

## U9-U10 Coaches Clinic - Dribble Turns

Date : 8/Sep/2013

Duration : N/A

Session

Improve ball control/comfort-introduce/

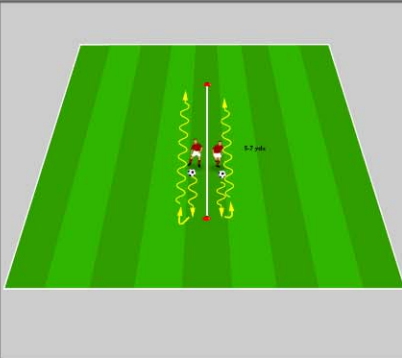
Time : N/A

Age/Level : U8 - U10

Objective:

improve dribble turns

### Dribble Turn Line



**Description :**

2 players with balls standing next to each other, facing same direction on opposite sides of line between 2 cones. They mirror each other with dribbling movement.

Dribble at speed with ball on foot that shields ball from teammate/opponent/.

Perform turn away from teammate/opponent to change direction.

Make competitive between players/groups - how many sequences in set time. Variations: vary foot and turns used, one player has ball and other shadows as defender.

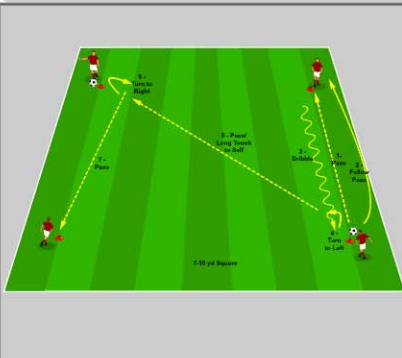
**Coaching Points :**

Introduce turns: inside/outside cuts, pull back, Cruyff, squash and turn, reverse step over, etc.

Bigger touches when far cones and smaller touches when you are close to cone or getting ready to turn.

Knees bent and body low on turn. Body goes with ball on turn. Accelerate/explode out of turn.

### Dribble Turn Square



**Description :**

4 players each at the corner of a square - 2 players with ball at opposite corners

Player passes to teammate on same side of grid and follows pass - player receiving pass dribbles towards cone where pass came from. At cone uses inside of foot cut with right then takes long touch to diagonal cone.

At diagonal cone uses outside of foot cut with right then pass along side to teammate. Occurs simultaneously with two balls. Make competitive between groups - how many sequences in set time. Variations: vary foot and turns used.

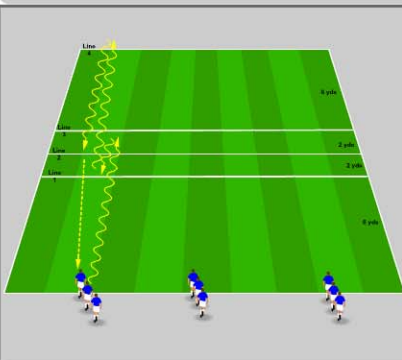
**Coaching Points :**

Introduce turns: inside/outside cuts, pull back, Cruyff, squash and turn, reverse step over, etc.

Bigger touches when far cones and smaller touches when you are close to cone or getting ready to turn.

Knees bent and body low on turn. Body goes with ball on turn. Accelerate/explode out of turn. Use body/shoulder feints. Firmly weighted and accurate passes.

### Dribble Turn Relay



**Description :**

First player in line takes off on the dribble. When reaching space between Lines 2 and 3, uses outside foot cut to reverse direction. When reaching space between Lines 1 and 2, uses inside foot cut to reverse direction. When crossing line 4, uses drag back to reverse direction. Once crossing Line 3 - passes to next player on team. First group finishing a set number of repetitions with each player on team wins. Variations: change foot used for turns, vary type and sequence of turns used.

**Coaching Points :**

Proper technique for inside cut, outside cut, drag back and squash and turn.

Bigger touches when far from the line and smaller touches when you are getting ready to turn.

Knees bent and body low on turn.

Body goes with ball on turn.

Accelerate/explode out of turn.

### Change of Direction Square



**Description :**

3 or 4 players each with ball inside of 10-15 yard square

Designate one player as attacker and all other players as defenders to start

Attacker scores by dribbling ball into contact with one of the 4 cones

If a defender dribbles in between the attacker and a cone, the attacker must change direction and attack a different cone (until scoring or being redirected again)

Variation: defenders can only stop attackers by getting in their way

**Coaching Points :**

Introduce turns - 90 degree: V's, L's, etc and 180 degree: inside/outside cuts, pull back, Cruyff, squash and turn, reverse step over, etc.

Bigger touches when far cones and smaller touches when you are close to cone or getting ready to turn.

Knees bent and body low on turn. Body goes with ball on turn. Accelerate/explode out of turn. Use body/shoulder feints.