



Turning and COD

Category: Technical: Turning
Difficulty: Moderate

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Individual-Adult Member

Description

Turning and COD

Warm up (10 mins)

Organization 30x30 split into 4 squares

2 players in each square, dribbling the ball and practice skills. when the coach calls "Turn" players must change direction and dribble into a different square.

Add Dynamic stretches High Knees, Heel flicks, skipping, kick through, open the gate and windmills

Coaching Points

1. can we change direction quick.
2. turn and accelerate quickly.
3. can we try and change direction with different feet and different surfaces.

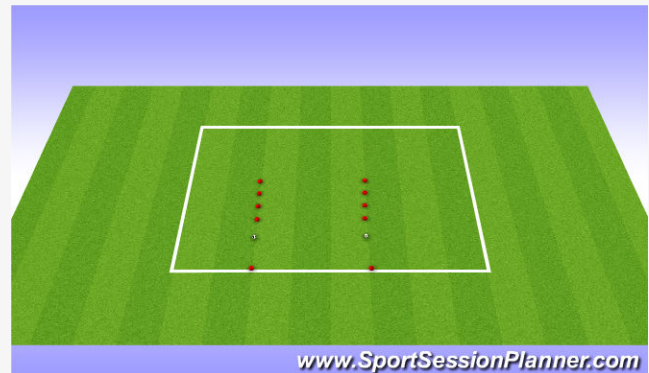


SAQ (10 mins)

Round 1 right foot only

Round 2 left foot only

Round 3 inside only



COD (10 mins)

Organization 30 x 30 Diamond shape

players dribble up to blue central cone and perform the skill or movement the coach has requested

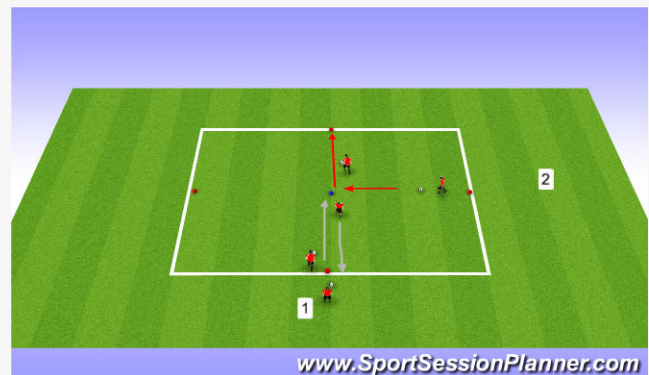
Turns

1. Drag back - put foot on top of the ball and gently pull backwards, so the ball rolls behind players turn and dribble back
- Round 1 dribble up and turn back to your line

Round 2 players dribble and sharply turn to the right - repeat going left players can use the inside or outside of the foot.

Coaching Points

1. can we complete a smooth turn
2. when changing direction can we use the correct part of the foot:- turn right use outside of the right or inside of the left?
3. turn and accelerate



4 goal game (10 mins)

Organization 30 x 30 square with a goal on each line.
players can score in any goal.

Coaching Points

1. can we turn quickly? accelerate away.
2. quick decision pass? turn or shoot?
3. can we encourage finishing



Game (20 mins)

Regular game
encourage players to attack and perform skills

