



No Turn “Go Back”

Coaching Session Plan

Drill Name:	No Turn “Go Back”
Objectives:	1. Stop attackers from turning.
Ages:	U9 +
Organisation:	<ul style="list-style-type: none"> Grid min 20 x 20 (bigger for more and / or older players). 2 sets of 4bibs. 4 defenders + 4 attackers + 2-4 servers (parents, coaches or players) 4 balls.>30mins.
Activity:	<ul style="list-style-type: none"> Attacker faces server. Server passes to attacker. As soon as ball is passed defender sprints to attacker to try to stop him from turning. Coach key factors. If attacker turns and sprints over end line = 1point. Defender tackles = 1point. Attacker passes back to server = 1point for defender.
Coaching:	<ol style="list-style-type: none"> Make up ground fast as soon as ball is passed. Maintain a distance which is touch tight. Stand slightly sideways with ‘springy knees’ to get a clear view of ball and so that you are ready to move quickly in any direction. Nick, nick, nick & tackle when attacker tries to turn.
Diagram:	<p>Green are defenders who will be coached the key factors.</p> <p>Blues are attackers who will attempt to turn.</p> <p>Reds are servers (can be players, parents, coaches)</p> <p>Progression - remove lanes and add goals. 1ball now. Play as teams. Attackers score goal = 1point. Defender tackles = 1point. Defender forces pass back to server = 1point. If they get it play with 2 balls.</p>
Progression:	<p>Only progress if players are successful in phase 1 of session. Remove lanes. Attackers and defenders now work as teams. Attackers attempt to score goals. Defenders success is a tackle out of the grid (1point) or an attacker passing back to server (1point).</p> <p>In progression coach the importance of not being too close if your man is not in possession, get tight only when you see the pass is made to him to avoid being rolled.</p>
Other:	