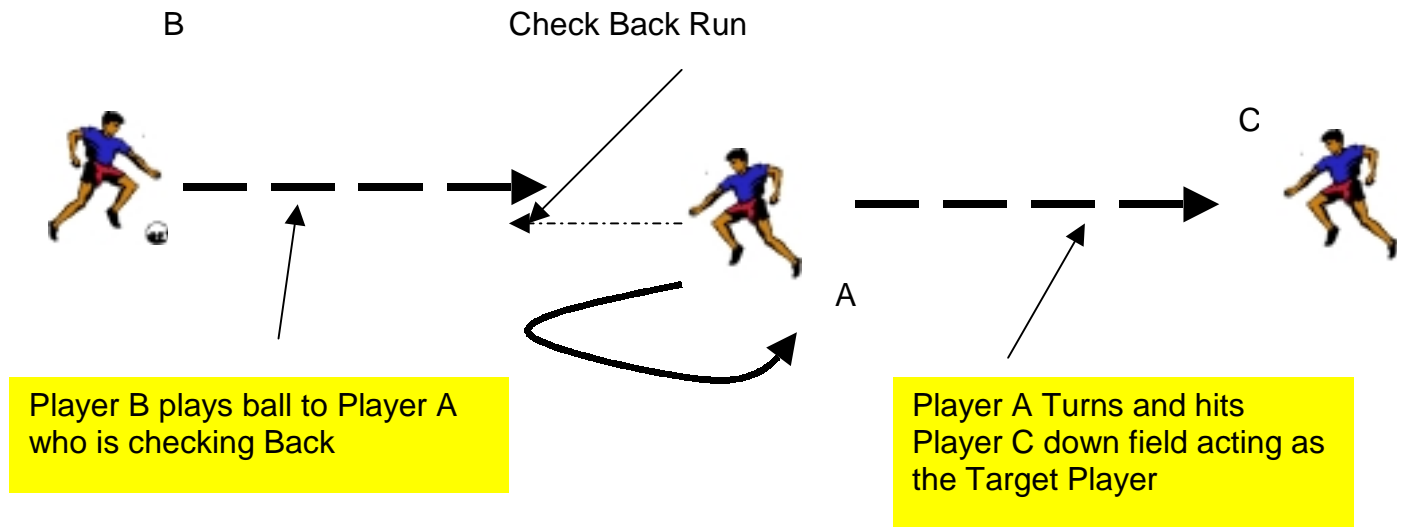


Progression of "Turn !" – Hitting a Downfield Target

The first progression of the Turn drill is to add a Target Player down field. We set up the three (3) players from our "Check-Back" drill as before except this time there is only 1 ball with one of the end players as shown below.



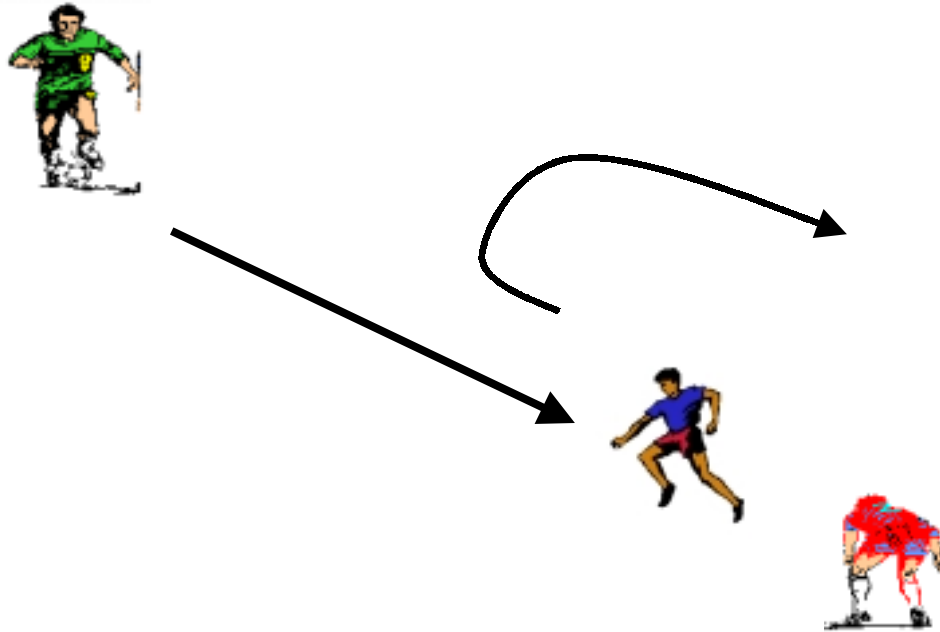
The sequence then restarts with Player A checking away and then back to Player C. Player C hits Player A who then turns and plays the ball to Player B acting as the target. Switch the center player after about 5 to 10 runs depending upon conditioning.

Progression of "Turn !" – Adding the Defender

The next logical progression of **Turn !** is to put a defender on the player receiving the pass. Have the defender start off at half-speed and just harass the receipt of the ball. Receiver still must turn and drive down field.

Next let the defender apply more pressure **BUT** the defender must pick one side to defend (left or right) and not react to the receiver's decision as to which way to turn. This gives the receiver-passer combination the exercise of checking where the defender is, **AND** the confidence that is built with a successful application of the technique.

Next, handicap the defender by making them start further back so that the receiver, if they hustle, will receive the ball with space to make a decision, i.e. before the negative space is completely gone. The defenders now may try to play *No Turn* defense. No Turn Defense is just as the name implies... don't let the ball carrier turn towards their goal.



Finally, let the defender and the receiver play as hard as they want for the ball. If the receiver cannot turn, the passer has to tell them so and then the option is for the target player to pass the ball back to her partner.