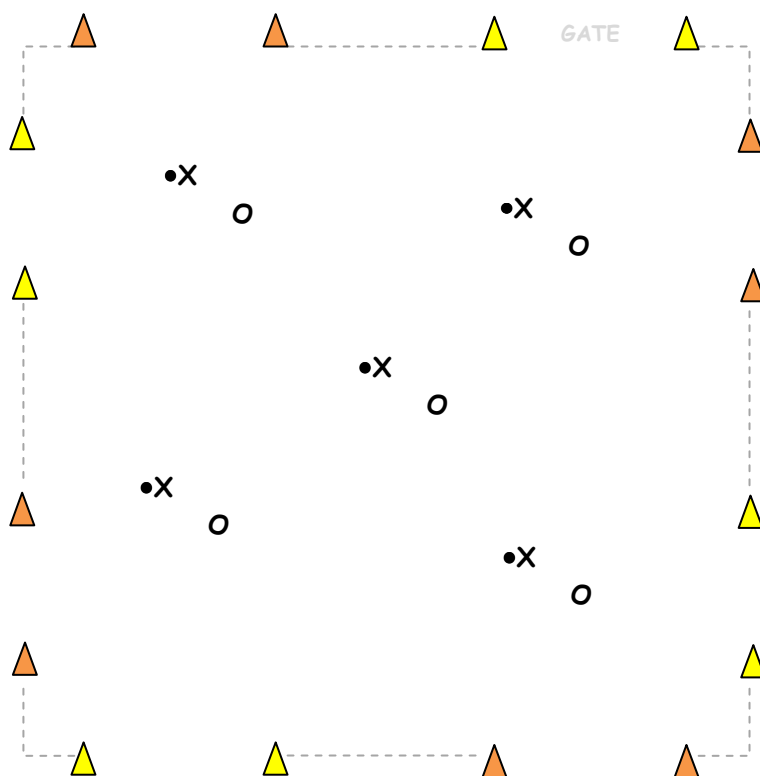


COACHING PRACTICE PLANNER

Name of Coach:	Neil Winskill
Topic of Session:	Turning & shielding - 1 v 1



ORGANISATION:

- Pitch size to suit the age and ability of the players (20x20 yards recommended).
- Players working in pairs.
- 1 v 1.
- The attacker must run with the ball and stop it under control in any of the small gates.
- The defender must man mark an attacker and try to win possession.
- If the defender wins the ball, he keeps possession and roles reverse.
- The game continues.
- Swap roles after 3 minutes, as this is a very demanding practice.

DEVELOPMENTS:

- Defender must touch the ball only to gain possession of it.
- Change pairings.
- Must score in alternative coloured gates.

MAKE IT EASIER?:

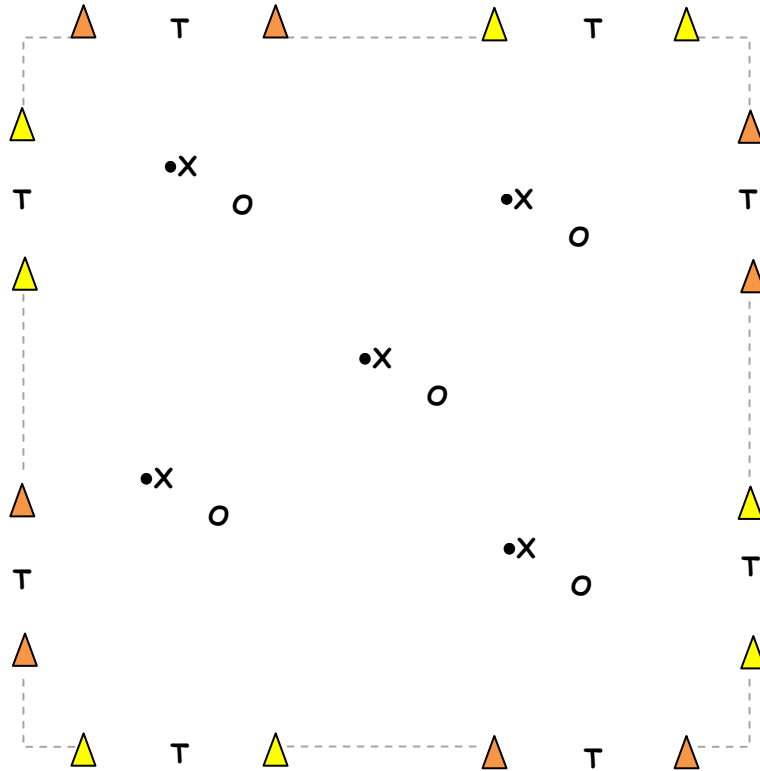
- Gates on field in random positions.
- Safe areas.
- Floating support players (S) to be used as wall passes or to rotate.

COACHING POINTS:

1. Keep the ball moving to create space.
2. Protect the ball on the outside of your furthest foot.
3. Awareness of the defender's position and movements. - see and feel.
4. Turn when play is blocked.
5. Turning technique
 - Selection (turn away from the defender)
 - Execution (bend knees, get low, accelerate away)

COACHING PRACTICE PLANNER

Name of Coach:	Neil Winskill
Topic of Session:	Turning and shielding - 1 v 1 with support players



ORGANISATION:

- As with previous practice.
- Players must now pass the ball to a target player (T) to score who is situated in the gates.
- Upon a scoring pass, the player receives a return pass and looks to attack another gate/target player.
- Swap roles after 2 minutes, as this is a very demanding practice.

COACHING POINTS:

1. As previous.
2. Quality of passing/awareness.
3. Losing a marker to receive a pass.