

Session Summary

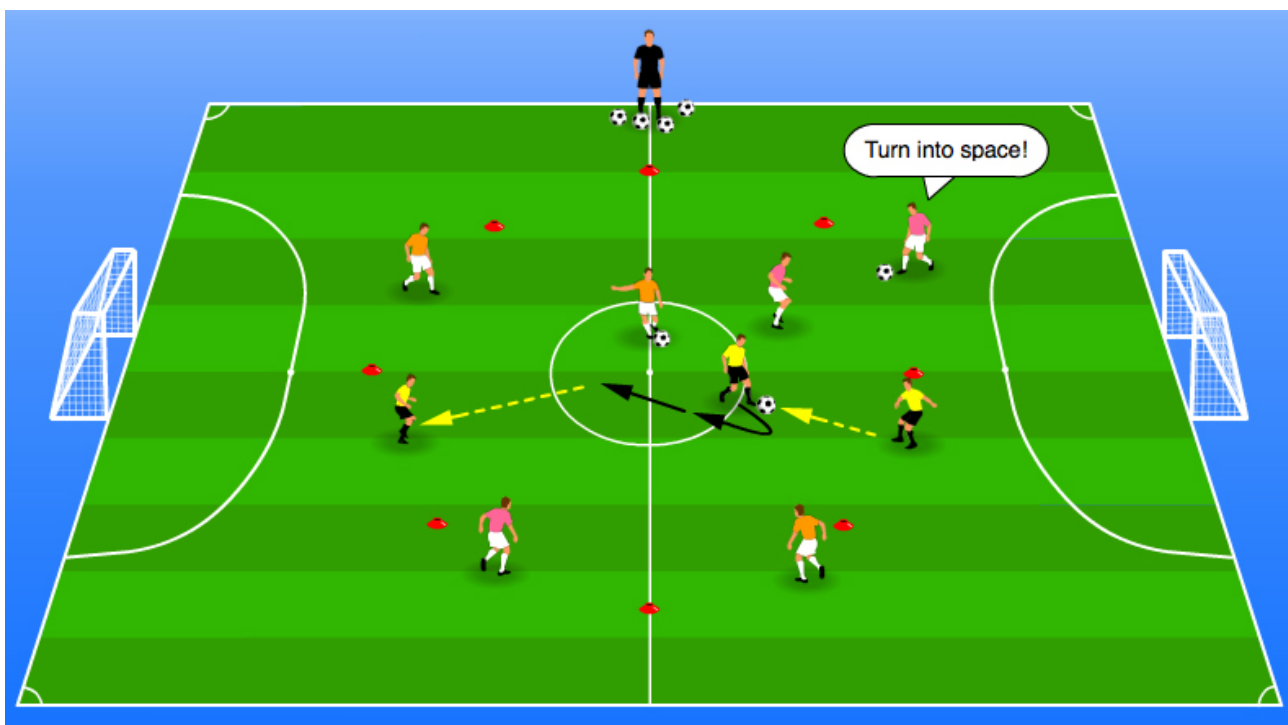
Session:	TURNING CIRCLE PRACTICE 2		
Date:	-	Coach:	Ian Knapp (ianknappuk@googlemail.com)
Duration:	20 mins	Equipment:	Balls, different coloured bibs, cones
#Players:	9 / 12	Age Group:	U9 - U17

Introduction

This circle practice is similar to the turning circle practice 1 but with individual teams working together and the addition of cues the players need to look out for that will trigger a change of role. This gets them thinking about their own movement off the ball based on what other players are doing. And of course it involves lots of turning with the ball, as that's the focus of the session!

Setup

- A circular area coned off of roughly 15 - 20 yards diameter (but adapt for the age and number of players and how far they can comfortably pass accurately). On an 11 a side pitch, can use the centre circle.
- Split the players into groups of 3 (different coloured bibs for each group). We've illustrated for 9 players below but 12 will work well too.
- Each group of 3 has one central player in the middle of the circle and two players positioned on the edge (start roughly opposite each other but can move around and should be encouraged to).
- One ball per group, starting with one of the edge players.
- Coach at the side with more footballs to fire in if others go flying off. Assistant coach to collect stray balls is ideal too.
- If you have a number of players that doesn't split nicely into threes, some groups can be of 4, with 2 central players but make sure the area is big enough to accommodate this.



