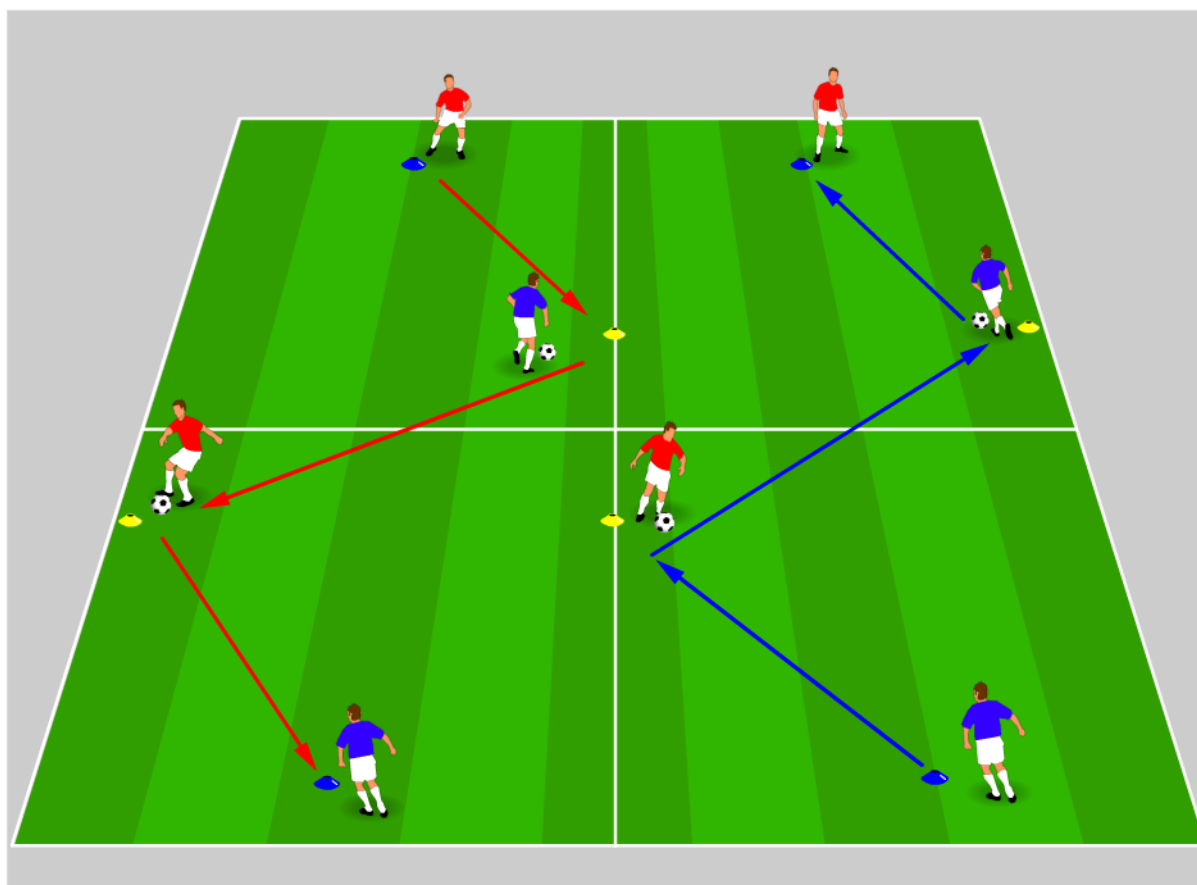


Concept 4 Football Technical Dribbling and Turning Practice



Date: 19 Jan 2011

Measurement: 15 x 20

Time:

Players: 8

Duration:

Level/Age Group: U7+

Description: 4 players in each group with 2 balls. On the coaches command, 2 players start with the ball dribbling zig-zag and performing turns at each of the 2 yellow cones, one turn with the left foot and the 2nd turn with the right foot before leaving the ball for the player. Next 2 players go only on the coaches command. Turns - Start with inside cut, outside cut, dragback push, pivot sole, inside cut-pivot combo, dragback-pivot como, and much more...

Objective: To develop technical skills for dribbling, turning and shielding.

Coaching Points: There are many technical coaching points for each technical skill available on the DVDs. Basic coaching points:

1. Its not a race, quality is most important
2. Use both feet and encourage players to keep their head up as much as possible
4. Accelerate away after performing the turn

Progression: Refer to DVDs for additional progressions

This Drill was taken from Concept 4 Football DVDs - A Complete Professional Technical Skills Coaching Program

Concept 4 Football is a **professional technical skills coaching programme** designed for youth football players by Gwynne Berry. This programme has been **successfully developed with Premier League elite academy players** and is now being delivered worldwide.

Personal Endorsement from Tony Carr

“At West Ham United F.C. we firmly believe that outstanding technical ability is essential for Premiership success. The development in our Academy players technique under Gwynne has been excellent”

Tony Carr – Academy Director West Ham United F.C.



Purchase the DVDs

Rest of the World Shop:

<http://shop.soccertutor.com/Concept-4-Football-3-DVD-Set-p/c4f-d003set.htm>

US and Canadian Shop:

<http://shopusa.soccertutor.com/Concept-4-Football-3-DVD-Set-p/c4f-d003set.htm>

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