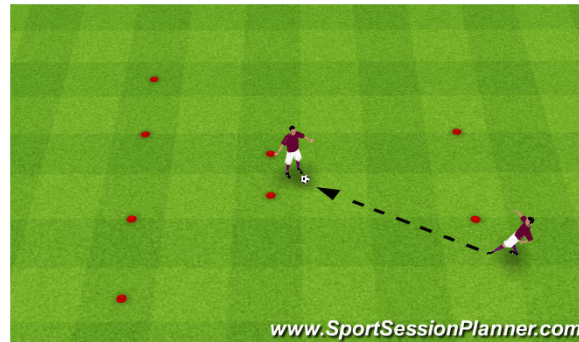




Technical Skills: Week of May 11-17
Set-Up: 8 cones



Receive and Turn – Level 1

Exercise	Description	Coaching Points	Reps	Sets
Inside Foot Turn	Player 1 passes the ball to the front foot of Player 2. Player 2 receives and turns with the inside of the foot.	Check away and back to the ball, looking over your shoulder, hips open to the field, receive with front foot, explode forward.	6	3
Outside Foot Turn	Player 1 passes the ball to the front foot of Player 2. Player 2 receives and turns with the outside of the foot.	Check away and back to the ball, looking over your shoulder, hips open to the field, receive with front foot, explode forward.	6	3
Spin Turn	Player 1 passes the ball to the front foot of Player 2. Player 2 receives and turns with the outside of the foot and then turns again to attack the goal (be creative with the second turn).	Check away and back to the ball, looking over your shoulder, hips open to the field, receive with front foot, change direction.	6	3
Cruyff Turn	Player 1 passes the ball to the front foot of Player 2. Player 2 receives and turns using the Cruyff turn.	Check away and back to the ball, looking over your shoulder, hips open to the field, receive with front foot, lightly touch the ball with the inside of foot and allowing it to go behind your back while turning simultaneously.	6	3