Rules

- The job of the middle players is to collect a pass from their team mate with the ball on the edge, turn with the ball and then pass to their other team mate. So we're working a sequence of edge - middle - edge and back again.
- Edge players to move around the circle so the play isn't predictable. Middle players to look to take up a position in space to receive the ball.
- Players must turn when receiving the ball in the middle - that is what we're practising - but can do so in any number of ways.
- Encourage the players to try different types of turn, including the "no touch turn" where they just step over the ball / let it run through them.

Progressions & Variations

- If they want to, an edge player can decide to do a turn too - receive, dribble back a couple of yards and turn back toward the circle.
- If an edge player does a turn, this is a trigger for the middle player to switch roles with the other edge player, so that by the time the player with the ball has turned and made it back to the edge of the circle, there is a new team mate to pass to. Introducing this kind of thing gets the players thinking about responding to cues and noticing what their team mates are doing.
- Introduce a defender or two, initially as passive defenders and then moving into being allowed to tackle. They can win the ball from anyone and will keep the central players on their toes and thinking about turning under pressure.
- Allow the central player to bounce the ball straight back to the edge passer without turning if the pressure from a defender won't allow a turn. Gets the players thinking about when a turn is the right thing and when it isn't.

5 Key Coaching Points / Challenges

- Different ways of turning - encourage the players to try various types of turn (several touches, one touch, even no touch turns) and show them how to execute these types of turn if they don't know. The types of things they'll try will depend on their age and ability level. Is it even the right time to turn? If progressed to defenders involved and one is putting too much pressure on, maybe not.
- Try to be aware of what is around you and find a space where you can safely turn (ie not into "danger" of a defender or into "traffic" of other players). Have a quick glance around to "check your shoulders" before the ball arrives with you and use an arm to feel for an opponent and hold them off if necessary.
- Passing accuracy and power. Give our team mates the best chance to turn effectively by giving them a pass they can control. Passing empathy.
- Communication - edge passers to let their team mate know where they can turn and when they can turn. Once the defenders are involved, they may not be able to turn, so let them know to come straight back to the passer.
- Try to have in your mind what you're going to do before the ball gets to you (awareness, communication from team mates both help you with this).

Key Coaching Points (FA's 4 Corners)

<p>Technical</p> <ul style="list-style-type: none"> - First touch and technique of turning - Different types of turn (Cryuff turn, outside of the foot, open body up and receive back foot etc. etc. Lots of ways to turn - be creative!) - The "no touch" turn - Passing accuracy and weight (passing empathy) - Movement off the ball to find a space to receive and turn without traffic or opponents - "lose your marker". - Speed of turn - quicker generally better, unless you're holding the ball up to wait for team mate support. - Accelerate out of the turn into space if it opens up. 	<p>Psychological</p> <ul style="list-style-type: none"> - Decision making - what type of turn to use in what situation and whether turning is even the right thing to do. - Awareness of what's around you? Where is the player you want to pass to next, where are the other players in the centre (the traffic) and where are the defenders? - Confidence - try things without fear of failure. Be positive and back yourself to turn effectively. - Determination - if things don't go right, try to understand why and have the confidence to have another try. - Communication - help your team mates to turn effectively with the ball by communicating with them. - Awareness of your team mates decisions and how this affects you - if an edge player decides to turn then that's the cue to switch.
<p>Physical</p> <ul style="list-style-type: none"> - Strength and technique to hold off defenders and shield the ball. - Agility, speed of footwork & balance - general work on these will aid a player's ability to turn effectively. - Fitness 	<p>Social</p> <ul style="list-style-type: none"> - Encouraging others - be positive! - Communication - working as a team. - Have fun!