



Turning Moves - Out & Back - Thru Cone Gate

Category: Technical: Turning
Difficulty: Moderate

Tom Mitch, Harrisonburg, United States of America
Individual-Adult Member

Description

Dribbling/Turning Moves

Setup: Defined age/level-appropriate space. Cone gate.

Activity: 2-3 players per group. 1 ball per group. Aggressive 1st Touch to/thru Cone Gate. Execute given Turning Movement + Take-Away Touch (TAT). Pass to next player, who attacks on 1st touch.

Options: Wide Gate (fig 1) get thru gate > return thru gate, Narrow Gate (fig 2) get thru gate > return outside gate.

Core Progression: Inside-Inside (R/L) > Inside-Outside (R/L) > Outside-Outside (R/L) > Outside-Inside (R/L) > Pull-Back-Ole (far foot) (R/L) > Pull-Back-Open-Up (near foot) (R/L) > 2-Touch Cruyff (R/L)

Step-Over (SO) Turns: Inside SO w/ Outside TAT > Inside SO w/ Inside TAT > Double SO w/ Inside TAT > Double SO-Pull-Back-Ole Combo

