

Turning the Ball

Players turn with the ball to create space for themselves. This relieves pressure and allows room to pass, shoot, or dribble. Practice these turns at home until you can use each quickly under pressure.

Defender on Side

- 1: **Stop** - step on ball to stop it, come back to collect it
- 2: **Cruyff** - pull ball back under body with inside of foot.
- 3: **Kick Turn** - sole of foot away from defender on top of pull, pivot toward defender with foot nearest defender, kick ball back, turn to goal, collect ball with foot away from defender
- 4: **Stop and Stepmover** - stop ball with sole of foot away from defender, step past ball with same foot, turn away from defender and step over ball back toward own goal with foot nearest defender, turn again toward goal and play away with foot away from defender

Facing Defender and Goal

- 1: **Drag Back** - v move with ball, pull on top or cut on side to control
- 2: **Cut Behind Standing Leg** - cut the ball behind standing leg
- 3: **Drag Back with Cut** - combine a drag back to one side with cut behind to other side.
- 4: **Inside Twist Off** - cut the side of ball with inside of foot 4 times
- 5: **Outside Twist Off** - cut the side of the ball with outside of foot 4 times
- 6: **Fake Twist Off** - cut the ball 3 times with outside in one direction, once with inside other direction
- 7: **Maradona** - stepover ball and pull it on top as you go

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Back to Goal

- 1: **Inside Cut** - cut the side of the ball with the inside of foot
- 2: **Outside Hook** - cut the side of ball with outside of foot
- 3: **Stepover** - stepover ball, use outside hook
- 4: **Body Swerve** - step across line of play with one foot quickly to outside, play ball away to other side with outside of other foot.
- 5: **Double Body Swerve** - same as Body Swerve, except swerve step to left then to right (or vice versa) before playing ball away with outside (little toe) of left foot.
- 6: **Dead Touch** - then use outside hook with same foot
- 7: **Zero Space** - one foot steps away from defender, pivot, and caress and pull ball with inside of front foot as you turn hips to goal
- 8: **Klinsmann** - drag, turn into defender and chip over tackle
- 9: **Kian's Turn** - when chasing ball to own goal, crossover step over ball, pivot on crossover foot bringing body over ball butt first, zero space ball away from opponent with other foot, face opponent, play away.
- 10: **Keegan Fake Pass** - inside cut to one side, fake pass or shot with leg swing to same side, inside cut to other side, play away.
- 11: **Keegan Stepover** - receiving ball from direction of own goal, approach ball at 45 degree angle, step over ball with leg closest to touch-line, let ball run under, pivot and turn towards touch-line and then goal-line, play away.
- 12: **Cushion / Pop Turn** - receive ball from air, pop ball over head with thigh, turn opposite direction, collect ball and play away.

Key Points

- 1: Back to goal, check away first before showing for ball.
- 2: Come back hard to ball at 45 degree angle.
- 3: Mix change of pace and change of direction with fakes that appear to have change of pace or change of direction.
- 4: If can't turn, back to goal, either play the direction you are facing or come away at 45 degree angle with ball to create space behind and use a back heel to get ball into path of runner going to goal.

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Exercises with Team

- 1: Perform each of the turning moves without pressure in space, self serve. Work each move to either side. Focus on technique.
- 2: Perform each of the turning moves after receiving the ball from partner, no pressure. Do them faster to increase pressure.
- 3: Turning on ball from server with light, then greater, pressure of opponent.
- 4: Two servers with balls 30 yards apart, 1v1 in middle. Server passes to middle player, who turns and plays ball to other server acting as target player. Alternate servers each time. After 60 seconds, change roles in middle, then switch in servers.
- 5: 2v2 game to small goals, use two zones to create 1v1 in each zone. Start play with pass from supporting player outside defending zone to player in defending zone. Player receiving ball must work to turn ball and to pass it into the attacking zone. Attacking zone player must turn ball to get shot on goal.
- 6: Small-sided game, no restrictions.