



# 11 Burgundy & White / U9B - Turning/Changing Direction with the Ball

Category: Technical: Turning

Difficulty: Beginner | Start Time: 19-Sep-2019 17:00h

Am-Club: Rio Rapids Soccer Club

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## Description

Topic: Turning/Changing Direction with the Ball

Phase: Possession to Advance

Principle: Getting Unmarked/Open - Create Separation from Defenders

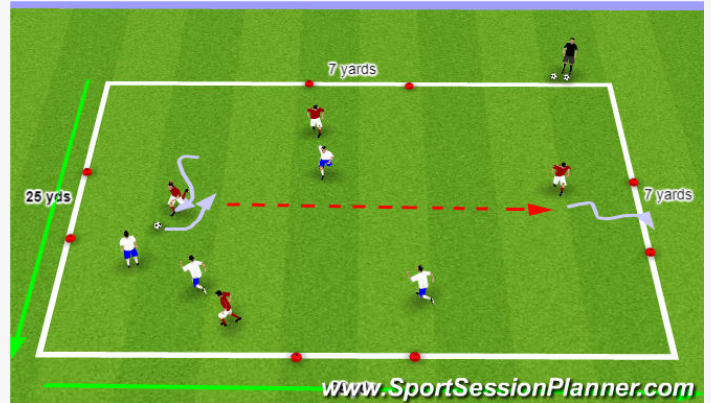
## 4 Gate Game (WHOLE) (15 mins)

### DESCRIPTION/ORGANIZATION:

3v3 or 4v4. Must dribble and stop ball on line between cones to score. Each team can score on any of the four gates. Expand field if needed. Make gates bigger or smaller depending on the success level.

### COACHING POINTS:

- \*Head up and peeking to find which gate is best to score on
- \*Attack open gates 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 get away from bunches of defenders
- \*Explosive changes of speed/direction to lose defender
- \*Touches under control as you approach gate to score



## Gate Dribbling (PART) (15 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
- \*Require specific turns/foot to be used for some rounds to get repetitions of technique
- \*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
- \*Explosive turn back through gate to score and immediately move on to next potential gate

### 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



## 1v1 to Gates-Ball Tag (PART) (15 mins)

### DESCRIPTION/ORGANIZATION:

- \*Divide team into two groups with each group divided into pairs and 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 gets a point if they hit the dribbler's ball with his/her own ball.
- \*The dribbler scores points by dribbling through gates without touching the cones
- \*Play 45-60 second games with work to rest ratio of 1:1
- \*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 score points
- \*Explosive changes of speed/direction to lose defender
- \*Bent knees with low center of gravity



## FUNino (WHOLE) (15 mins)

### DESCRIPTION/ORGANIZATION:

Set-up 2 games: 4v4 or 3v3

#### 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?
- \*Am I dribbling into a bunch of defenders?
- \*Could I lose a defender to get to goal by turning/changing direction with the ball?
- \*When and how to use turns/changing direction with the ball to escape defenders and attack open space/goals

