



# National Soccer Coaches Association of America



## PRACTICE #24 CUTTING & TURNING + DEFENSIVE JOCKEYING

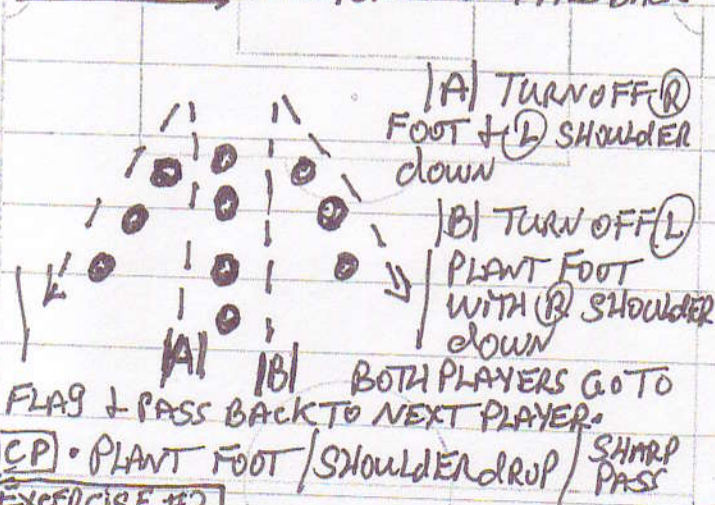
WARM UP: PLAYERS DRIBBLE IN 20'x30' YOL SPACE. PLANT, CUT & DRIBBLE AT PACE INTO OPEN SPACE ON COACHE'S "GO", DYNAMIC STRETCHING.

WARM-UP PROGRESSION: SERPENTINE DRIBBLING W/ TALL CONES 2 YDS APART, FOCUS: CUT & TURN.

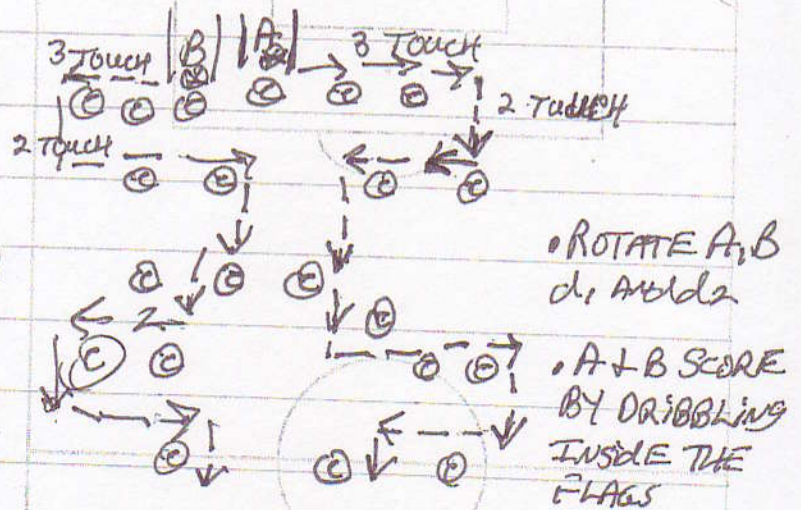
EXERCISE 2 - TWO SIDES PLAYERS A+B DRIBBLE & CUT AROUND CONES & BACK DEFENDERS d<sub>1</sub> & d<sub>2</sub> JOCKEY |A| & |B| [CP] <sup>1) BALL/BODY & DEFENDER SQUARE ON. 2) BODY POSITION JOCKEYING / UPRIGHT PLAY</sup>

EXERCISE 3 - PLAYERS |A| & |B| START ON EACH SIDE OF CONES & DRIBBLE USING 3 TOUCH LATERAL AND 2 TOUCH FORWARD DRIBBLING. DEFENDERS BEHIND FLAG CAN JOCKEY WHEN ATTACKER GETS TO LAST CONE. d<sub>1</sub> & d<sub>2</sub> JOCKEY A+B OUTSIDE THE FLAG

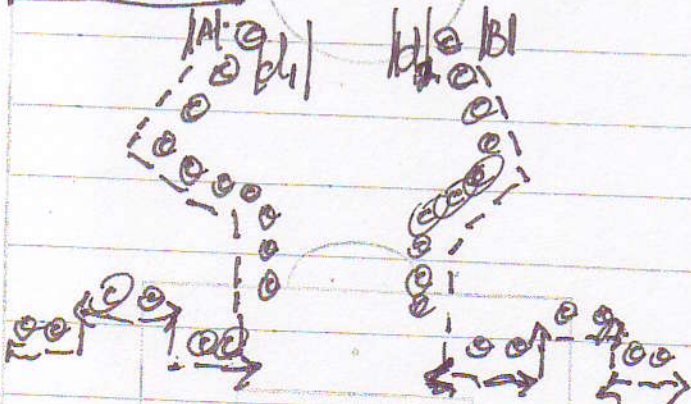
EXERCISE #1 - PLANT, SPRINT OUT, PASS BACK



EXERCISE #3 CHANGE OF DIRECTION / BALANCE



EXERCISE #2



[CP] • (L) SHOULDER & (R) SHOULDER DROPS

- WHEN ATTACKERS DRIBBLE
- IMPORTANCE OF ATTACKING TOUCH + STRIDE
  - SQUARE ON PLAY BY DEFENDER
  - ANGLE OF APPROACH FOR JOCKEYING DEFENDER