

## 13 Advanced Turns for Soccer Players with Jason Vittrup

### Turns demonstrated

1. Defender is tight
  - a. Inside of foot turn
    - i. Using foot closest to the defender
    - ii. Create separation from defender if possible
    - iii. Get in the line of flight and move to the ball, continuing until your foot touches the ball
    - iv. Sneak a peak over your shoulder, if defender is tight then:
    - v. Line up the plant foot in the path of the ball
    - vi. Reach for the ball with the receiving foot: ‘water skiing on one ski’’: lead foot is directly in front of other while back leg is holding defender off
    - vii. Snap your foot upon touching the ball so that it is played behind the defender
    - viii. Put spin on the ball so it rotates in the chosen direction
    - ix. Move with the touch; be quick on the turn
  - b. outside of foot turn
    - i. create separation from the defender if possible
    - ii. get in the line of flight and move to the ball; continue until your foot meets the ball
    - iii. sneak a peak over your shoulder; if defender is tight, then:
    - iv. line the plant foot just to the side of the path of the ball
    - v. reach for the ball slightly with the receiving foot toe turned inside
    - vi. allow the ball to touch the outside of the foot; upon touch, turn the ankle toward the outside
    - vii. put spin on the ball so it rotates in the chosen direction
    - viii. be quick on the turn
  - c. feint and turn
    - i. same as outside of foot turn but:
    - ii. feint in the direction opposite of your intended turn by stepping a bit that way r by dipping head, shoulders or hips
  - d. touch back and turn
    - i. same i-iii as in b
    - ii. touch the ball quickly towards the direction it came and quickly run it down
    - iii. check to see if you’ve gained separation; if so, then face the defender. If defender is attempting to go around you to get the ball, then turn away from the pressure.
  - e. Touch back, figure 8
    - i. Same as i-iii in b
    - ii. Touch the ball quickly in the direction it came and quickly close it down
    - iii. Check to see if defender is still tight or closing hard; if so then:

- iv. Step around the front of the ball with one leg; legs are now crossed
    - v. Pick up the second foot and turn the ball back the way you came with the inside of the second foot, accelerate
  - f. Touch back, cut back
    - i. Same as i-iii in e
    - ii. Chop the ball back with the toe down; a good chop should place the ball at the outside of the opposite foot and out of the defender's path
  - g. Touch back and Cruyff
    - i. Same as i-iii in e
    - ii. Fake kick, Cruyff turn
  - h. Trap, swing and pull
    - i. Same as i-iii in b
    - ii. Turn sideways a little and reach for the ball with front foot; back foot should be placed to shield the ball
    - iii. stop the ball using the sole of the front foot; toe up, heel down
    - iv. use your arms to make yourself wide
    - v. fake a leg swing with the front foot, stopping the cleats on top of the ball
    - vi. pull the ball with your cleats behind your plant foot
    - vii. turn quickly, get to the ball, accelerate
  - i. reverse bridge
    - i. same as i-iii in b
    - ii. touch the ball with the outside of your foot, putting enough spin to carry wide of the defender but will accelerate forward when hitting the ground
    - iii. turn the opposite direction quickly and go retrieve the ball fast
- 2. Defender is loose
  - a. Inside-out turn
    - i. Sneak a peak by looking over your shoulder; if you have time then:
    - ii. Get half-turned before the ball arrives
    - iii. Place receiving foot further away from the ball than the plant foot
    - iv. Place the receiving foot in the line of flight of the ball and the other foot out of the line of flight
    - v. Allow the inside of the back foot to cushion touch the ball, keeping it very close
    - vi. As soon as the touch is made, slide the receiving foot around the ball so that the outside of the foot can push the ball forward
    - vii. Push off the plant foot and accelerate
  - b. Half turn
    - i. Get body half turned before the ball arrives
    - ii. Position the downfield foot in the path of the line of flight
    - iii. Allow the ball to hit the inside of the downfield foot

- iv. Push the ball slightly forward in the direction you are heading and accelerate
- c. Catch and drag
  - i. Place back foot in the path of the line of flight
  - ii. Allow the ball to hit the inside of the back foot, with the foot angled so the ball is wedged between the ground and the inside of the foot
  - iii. Drag the ball across the front of the defender and spin at the same time, be sure to pull the the ball enough to take it out of the defender's path
  - iv. Push ball forward and accelerate
- d. "L" turn
  - i. place back foot in the path of the line of flight
  - ii. allow the ball to hit the inside of the back foot, touching it so that it changes 90 degrees in direction underneath your body
  - iii. spin in the direction of the ball's new path and touch the ball going forward

