

Introduction To Turning

Introduction To Turning KS2.

- 1 In an area suitable for age and stage of players
- 2 Split players into evenly matched teams.
- 3 Large number of balls in centre (more balls than players)

Activity.

- 1 Each team lines up outside the area
- 2 On teachers command the first player of each group runs to retrieve a ball.
- 3 The player collects a ball and dribbles the ball back to their team.
- 4 once they are back the next player goes.
- 5 Continue till all the balls have been collected.

Key coaching points/words

- 1 Check shoulders
- 2 Go in low
- 3 Send eyes to the ball
- 4 Watch your feet do the move
- 5 Accelerate away.
- 6 Progression.

Introduce new turns, have players call the turn they are about to execute.

Elimination competition, team with fewest balls eliminated.

Learning Outcomes

Most players will:

Perform at least one basic turn (inside or outside cut) while dribbling. Control the ball when retrieving it from the centre. Show awareness by

checking shoulders before turning.

Some players will:

Execute more than one type of turn (inside cut, outside cut, drag back).

Maintain speed while turning and dribbling back to their team.

Make quick decisions under light pressure from other players.

One or two players (as the session progresses) will:

Perform turns confidently under pressure with a defender present.

Combine multiple turns in a sequence while keeping control.

Communicate effectively by naming turns and directing teammates.

