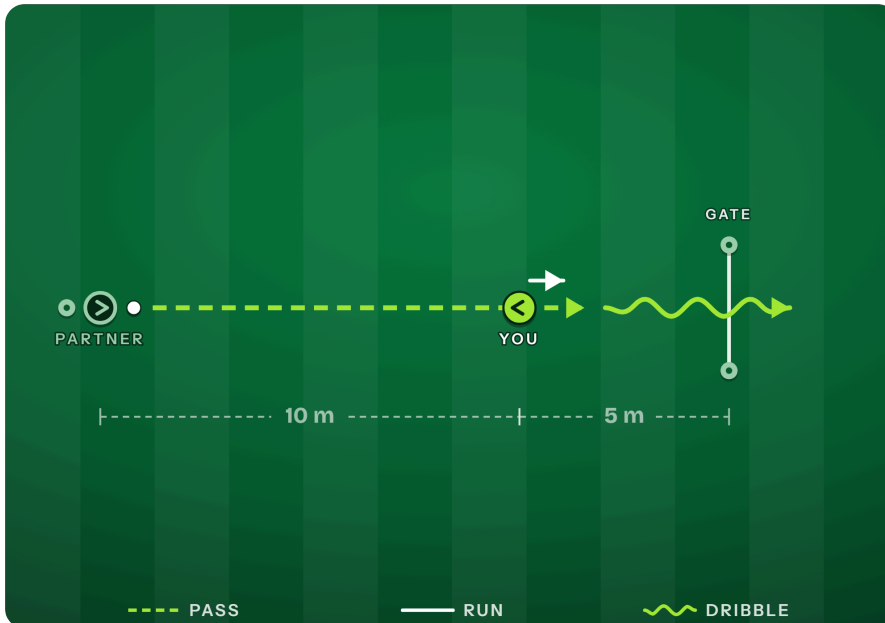




Set up

A partner and a ball

3 cones

10 m apart

3 m gate, 5 m behind

Dose

Spin the other way next

3 sets of 8, 1 min rest

3 sets of 8 turns, 1 minute rest between, then swap roles (the Football Reach target, not an FA rule).

What it trains

The no-touch turn: check your shoulder, shape as if to take the pass, then let it run past you, spin and take it forward with your first touch. England Football lists it among its turns and uses it in a receiving warm-up.

How it works

- 1 Stand 10 m from your partner, who has the ball at a cone. Set a 3 m gate (2 cones) 5 m behind you.
- 2 As your partner gets ready, check over your shoulder so you know where the gate is.
- 3 Your partner passes firmly along the ground. Come towards it and shape as if to take a touch, then let it run through without touching it.
- 4 Spin, meet the ball behind you with your first touch and dribble through the gate.
- 5 Jog back and spin the other way next time. Do 3 sets of 8 with 1 minute rest between, then swap roles.

Coaching points

- 1 **Sell it, let it run**
Make the touch look real: come towards the ball and shape to take it, then open up at the last moment and let it run between your feet or past you without touching it.
- 2 **Spin and meet it behind**
Start the spin as the ball goes past, and take your first touch a couple of steps behind your spot, already facing the gate.

× **Not this:** Taking a touch to stop the ball before you turn. It costs you time, and a defender behind you can step in while you set it.

➤ HARDER

Add a third player behind you as a passive defender who steps towards you as the pass is played (no tackles): check where they are and spin away from them. Then ask for firmer passes.

➤ EASIER

Ask for softer passes and widen the gate to 4 m. Or have the ball rolled gently and walk through the spin until it feels natural.

🛡️ Safety

- Dry, grippy grass with space around the gate, never a road or a driveway. Spinning on wet grass can make you slip.
- Passes along the ground only, firm but controlled.
- Stop if anything hurts.
- 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/let-it-run-the-zero-touch-turn

Then take the free test at footballreach.com

MY NOTES