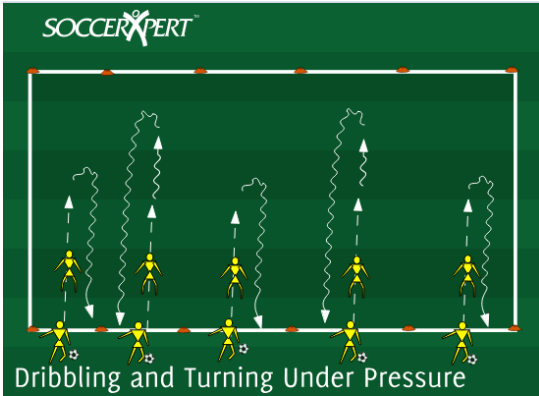




Drill Quick Glance

Age: 6-13	Field: 20X15
Players: 2+	Time: 15 mins.
Difficulty: MEDIUM	Focus: TURNING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Dribbling and Turning with Pressure on the Back

Objective:
This drill teaches players how to turn effectively when under defensive pressure. It improves awareness, body positioning, and ball protection while developing confidence in 1v1 situations.

Setup

- 1. Field Size: 20x15 yards
- 2. Players: Pairs, each with a ball
- 3. Roles:
Dribbler: Starts in front with legs spread wide, ready to receive the ball
Defender: Stands behind the dribbler, ready to pass the ball through their legs

Instructions

- 1. On the coach's command, the defender passes the ball through the dribbler's legs.
- 2. The dribbler, without looking back, must quickly locate the ball and attempt to turn and face the defender.
- 3. If the dribbler has space, they should quickly turn and accelerate towards the starting point.
- 4. If the defender applies immediate pressure, the dribbler must use their body to shield the ball and find an opportunity to turn.
- 5. The dribbler must reach the starting point while keeping possession of the ball.
- 6. Once they reach the starting side, players switch roles and repeat.

Coaching Points

- This drill improves a player's ability to turn under pressure, protect the ball, and make quick decisions in tight spaces—essential skills for real-game situations.
- Awareness: Dribblers must scan quickly and decide when to turn or shield.
 - Use of Body Position: Dribblers should use their body and arms to protect the ball.
 - Effective Turning Techniques: Encourage inside hook, outside hook, and drag-back turns.
 - Defensive Pressure: Defenders should apply realistic pressure without fouling.
 - Explosive Acceleration: Once turned, dribblers should accelerate into space to escape pressure.

Variations

- Directional Passing: Allow defenders to pass the ball slightly left or right to challenge dribbler reactions.
- Time Limit: Require dribblers to turn and reach the starting spot within 5-7 seconds.
- Weak Foot Challenge: Dribblers must turn and dribble using only their weaker foot.
- Add a Recovery Defender: After passing, the defender must chase and try to win the ball before the dribbler reaches the starting area.
- Limited Touches: Dribblers must turn and reach the starting point using a set number of touches.
- This drill improves a player's ability to turn under pressure, protect the ball, and make quick decisions in tight spaces—essential skills for real-game situations.