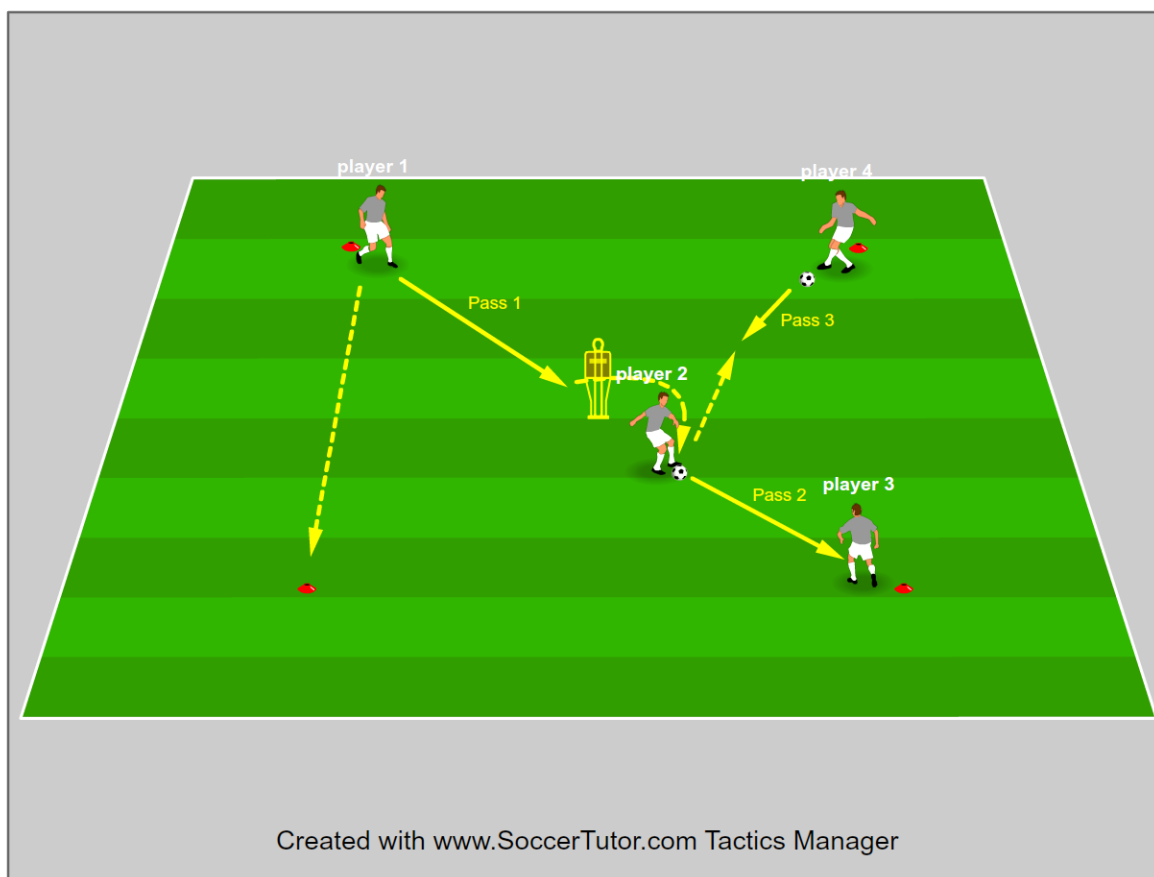


## Turning out of Pressure



|                         |  |                         |               |
|-------------------------|--|-------------------------|---------------|
| <b>Date:</b>            | 3/Feb/2014   | <b>Measurement:</b>     | 20 x 20 Yards |
| <b>Time:</b>            | N/A:N/A  | <b>Players:</b>         | 4             |
| <b>Duration:</b>        | 20   | <b>Level/Age Group:</b> | U11 - U18     |
| <b>Description:</b>     | <p>Player 1 and Player 4 start with balls at their feet. Player 1 plays a ball into the Player 2 who has checked away and is now checking to. Player 2 receives the ball and executes a turn around the manakin and plays the ball to Player 3. After playing the ball Player 1 runs to the open cone to receive the next ball. Player 2, after playing the ball to Player 3, then checks and makes a run to Player 4 who plays the ball into his feet. Player 2 then executes a turn and plays the ball to Player 1. Sequence continues for time.</p> |                         |               |
| <b>Objective:</b>       | <ul style="list-style-type: none"> <li>-Increase the players technical ability to turn out of pressure.</li> <li>-increase the players technical ability to create space for themselves.</li> </ul>  |                         |               |
| <b>Coaching Points:</b> | <ul style="list-style-type: none"> <li>-Check at an angle to create space.</li> <li>-Glance before you receive the ball.</li> <li>-How quickly can you change directions (Plant foot and cut, no "U" turns).</li> <li>-Punch the ball when you strike</li> </ul>   |                         |               |
| <b>Progression:</b>     | <ul style="list-style-type: none"> <li>-Vary the Turn<br/>(Inside of foot, outside of foot, turn across your body, open your body to turn, Cryuff)</li> </ul>  |                         |               |