



General: U-Turns

OBJECTIVES: To quickly move from one location to a parallel location.

Set up: Can be done in pairs or individually with a pylon.

Instructions:

1. Set up with a partners or pylons just in front of a line. (Figure 1)
2. First player pulls back on an angle until their axle is into the back path of the partner. (Figure 2)
3. Player spins away from partner/pylon and around. (Figure 2)
4. Player then pushes forwards on an angle across the line, to end up on the other side of partner/pylon. (Figure 2)
5. Repeat going back and forth.

Repeat for a set number of repetitions or for a set time (i.e. 1 minute).

Round 1 - Standard chair width U-turns.

Round 2 - Wide U- turns (3-4m).

Round 3 - Grinding U-turns (partner faces opposite and pushes into U-turner's chair).

Round 4 - U-turns with a pass each time.

Activity Rules / Games Approach:

- Start in front of the line and finish in front of the line.
- Grinding U-turns - provide gentle pressure into the U-turner's wheel. (Figure 3)
- When using a ball, the passer passes to the player once they have established position. (Figure 3)
- Increase speed to increase difficulty.

Coaches Key Points:

- Players should back up, line up axle in path, spin out and away from partner then push forward.
- Players should keep their body balanced over top of axles.
- Players should recover hands quickly after each push.

Variations/Loading:

- Choose one of the rounds instead of doing all four.
- Add a ball and passes to grinding U-turns and/or U-turn and sprint. (Figure 3)
- Vary the time and/or repetitions for each round.

Mental:

- Use coaches' key technique words (back up, axle in path, spin out, push forward) to help solidify the skill.
- Use visualization between sets to picture great performance.
- Count repetitions per set and set goals to increase reps per the time limit.

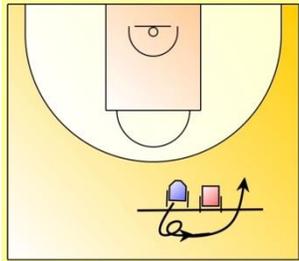


FIGURE 1

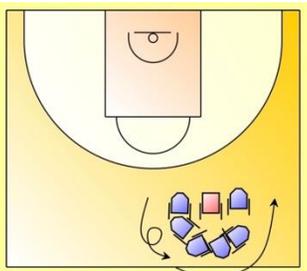


FIGURE 2

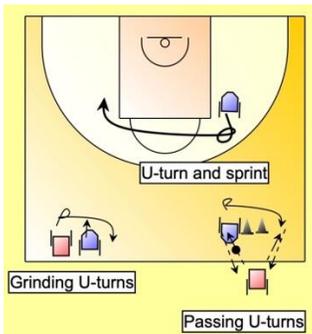


FIGURE 3