

TURNING ACTIVITY 1

The Cruyff Turn

Organization

30x30 Area, 4-5 minutes per activity.

Objectives

To introduce and practice the Cruyff Turn.

One ball for each player. Set up the diagram as shown in activity 1, all players on one end. The coach faces the players 10 yards away. After showing them how to do the turn, ask them to practice coming towards you, so you can observe and give critique.

ACTIVITY 2

Turning away from the defender.

Each player now takes the turn into an active environment. Setup cones inside your grid to allow players to dribble up and turn away without bumping into each other. The player dribbles up to a cone and turns away from the cone, emphasize change of speed and direction.

ACTIVITY 3

The coach putting the players under pressure

Each player dribbles the ball around the area, as the coach you will try and steal their ball. The player's purpose is to turn away from you when you get close to them. It is very important that to start, your role is to put the players under pressure. Not try and steal their ball. Let them practice the turn. Emphasize keeping their heads up so that they can see you. Let them see success first before you apply more pressure and attempt to steal their ball.

TURNING

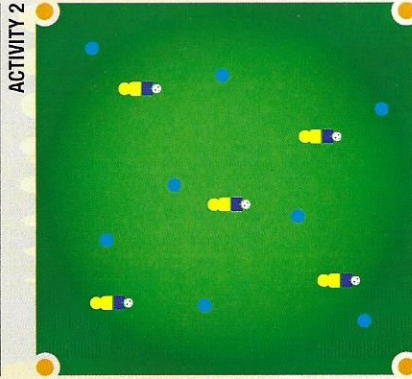
DIMENSIONS 30' x 30'

ACTIVITY 1



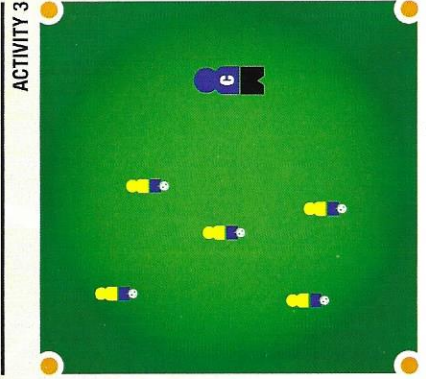
TURNING

DIMENSIONS 30' x 30'



TURNING

DIMENSIONS 30' x 30'



Coaching Points

1. Place the ball with the compass looking away from you.
2. Position your left foot (rightly, switch for lefty) about 4-6" away from the ball in front of you.
3. Take your right foot around the outside of the ball and place your big toe on the compass, pull the ball back through your legs.
4. Pull the ball back quickly behind you so that it travels 3-4 feet behind you.
5. Turn quickly over your left shoulder and follow the ball.

