



Aylesbury United Ladies & Girls Football Club

Player Development From Home

Turning



Core Skill Name	Movement, Challenge and Coaching Points	Challenge (for parents to use as guide to award level achieved)	Times Achieved
Turning - Inside Cut Can be practised alone by kicking ball off a wall or hard surface. Should be able to achieve it with their left and right feet	See this link for demonstration of the skill <ul style="list-style-type: none"> • Face passing player / wall / hard surface • Step to the side of the ball with the non-kicking foot • Pivot on that foot • Cut the ball back with the inside of the opposite foot 	<ul style="list-style-type: none"> • Level 1 – Is able to get body in position to receive the ball • Level 2 – As above, also steps to the side of the ball with their non-kicking foot • Level 3 – As above, also pivots on the non-kicking foot • Level 4 – As above, also cuts the ball back quickly to perform next action with their stronger foot • Level 5 - As number 3, also cuts the ball back quickly to perform next action with their weaker foot 	Once you have awarded your daughter a level, she is welcome to count how many times she can achieve this on her own and tell you. Once they move to a new level, they start again at Level J
Turning - Stop Turn Can be practised alone. Should be able to achieve it with their left and right feet	See this link for demonstration of the skill <ul style="list-style-type: none"> • Stop the ball with the sole of the foot • Step forward with the same foot, planting it in front of the ball • Bends knees to create platform to accelerate in opposite direction • Take the ball away with the outside of the opposite foot 	<ul style="list-style-type: none"> • Level 1 – Is able to stop the ball with the sole of their foot • Level 2 – As above, also steps forward with the same foot, planting it in front of the ball • Level 3 – As above, also bends knees to create platform to accelerate • Level 4 – As above, also takes the ball away with the outside of their stronger foot • Level 5 – As number 3, also takes the ball away with the outside of their weaker foot 	<ul style="list-style-type: none"> • Level A – Between 451-500 • Level B – Between 401-450 • Level C – Between 351-400 • Level D – Between 301-350 • Level E – Between 251-300 • Level F – Between 201-250 • Level G – Between 151-200 • Level H – Between 101-150 • Level I – Between 51-100 • Level J – Between 0-50
Turning - U Turn Can be practised alone. Should be able to achieve it with their left and right feet	See this link for demonstration of the skill <ul style="list-style-type: none"> • Non-kicking foot plants as the kicking foot reaches for the ball • Drag the ball back as you turn, shielding the ball from the defender • The next touch is made with the nearest surface of the nearest foot 	<ul style="list-style-type: none"> • Level 1 – Is able to plant non-kicking foot whilst kicking foot reaches for the ball • Level 2 – As above, also can drag the ball back as they turn • Level 3 – As above, also shields the ball with their body as they turn • Level 4 – As above, also takes the ball away with the outside of their stronger foot • Level 5 – As number 3, also takes the ball away with the outside of their weaker foot 	
Turning - Drag Push Can be practised alone. Should be	See this link for demonstration of the skill <ul style="list-style-type: none"> • Reach in and drag the ball back using the sole of the foot 	<ul style="list-style-type: none"> • Level 1 – Is able to reach in and drag the ball back using the sole of their foot • Level 2 – As above, also moves the ball across the front of their body 	If they are able to perform the drill using their left and right feet,

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able to achieve it with their left and right feet	<ul style="list-style-type: none"> • Move the ball across the front of the body • Take the ball away with the outside of the opposite foot 	<ul style="list-style-type: none"> • Level 3 – As above, also transfers body weight to change direction quickly • Level 4 – As above, also takes the ball away with the outside of their stronger foot • Level 5 – As number 3, also takes the ball away with the outside of their weaker foot 	they just need to do it roughly equal times with both feet to achieve a level e.g. to achieve Level A, they just need to do it approx. 250 times with each foot, not 500
Turning – Cruyff Can be practised alone. Should be able to achieve it with their left and right feet	See this link for demonstration of the skill <ul style="list-style-type: none"> • Fake to pass or shoot planting the non-kicking foot in front of the ball • With the opposite foot, use the inside of the foot to move the ball behind the non-kicking foot • Take the ball away with the non-kicking foot 	<ul style="list-style-type: none"> • Level 1 – Can fake to pass or shoot whilst planting the non-kicking foot in front of the ball • Level 2 – As above, also uses the inside of the kicking foot to move the ball behind the non-kicking foot • Level 3 – As above, also shields the ball with their body as they turn • Level 4 – As above, also performs next action (pass, dribble or shoot) with stronger foot • Level 5 – As number 3, also performs next action (pass, dribble or shoot) with weaker foot 	