



08 / U10G - Turning/Changing Direction with the Ball

Category: Technical: Turning

Difficulty: Beginner | Start Time: 11-Apr-2018 16:45h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Open Up the Opponent to Penetrate

Principle: Switching the Point of Attack

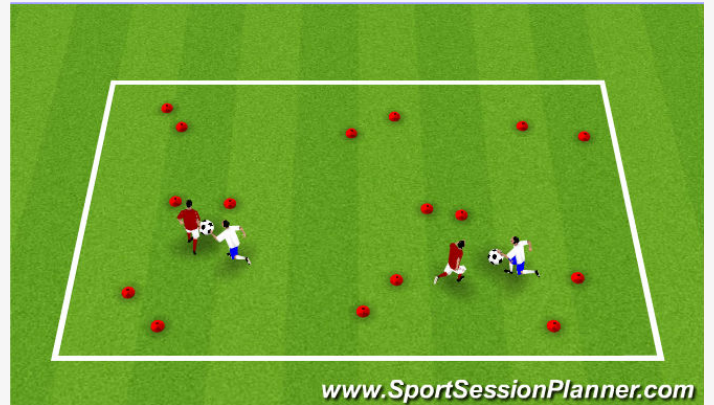
1v1 to Gates (WHOLE) (20 mins)

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



Rapids Box-Turns (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

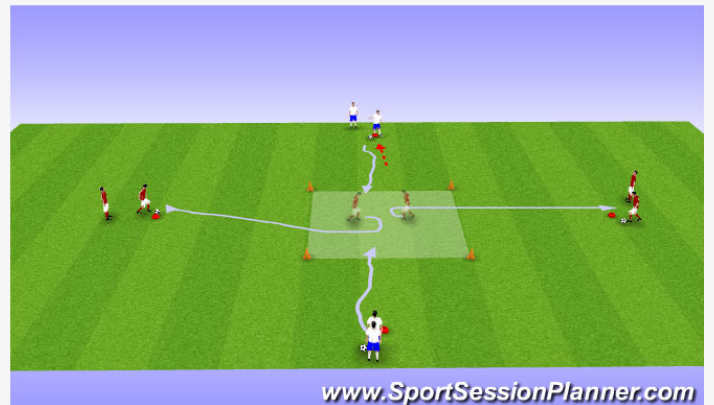
- *4 cones spaced 6 yards from the center of the side of a 6 yd x 6 yd central box
- *players split equally between the 4 outside cones with one ball at each line
- *player from each line dribble into central box (all lines playing at all times) - just before running into teammate or leaving the central box player makes a 180 degree turn to return to the line they started from
- *dribble out of the box and to teammate for a dribble takeover - same foot to same foot
- *have players do a specific turn for a period of time - 1-2 minutes and then change the turn
- *make sure players do the turn with each foot for an equal amount of time
- ***Variation: pass to teammate after dribbling out of central box

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:

Inside hook, outside hook, pull/drag back, Cruyff, step-over turn



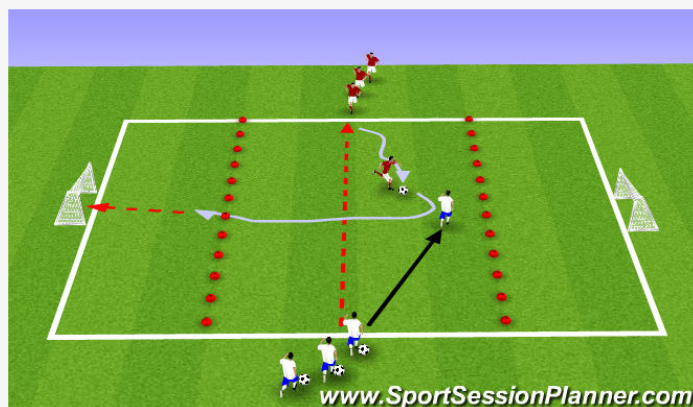
1v1 to 2 Small Goals (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

- *10 yard wide x20 yard long field with 2 small goals
- *Split players into two teams and have them stand on opposite sidelines - one group with soccer balls
- *Player with ball passes across to opponent and immediately defends - attacker can score on either goal but must be in the attacking zone before shooting
- *Defender can counter and score if they win the ball
- *Play until goal is scored or ball goes out of play
- *Switch lines after play
- *Make competitive - keep individual scores
- *Set up 2 fields to play on simultaneously

COACHING POINTS:

- Which goal is best to attack?
- If I am facing a very fast defender, how can I create open space to attack a goal?
- Once I get behind the defender to a goal, how/where should I dribble?
- Aggressive mentality to take defenders on 1v1 to beat them and score goals



4v4 to Lines (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *4v4 in rectangular grid (could also be played 3v3)
- *Score by stopping the ball on any of the 4 sidelines
- *Make competitive - keep score
- *Set up 2 fields for simultaneous games
- *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 - recognizing what lines are defended by many players and which ones are defended by none or few
- *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

