



Dribbling, Cuts & Turns Practice



Warm-up- Set up a 20x20 yard area with 6 gates.

1) Start with touches and free dribbling, on coaches signal players change direction. Coach demonstrate 2-3 Turns/Cuts (Ex: inside cut, outside cut, step-on, cruyff, conti, Step-over) Practice turns without dribbling, then while dribbling fast.

2) **Warm-up Game 1-** Turning through gates.

Players dribble fast to the gates, when they go through the gate they then perform a turn back through that same gate. And repeat at another gate. How many gates can they turn through in a 30-45 second time limit.

3) **Warm-up Game 2-** Partners Tag- One player tries to tag his/her partner, both partners are dribbling the ball. Both partners must be in control for the tag to count. 30 seconds, then switch.

Dribbling Games 1 & 2-

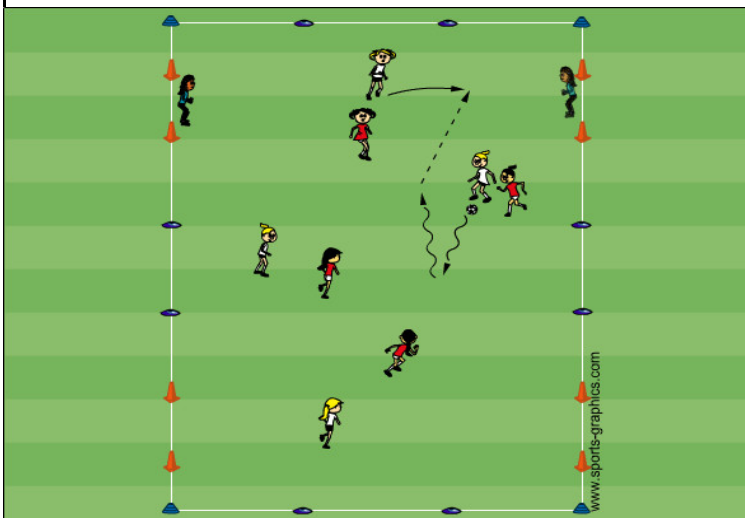
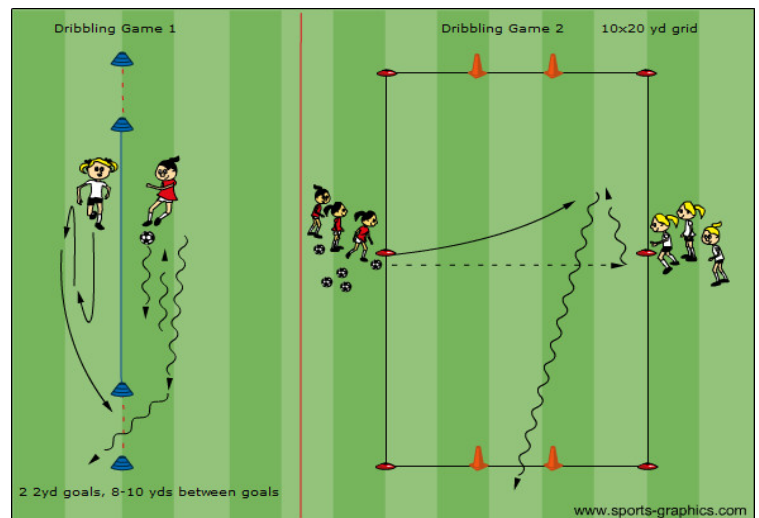
1v1 and 2v2

Game 1- Set up Two 2-3 yard wide goals, 8-10 yards apart.

- Attacking player has a ball, the other player defends.
- Attacker tries to dribble through either goal by using cuts & turns to get away from defender. Defender can NOT steal the ball, but can try to take the ball, or block attacking player when trying to dribble through the goals. If a goal is scored, players change roles.
- Play 2-3 minutes, then switch partners.

Game 2- Set up a 10x20 yard field with Two 3-4 yard wide goals on each of the ends.

- Defender play the ball to attacker, who try to dribble through either of the end line goals by using changes of direction/turns.
- Progress the game to 2v2 after 10-15 minutes.



Final Game- Set up a 20x30 yard field with 2 goals on each end line. Goals are 4 yards wide, and there is one goalie runs between both goals.

- Play 4v4 or 5v5 + 1 goalie on each team
- Players try to score on either of the 2 goals they attack.
- Any change of direction/turn/cut that leads to a goal counts double.

1 point for each goal.

2points if a turn/cut was used to create the goal

Key Coaching Points for this Practice

- 1) Disguise the cut/turn, keep the ball close to body
- 2) Try to turn away from defenders, don't show them the ball while turning
- 3) Turn quickly, and accelerate fast away
- 4) Encourage creativity !!!!