



Turning using different surfaces

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Description

Simple exercise designed to develop turning abilities with both feet using multiple surfaces

Turning Start (15 mins)

1 ball per player, every player dribbles to determined line (approx 10 yards) using only designated foot (right).

Players turn to right using bottom of right foot only (1)

Players dribble with left foot only and turn at original line using bottom of left foot (2)

Make sure players use correct foot at each turn. Inexperienced players will try and turn using favorite foot only.

Variations:

Turn using inside of foot only (when dribbling with right, turn will be with left foot and vice versa). Turns should be 1 touch only

Turn using outside of foot only (1 touch only).

Stepover then turn. Stepover with right foot then inside foot turn with left foot to opposite direction

