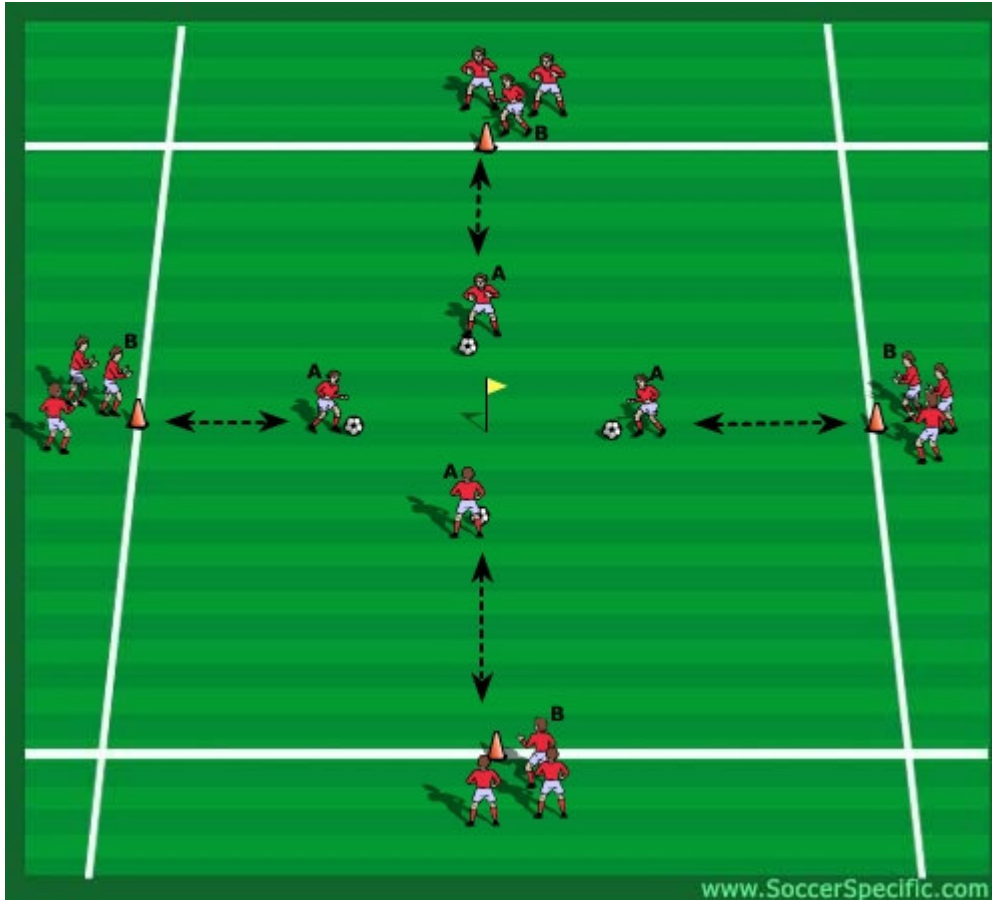


## Wheel In and Out

**Emphasis:** Dribbling, turning and running with the ball at speed.



### Set-up:

20 x 20 yard grid. Four cones are placed on the perimeter of the grid as shown. A flag is placed in the center of the grid. Players are split into 4 groups and are positioned at each of the cones. One ball per group.

### Objective:

Players (A) from each group must dribble towards the flag, perform a turn and dribble back to the starting point. The ball is passed to the next player in line (B) to repeat the sequence. Players are encouraged to accelerate towards the flag with the first touch. Play is continuous for a designated period of time.

### Progressions:

1. Coach determines which turn players must use – Cruyff, cut, step-over etc.
2. Players must perform a feint halfway to the flag.
3. Pass from the flag immediately after the turn.

### Coaching Points:

- Push the ball out of your feet.
- Keep eyes up to scan the playing area.
- Accelerate out of the turn.