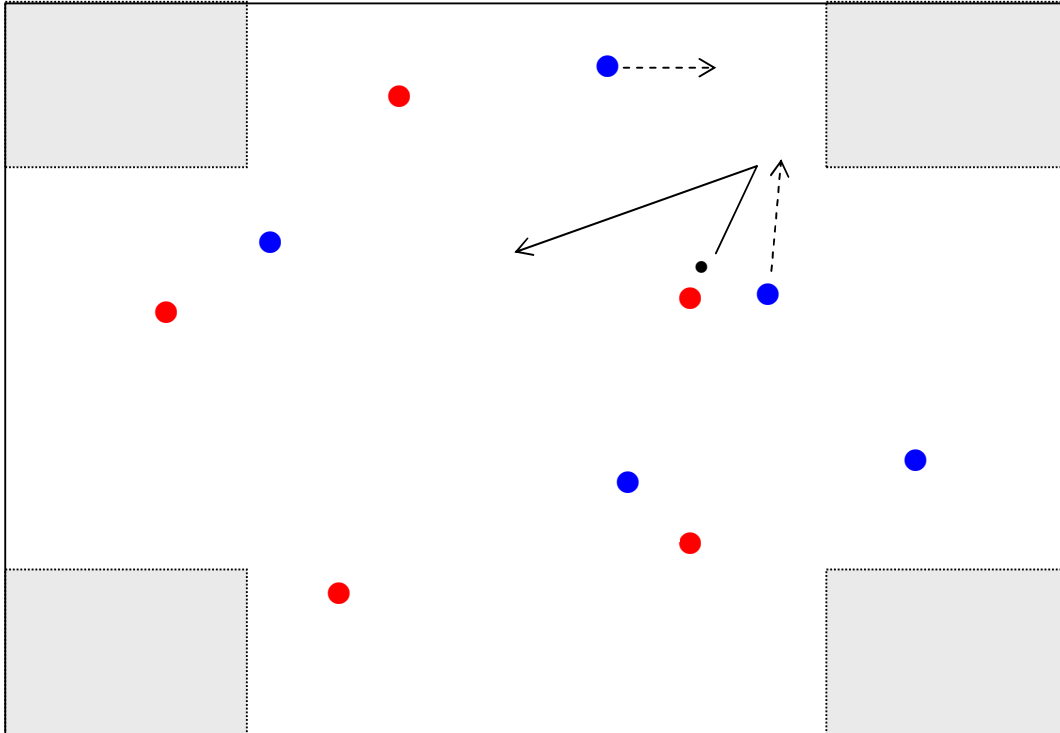


COACHING PRACTICE PLANNER

Name of Coach:	Neil Winskill
Topic of Session:	Turning with the ball



ORGANISATION:

- Numbers of players to suit.
- Pitch size to suit - tight area recommended.
- Pitch marked with 4 corner zones - 4-way multi directional game.
- Teams can score in any of the 4 corner zones to begin with.
- A player scores by running the ball into the corner zones and stopping the ball under control.
- No player can enter the corner zones unless in possession of the ball.

VARIATIONS:

- Teams attack only 2 zones (at one end of the pitch)
- Players can enter the zones at any time.
- Use goals and not zones.

MAKE IT EASIER?:

- Neutral player, i.e. 5v5 + 1.
- Bigger pitch.

COACHING POINTS:

1. Create space individually and as a team.
2. Positive attitude to exploit space by running with the ball.
3. Awareness of defenders' positions and supporting team-mates.
4. Look to turn if play is blocked or the area in front is congested.
5. Support positions of team-mates to offer passing options for player in possession.