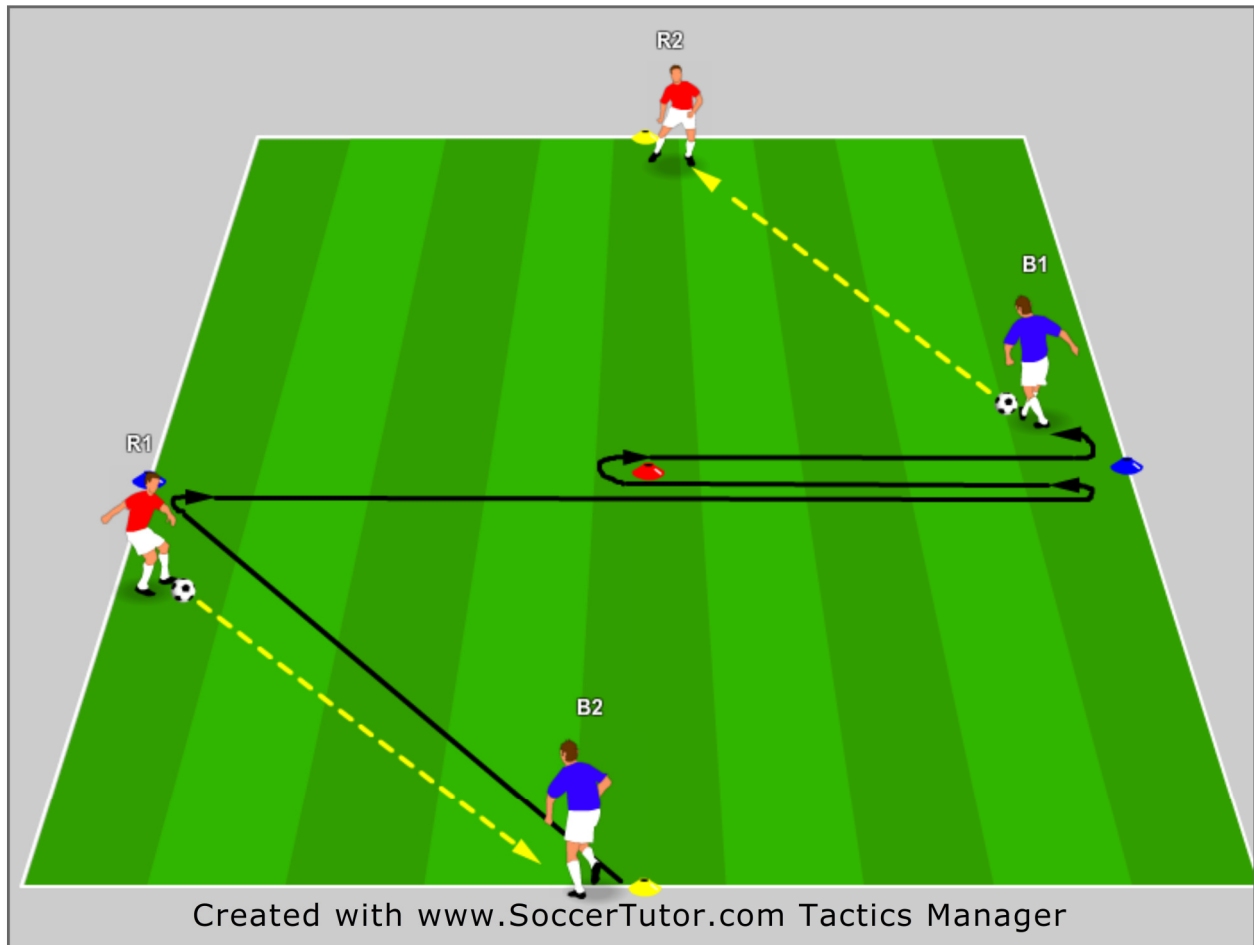


Concept 4 Football Technical Turning Practice



Date: 7/Jun/2011 **Measurement:** 10 x 10 Yards
Time: 20 : 30 **Players:** 4
Duration: 15 **Level/Age Group:** U8 – U10 (Beginner)

Description: Working on turning, players B1 and R1 start on the yellow cones with the ball. They dribble to the blue cone of their left, perform a turn, then dribble to the opposite blue cone, make a turn, dribble to the middle red cone, make a turn, back to the same blue cone they just came from, make another turn before passing the ball to the next player.
 Some of the turns that were used; inside and outside chop, sole-twist.

Objective: To develop technical dribbling and turning using both feet.

Coaching Points:

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

Progression: 1. There were many variations of sequence of patterns and additional turns.

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

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