

Turn !

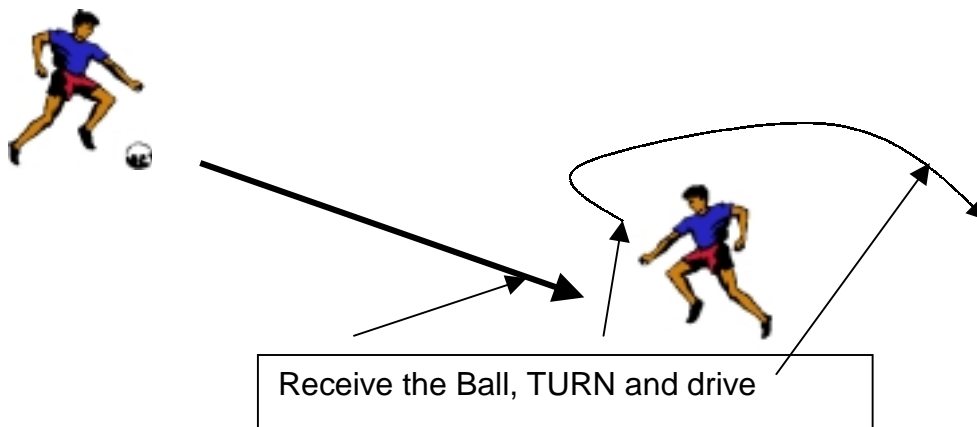
As we stated previously, and it bears repeating, players turn the ball against pressure to create time and space to pass, shoot, or dribble.

It is usually safe for the player to play the ball in the direction the player is facing, ala what we did above in our check-back drills. However, players who can receive and turn the ball against intense pressure and in tight space, and who can then take on defenders to go to goal, are extremely valuable to their teams. Such players have the ability to compete and contribute at the most competitive levels.

We now take the check back drill and put into a match related context. One of the key items to increasing the speed of play is communication. The passer in a check back drill can see the opponent. The person checking back cannot without turning their head to look. As the players become more proficient, they will be able to take that quick look to see where pressure is coming from. But for right now we'll use the passer to alert the person checking back.

Start this drill off very simply. There is no pressure on either the passer or the receiver. They simply must:

- 1) Receiver must check back hard and indicate where she wants the pass to be played. We'll term the receiver the **Target Player**.
- 2) The passer must play the ball with weight, to the feet of the receiver
- 3) The passer must yell loudly and clearly **"TURN !"**
- 4) The receiver turns and receives the pass in one, clean motion. She then drives down field two or three strides.



Coaching Points

- Make sure that both dominant and non-dominant feet are used to receive the pass
- The goal is to have the receipt and turn done seamlessly. This will take time. Work towards it. Like every skill it can be done in a progression from receive the ball, stop and then turn, to receive and turn in one motion.
- Finish the drill by quick acceleration and driving with the head up
- The target player must check back at full speed, but under control.
- Even without a defender, the target player must “practice” checking over their shoulder for the opposition
- The target player must call for the ball and show, with hands and eyes, where they want it played
- The **passer** must get a visual cue as to **when** to pass.
- The pass must be made **early** so that the attacker gets the ball before negative space is killed. Negative space is the distance between the attacker and the person coming on to defend