

Hook turns

What you tell your players the session is about:

- 1 Shaking off a close defender.
- 2 Creating space for themselves.
- 3 Changing the direction of play.

What you tell your players to do:

- 1 Keep the ball to one side of the body away from the defender.
- 2 “Hook” the ball back in the opposite direction.
- 3 Accelerate out of the turn.



what to shout

- “Play with your head up”
- “Sprint away”



what to look for

- Disguising their intentions by feinting as if to pass the ball rather than turn.
- Bent knees.
- Use of the inside of the front foot for the Inside Hook Turn or...
- ... the outside of the front foot for the Outside Hook Turn.
- Moving the ball on the turning touch back in the opposite direction.
- Turning the body the same way the ball has been “hooked”.
- Back foot acting as brake/pivot.
- Pushing off from back foot to accelerate away.



what to think about

To perform a hook turn, tell your player not to run around the ball, but to take a long stride forward to reach the ball.

What you get your players to do:

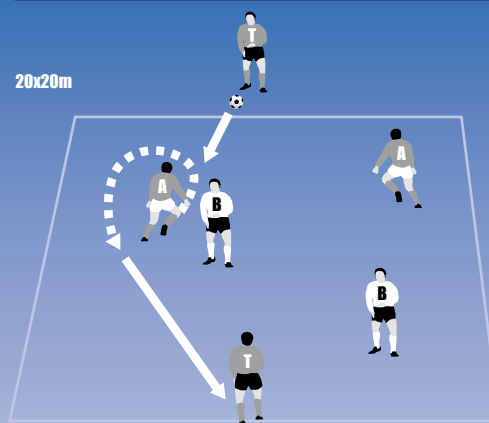
Stage 1: Two players have a ball each in an area 10 x 10 metre. The defender has to keep their own ball under control while trying to tag the attacking player, who tries to avoid being tagged by doing turns with the ball.

Stage 2: The players swap after 30 seconds. To make it more competitive try counting the number of times the defender tags the attacker.

Development

Play 2 v 2 in an area approx 20 x 20 metres with two target players outside the area. Team A receives the ball from a target player and can pass the ball to either the target players or to a team-mate.

Hook turns



direction of pass → direction of turn ■■■→
A = team A B = team B T = target player

The opposition try to win the ball and pass it to one of the target players or to each other. The practice continues with either team in possession for three minutes when the two target players swap with one of the teams inside the area.

How would I put this into a game situation?

Play a small-sided match – say 3 v 3 – and encourage both teams to use their turns.



How to use smart sessions

Print off the session and take it to training. It should take you less than five minutes to read the instructions, set up the session, and then you are ready to communicate what happens to your players.

Number of players

You only need six players to complete a session, though it can easily be expanded to meet your needs. With lots more players you could have a number of grids working at the same time.

Timings

The timings are for a twenty minute session, but it can be expanded or reduced to meet your needs. It's your call.

As a rule of thumb 10 minutes would be enough time for a well executed first drill, development and feedback. Any shorter and you have not explored the full skill range or asked enough questions of the players. Longer is fine as long as you feel the session is developing. The game related element adds another 10 minutes.

Equipment

The equipment used is simple. A set of cones (or trainers or tops) as markers and a couple of balls.

You can add in other equipment where you feel you need them – we just assume that you don't have them because sometimes the shed is locked or another coach is using them.

Training area

The size of the training area is left for you to decide. Smaller players need a smaller area, but the session will never need more than a 20m x 20m grid for initial drills. The smaller the area the more intense the training.

The standard and age groups

Smart sessions are based on the core skills of soccer. They will challenge any standard because a player can always perform the core better.

The "development" ideas can be used to differentiate between the different standards of your players; the "think about" section can challenge the more advanced; the "game related situations" can change the contact situations the teams face.

Players should wear shin pads in all coaching sessions. They should be suitable to the player's physique and worn correctly with socks pulled up.

Elements of the session

What to tell your players the session is about:

This is your introduction and outlines the objectives of the session. Just read this out. The players then have an objective. Return to this at the end of the session to see if you have achieved your objectives.

What you tell your players to do:

This is how you want your players to achieve the objectives. You can tell the players straight away how to achieve the objectives, or you can tease it out of them as the session goes on.

What you get your players to do:

This shows you how the session is going to work. Depending on what is going to be achieved, it sets out what actions the players are going to take. There are no exact measurements, or complicated patterns – the approach is "simple, stupid, successful". Slow motion the first few patterns – get the drill right and the skill right first before speeding up. Use the "What to shout" prompts to keep the players focused. Use the "What to look for" to keep your eye on why the players might be failing.

Development

No session is worth doing unless there is some form of progression. Normally there will be an increase in pressure, say by adding more defenders, or by restricting the time available. Other areas for you to think about are: Where do I stand as coach? Do I throw the ball into the grid?

How would I put this into a game situation?

All the elements of the session are geared to the game, but this section puts the session one step away from a full game, with attack, defence and a goal line.

What to shout

Have the words handy, because apart from the usual words of encouragement, it is good to shout the key factors to players. Of course you can hold some of these "shouts" back and ask the players to identify how they can improve.

What to look for

You need to keep your eyes open for "best practice". This section helps you identify quickly where players might go wrong so you can quickly put them right.

Think about

Here you have the chance to challenge the players and situation, either by using feedback or just asking yourself the questions. It is a little more advanced and might not be appropriate for your players.

Where does it fit:

To help you file and order our coaching we have given you the core areas of individual and team skills that the session covers.