



08 / U10G - Turning/Changing Direction with the Ball

Category: Technical: Turning

Difficulty: Beginner | Start Time: 04-Aug-2017 16:30h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

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

Change of Direction Square (WHOLE) (15 mins)

DESCRIPTION/ORGANIZATION:

- *4 large cones form the corners of a 10-12 yard square
 - *3 or 4 players each with ball inside 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 across the path between the attacker and a cone, the attacker must change direction and attack a different cone (until scoring or being redirected again)
 - *Play for 45-60 seconds and then rotate attacker - work to rest ratio of 1:2
 - *Which attacker can score the most points?
- Variation: defenders can only stop attackers by getting in their way

COACHING POINTS:

- *Head up and peeking to find open cones
- *Attack open cone with speed
- *Turn/change direction with ball to escape defender and attack open cone
- *Explosive changes of speed/direction to lose defender
- *Using disguise/deception - draw defenders to one cone with dribble with plan to attack another
- *Touches under control as cone is approached so that you can touch cone to score



Dribble Turn Relay (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

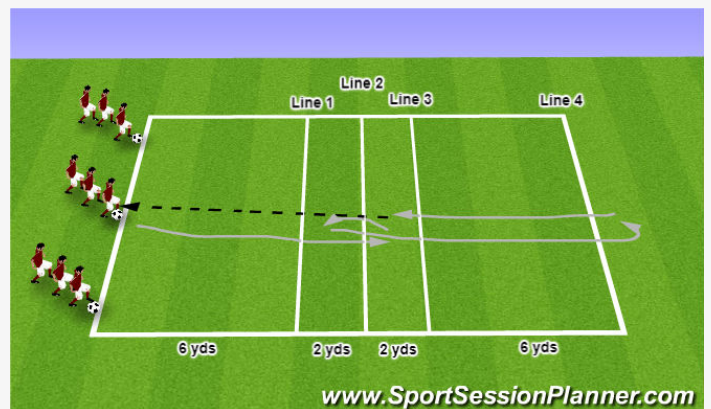
- *Dribble relay race with small teams
- *First player in line takes off on the dribble.
- *When reaching space between Lines 2 and 3, uses outside foot cut to reverse direction.
- When reaching space between Lines 1 and 2, uses inside foot cut to reverse direction.
- When crossing line 4, uses pull/drag 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 each type of turn.
- *Faster/bigger touches when far from the line and slower/smaller touches when you are getting ready to turn.
- *Knees bent and body low on turn.
- *Hips/body turn with the ball - not separate movements
- *Accelerate/expolode out of turn.

Turns to teach:

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



Ball Tag (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

- *Divide players into pairs, each player with a ball.
- *One partner should pick their ball up while the other keeps their ball at their feet.
- *The player holding the soccer ball is the tagger. The tagger should try to hit the dribbler's ball with his/her own ball.
- *When someone is tagged, the tagger gets to dribble and the other player must pick his/her ball up and try to tag the new dribbler's ball.
- *Play 45-60 second games with work to rest ratio of 1:2
- *Players left with the ball in their hands at the end of one-minute do a special activity
- *Be sure to mix up partners so players compete against new players.

COACHING POINTS:

- *Position body in between the opponent and your ball
- *Turn/change direction with ball to escape defender and attack open space
- *Explosive changes of speed/direction to lose defender
- *Using disguise/deception - draw defenders to area with dribble with plan to attack another
- *Bent knees with low center of gravity
- Defenders separating the attacker from the ball - putting their body between the ball and the attacker to win it



FUNino (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

FUNino - Official Rules:

- *Game starts with coach throwing ball into middle of field,
- *Goal can only be scored from inside the scoring zone (6-yard line),
- *When a goal is scored, one player from each team must be substituted on the fly,
- *After goal restart game with a pass or dribbling in from 6-yard line,
- *Infringements: staying inside a goal for more than a second, hand ball, violent play-free pass *Penalty attack for fouls inside shooting zone
- *No corner kicks *No offsides *Pass or dribble in when ball goes out on the sidelines

COACHING POINTS:

- *Which of the two goals is less defended?
- *When and how to use turns/changing direction with the ball to escape defenders or attack open space/goals

