



Learn to Train Turning in Traffic



Organization:

- Players are divided into groups of 3.
- 2 Players are positioned around the perimeter of the grid (target players) and 1 player starts inside the playing area
- 1 ball per group

Procedure:

- Player inside collects pass from outside target player, turns and plays to other target player.
- Players rotate every minute.

Progression:

- Players on the outside move to a new position on the outside after passing the ball

Time frame. 12-15 minutes

Emphasis:

- Safe environment
- Posing questions to players
- Passing and Receiving key factors
- Decision making for players

<p><u>Psychological</u></p> <ul style="list-style-type: none"> Safety Decision Making Confidence Spatial Awareness FUN 	<p><u>Technical</u></p> <ul style="list-style-type: none"> Dribbling Running with ball Passing Receiving
<p><u>Physical</u></p> <ul style="list-style-type: none"> Balance Running Change of Direction/Pace 	<p><u>Social</u></p> <ul style="list-style-type: none"> Communication Listening FUN with friends