



08 / U10G - Turning/Changing Direction with the Ball

Category: Technical: Turning

Difficulty: Beginner | Start Time: 02-Aug-2017 16:30h

Am-Club: Rio Rapids Soccer Club
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Description

Turning/changing direction with the ball to solve defensive pressure/attack open space and maintain possession

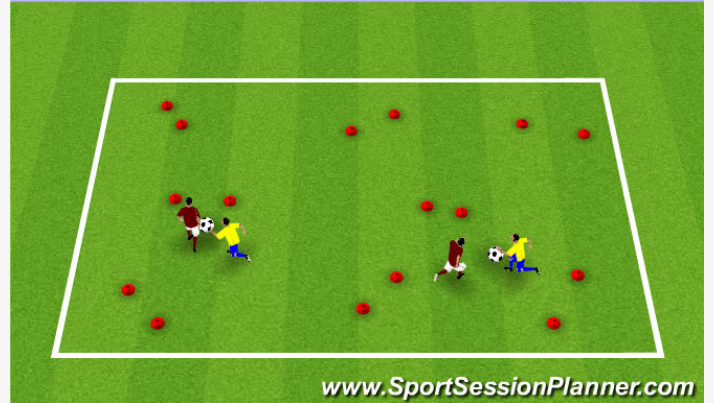
1v1 to Gates (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Grid with gates/goals randomly spread around area.
- *Various gate/goal sizes to change requirements for players as they dribble.
- *Match each player up with a partner of similar competitive ability - consider change of pairs based on results/competition
- *2 or 3 pairs play 1v1 simultaneously on the field - rotate pairs for proper work to rest ratio
- *Score by dribbling through a gate/goal in any direction without touching the cones
- *When defender wins ball, they become the attacker
- *Play for 45-60 seconds. Work to rest ratio of 1:2
- *Variation: coach/parent stands in gates/goals for short time periods to close them to scoring

COACHING POINTS:

- *Head up and peeking to find open gates/goals to attack
- *Attack open gates/goals with speed
- *Turn/change direction with ball to escape defender and attack open gates/goals
- *Explosive changes of speed/direction to lose defender
- *Using disguise/deception - draw defender to one gate/goal with dribble with plan to attack another
- *Touches under control as passing through gate/goal



Gate Dribbling (PART) (30 mins)

DESCRIPTION/ORGANIZATION:

- *Grid with gates/goals randomly spread around area.
- *Various gate/goal sizes to change requirements for players as they dribble.
- *Players score by dribbling through gates/goals in one direction and then turning to go back through without touching the cones.
- *Work to rest ratio of 1:1 (during rest - say hello and find something out about a teammate)

Activation phase: on coaches signal - every player leaves their ball, goes to the edge of the grid to perform a physical movement prescribed the coach and then finds any ball to begin dribbling through gates

*Physical movements: bend knees and get low then natural stance, cross line facing out & open hip to face in with one foot in grid, cross line facing out and bring foot across and around body to face in with that foot in grid, cross line facing out - turn and cross line facing in and repeat again

Competition phase: how many points can you score in 60 seconds

- *Variation: coach/parent stands in gates/goals for short time periods to close them to scoring

COACHING POINTS:

- *Head up and peeking to find open gates/goals to attack
- *Attack open gates/goals with speed
- *Turn/change direction with ball to attack open gates/goals and to score
- *Touches under control as passing through gate/goal

Turning technique:

- *low center of gravity - knees bent with arms out for balance and to protect space
- *hips/body turn with the ball - not separate movements
- *keeping body between ball and defender on turn
- *explosive change of speed/direction on turn - explode through gate/goal
- *using different types of turns/surfaces
- *using both feet

Turns to teach:

Core - inside hook, outside hook, pull/drag back, squash and turn/step on
Next level - Cruyff, step-over turn



5v5 to Lines (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*5v5 in rectangular grid (could also be played 3v3 or 4v4)

*Score by stopping the ball on any of the 4 sidelines

*Variations: 1) each team scores to 2 lines, 2) each team scores to 1 longer sideline

COACHING POINTS:

*Head up and peeking to find an open path to a line

*Attack open lines with speed

*Turn/change direction with ball to escape defender and attack open spaces/lines

*Explosive changes of speed/direction to lose defender

*Using disguise/deception - draw defender to defend a line using dribble with plan to attack another

*Touches under control as you approach line to score