#### Organization of the Training Session

1. partner passing and turning
  - a. in a grid with many pairs, one member checks away the receives pass from partner and practices turns
  - b. can progress to threes with one partner acting as semi-passive defender
2. dribble through the gates
  - a. approx 10m wide x 20m long grid with two small goals at one end
  - b. ball served from opposite end as 1<sup>st</sup> player in line comes to ball and 2<sup>nd</sup> player defends two goals
3. receive and go to goal
  - a. area x2 penalty boxes with two full goals + GK's
  - b. players at each corner
  - c. two defended players from opposite side come to ball, receive from server and try to turn and score
4. pass across the midline game
  - a. same field as in 3, but 2v3 in each half
  - b. defender's can join attack after successful pass

#### Training Activities

1. Channel partners (~15x25m)
  - a. 2 players in channel, one player checks away before coming to receive ball from partner and practice turns
2. 3-man channel
  - a. central player receives, turns and passes to opposite before switching with he player who passed him the ball
3. defender in channel
4. 4-man channel – tight

- a. defenders stay close to attacker, but don't steal ball
- 5. 4-man channel – loose
- 6. back to back posting
  - a. 2 central players begin back-to-back before pass is played in
  - b. each works on same turn before playing the ball to opposite end
- 7. receiving on the half turn
  - a. back-to-back in middle before checking to sideline and receiving on the half turn
- 8. receiving on the half turn II
  - a. both receivers start near side line
  - b. receiver checks away before receiving
- 9. turn or drop
  - a. two flags near sideline in middle of channel with receiver at each flag
  - b. receiver at flag can drop ball back to passer who plays through to opposite passer, or turn themselves around flag to play to opposite passer
  - c. passer and receiver switch places no matter what option chosen
- 10. turn, drop or 2v1
  - a. added option: receiver spins away from flag to receive pass after drop to initial player
- 11. N/S/E/W turns
  - a. Square grid
  - b. 1 player along each side with 2 total balls, 2v2 in middle
  - c. receivers try to turn in order to play to the side of the square opposite from where the ball was passed
- 12. N/S/E/W turn or drop
- 13. four gate competition
  - a. 2 goals at corners of each end of channel
  - b. 2v2 in middle
  - c. each team gets 3-5 turns before switching to defense
- 14. up, back or turn versus defender
  - a. channel with 1v1 in middle and 1 passer at each end
  - b. upon making pass into grid, the initiator joins in at an angle to offer support
  - c. receiver can turn or drop, initiator can play through or try to play receiver in
- 15. combinations out of midfield
  - a. server, with 2v2 in area outside of penalty box extended, going to full goal with GK
  - b. look to play ball to high target, drop to initiator, then play to high target before turning or combining to go to goal
- 16. pick a gate
  - a. square grid
  - b. server from gate along one side, two diagonally placed gates near opposite corners

- c. each player comes out to receive from server with defender
  - d. receiver tries to turn and dribble through one of the two gates
  - e. if defender wins ball, he may try to dribble through gate from which the pass was initiated
17. side scramble
- a. two cones placed on edge of penalty area
  - b. servers from near midfield
  - c. pairs begin between cones, as receiver comes to ball, defender must touch one of the cones with his feet before closing attacker
  - d. go to goal against GK
18. turn to goal – groups of three
- a. 3 groups of servers near midfield
  - b. gates vertically placed outside penalty area in line with edge of 44m box
  - c. each group has server, attacker and defender
  - d. group number called out by coach
  - e. if defender wins ball, they can score in either of two gates outside area
19. 2v2 with 4 goals
- a. goals at every corner of square
  - b. 2v2 in middle
  - c. two servers at opposite ends of square
  - d. two neutrals on other sides of square
  - e. each team attacks and defends in one direction
  - f. neutrals and initiator have 1 touch restriction
20. partner pressure training
- a. 2v2 in box
  - b. 4 groups of servers arrayed outside of box
  - c. no rest between 8 balls
21. 3v2 to goal
- a. area 2x penalty box to 2 full goals + GK
  - b. servers from each team at sides of midfield, can join after pass in
22. 2 zone game
- a. area as above 2
  - b. 2v3 in each half, 1 defender may join in after successful pass
23. 6<sup>th</sup> touch target pass
- a. area full field with, 40 m long with two full goals + GK
  - b. 5v5
  - c. 2 designated targets on each team (can move freely)
  - d. after collective 6<sup>th</sup> touch by a team, a pass to target must be played