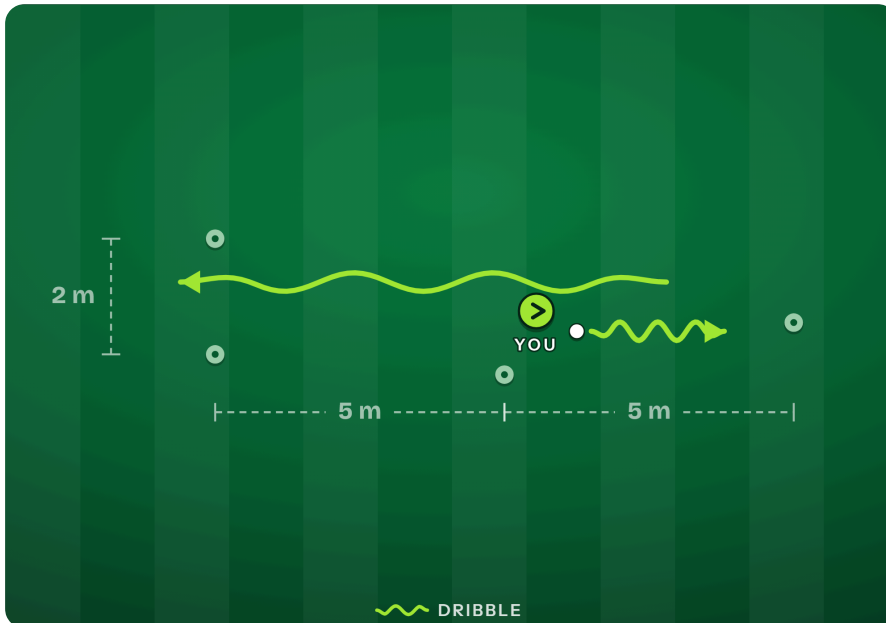




Set up

- 4 cones
- Defender cone at 5 m
- A 2 m gate
- Gate 5 m behind start

Dose

- 4 on each foot, 3 rounds
- Walk back to recover

4 turns on each foot, 3 rounds, walking back between reps: our own target, not an FA or FIFA rule.

What it trains

Turn away from pressure: shape as if to pass, drag the ball behind your standing leg with the inside of your foot, then accelerate away through a gate. The FA lists the Cruyff among its turns, and FIFA's ball-mastery practice uses it on both feet.

How it works

- Set a start cone on flat grass. Put a cone 5 m in front of it as your defender, and a 2 m gate (2 cones) 5 m behind the start.
- Dribble from the start towards the defender cone.
- About 1 to 2 m before it, plant your standing foot beside the ball and shape as if to pass.
- Drag the ball behind your standing leg with the inside of your other foot, turn to follow it and accelerate back through the gate.
- Walk back to the start to recover. Do 4 turns on each foot: that is one round. Do 3 rounds (our target).

Coaching points

- Drag it behind you**
Plant beside the ball and shape as if to pass, then use the inside of your foot to drag the ball behind your standing leg. Keep a tight turning circle and keep the ball close, as the FA's turning session puts it.
- Explode to the gate**
As the ball goes behind you, turn to follow it and push it ahead with your next touch. Accelerate hard for the first few steps and dribble through the gate.

- Not this:** A big drag that sends the ball rolling away from you. You need an extra touch to catch it, and the pressure catches you.

HARDER

Turn later, about 1 m from the defender cone, and race through the gate faster. Then ask a partner to walk at you as the defender and turn away when they get close.

EASIER

Walk it first: from standing, plant, shape to pass, drag the ball behind you and turn. Then add a slow dribble, and widen the gate to 3 m.

Safety

- Flat, dry grass with clear space past the gate, never a road or a driveway.
- The ball passes close to your standing foot, so go slowly until you can drag it cleanly without stepping on it.
- 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/cruyff-turn-through-a-gate

Then take the free test at footballreach.com

MY NOTES