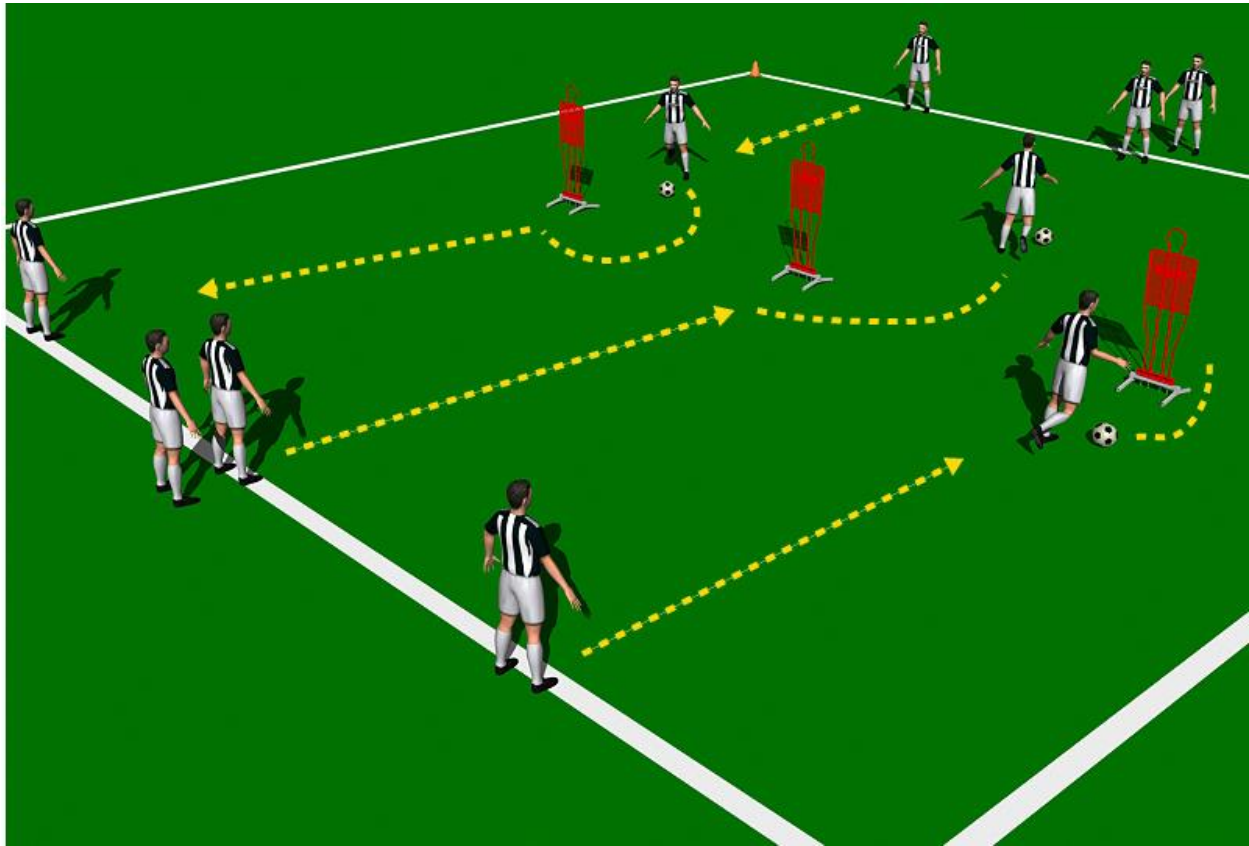


## Mannequin Spin Outs Drill



### Exercise Objectives:

This exercise focuses on developing the “**spin out move**” with a change of pace and change of direction with the ball. It is a short exercise that can be incorporated into any warm up session.

### Coaching Pointers:

To start the exercise, divide your team into 2 groups and position them at opposite sides of the grid (see video above). The first player in each group runs at the mannequin and executes a “**spin out move**” before acceleration into the space behind the mannequin. He continues to the opposite side. The drill is then repeated from the other side. All players rotate through the mannequins in a circular fashion.

### Focus on:

- Clean technique
- Change of Speed
- Change of direction

### Field Preparation

- Area approximately 30 x 20 yards.
- Entire Group
- Mannequins

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