

How to Coach Your Players to Beat Opponents

Getting players to use skills is hard enough, sorting out the best ones is even harder. So we asked Tony Rock, a Fulham FC in the community coach, who reckons every player should have at least three turns in their armoury that will help them withstand pressure and create space to pass, shoot or dribble.

There are times when a player in possession of the ball will want to:

- Create space for themselves or...
- Change the direction of play or...
- Lose a closely marking defender...

One way they can do each of the above when on the move is to perform a well-executed turn.

1. Inside and outside hook turn

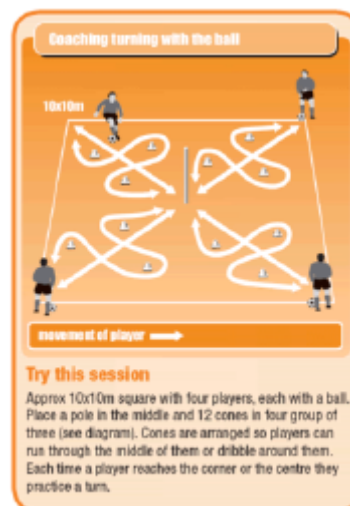
These are two similar turns with slightly different execution.

- Take a stride forward to reach the ball
- Use back foot as a brake/pivot
- Cut or 'hook' the ball back in the opposite direction using the inside or outside of the leading foot
- Push off from non-kicking foot to accelerate away

2. Cruyff turn

Named after the legendary Dutchman Johan Cruyff who played for Ajax and Barcelona.

- Plant non-kicking foot next to the ball
- Feint to pass or cross the ball with the kicking foot
- Turn kicking foot inward with toe down
- Using the inside of the kicking foot drag the ball behind the standing leg
- Turn and accelerate away



3. Stop turns

This turn can be used, for example, when attempting to keep the ball in play.

- Run over the top of the ball
- Stop the ball with the sole of the foot
- Using the same foot, push off in the opposite direction
- Use the outside of the other foot to take the ball away

4. Drag back turn

The foot stays in contact with the ball for the whole of the move.

- Shape as if to kick the ball forward
- Place a foot on top of the ball
- Roll the ball back under/across the body with the sole of the foot in the opposite direction
- Accelerate away

5. Steptover turn

- Step over/around the ball so both feet are on the same side
- Use the outside of the same foot to pull the ball back in the opposite direction
- Accelerate away

Key coaching tips . Make players practice using both feet . Practice all turns slowly at first