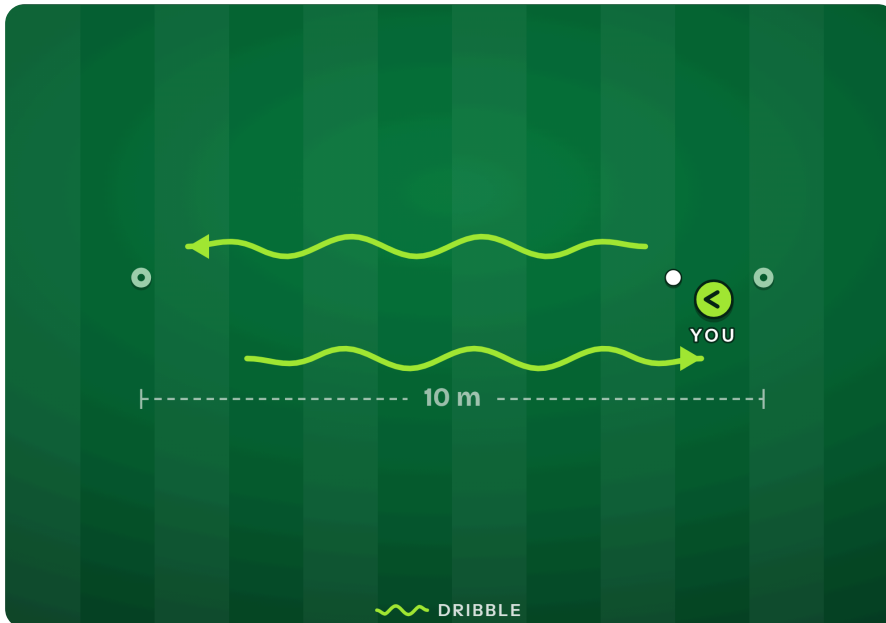




Set up

● A ball on flat grass

📍 2 cones

📏 10 m apart

🕒 Dose

🔄 2 laps with each turn

🔄 Then mix them up

2 laps with each turn, then mix them up: our own target, not an FA or FIFA rule.

What it trains

Two ways to turn and go back the way you came: the drag-back with the sole, and the outside hook with the outside of the foot. The FA lists both among its turns, so you can choose.

How it works

- 1 Put 2 cones 10 m apart on flat grass. Start at one cone with the ball.
- 2 Dribble to the far cone, turn, dribble back and turn again at the start cone. That is one lap.
- 3 Drag-back: stop the ball dead with your sole, drag it back past your standing foot, spin round and go.
- 4 Outside hook: step past the ball, turn your toe out and hook it back with the outside of your foot as you spin.
- 5 Do 2 laps with each turn, using either foot (our target). Then mix them up: choose your turn at each cone, as in the video.

Coaching points

- 1 **Stop it dead, then go**
Put your sole on top of the ball to stop it dead, drag it back past your standing foot, then spin after it and go. Keep the ball close and keep a tight turning circle, as the FA's turning session puts it.
- 2 **Turn tight at the cone**
At the cone, step past the ball with your toe turned out and hook it back with the outside of your foot as you spin. Turn tight to the cone and take the ball away.

✗ **Not this:** A wide, slow turn. The ball runs away from you, and you need extra touches to catch it before you can go.

↗ HARDER

Use your weaker foot for both turns, and turn without slowing down. Then add the inside hook: hook the ball back with the inside of your foot and turn the other way.

↘ EASIER

Walk it first: stop the ball, then do each turn slowly from standing. Then add a slow dribble, and shorten the lane to 5 m.

🛡 Safety

- Flat, dry grass with clear space around the lane, never a road or a driveway.
- Your sole goes on top of the ball, so start slowly and use grass or a non-slip surface, never a polished floor.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/drag-back-and-hook-turns

Then take the free test at footballreach.com

MY NOTES