



★ RECREATIONAL ★ COACHING CURRICULUM

TURNING TECHNIQUE

Turning techniques are used to change direction and / or turn away from the pressure of defenders. There are many ways to turn with the ball, however, in the recreational curriculum we will highlight the six basic techniques. Also, we will outline certain age specific turns based on the characteristics of the players in each age group. At U8, we have identified the PULL BACK, INSIDE HOOK AND OUTSIDE HOOK.

Best Used

- To turn away from danger.
- To change direction.
- Change the point of attack.
- Beat defenders.
- Relieve pressure.
- Keep possession.

Technical Breakdown - characteristics needed for all turns.....

- Close control when dribbling. The ball must be under control to turn effectively.
- Players should assess the line of the ball when approaching the ball to turn.
- Players should recognize where pressure is coming from. This can be done by looking and feeling.
- Look at the ball as you execute the turn.
- Deception! Fake to shoot or pass by exaggerating one of these movements before turning.
- Turn away from pressure. Move your body in-between the ball and the defender as you turn.
- Balance. You must remain balanced while turning, bend your knees and control your body.
- Accelerate out of the turn. This will ensure that you lose defenders.

Common Mistakes

- Exposing the ball to the defender:
 - Ball is not under control before you try to turn.
 - Player turns into the path of the defender.
 - Ball does not move 180.
- No deception. Defender easily reads that the player is about to turn and steals the ball.
- Player is not balanced when turning, which allows the defender to win the ball.
- Player fails to accelerate after turning and allows the defender to recover back into a good position.

On the next few pages we will describe in detail the three turns outlined for this age group.