should be incorporated into every training session – this can be done in the warm up, through drills/challenges, or in game play.
- Encourage players to use different surfaces of the foot and to learn different types of turns.
- Encourage players to be 'explosive' in their movements – move the ball faster, move their feet faster.



Visit the Special Olympics Faces of Football Training Ground for challenges to improve your turning. Progress through the levels to refine your turning skills.



Level 1



Level 2



Level 3



Session Plan

Turning

Level 1

Category:

Turning
Dribbling
Balance

No of Players Required:

1-10

Practice Length:

5-10mins

Equipment Required:

1 ball per
player.

Aims & Objectives:

- Improve turning technique.
- Improve dribbling ability with both feet.
- Improve balance and coordination.

Coaching Points:

1. Use the sole of the foot (studs of the boots).
2. Take small steps with standing foot.
3. Move the ball slowly with small touches.

How to:

1. Two cones 5-10 metres apart. Players start at one cone with their back to the other cone.

2. Player places one foot on top of the ball. Taking small steps the hop backwards, dragging the ball with the sole of their foot.

3. Using small steps, continue backwards around the cone and change the foot used to drag the ball.

