



Receiving and Turning

Category: Technical: Turning
Difficulty: Moderate

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Individual-Adult Member

Description

Rec and turn

Warm up

Organisation

25x15

Each player inside the area has a ball at their feet.

Dribbling around, avoiding each other.

Lots of turns, skills and ball familiarization.

Add dynamic stretches high knees, heel flicks, open the gate, skipping, kick through and windmills

Instructions

Players must drive between two players and then complete a turn on the outside of the square to score a point.

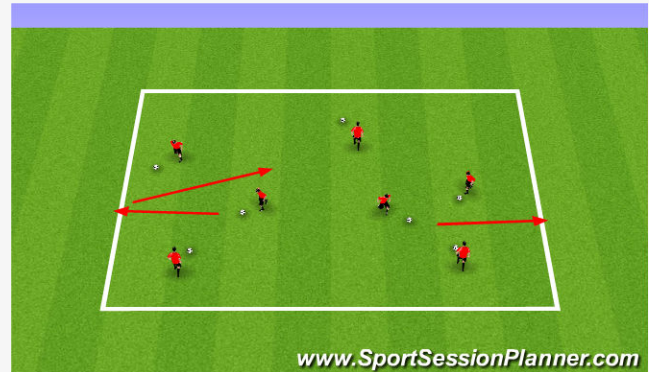
Coaching Points

Recognise space

Drive into space. if theres a big space bigger touch

Quick turns

Identify quickest route



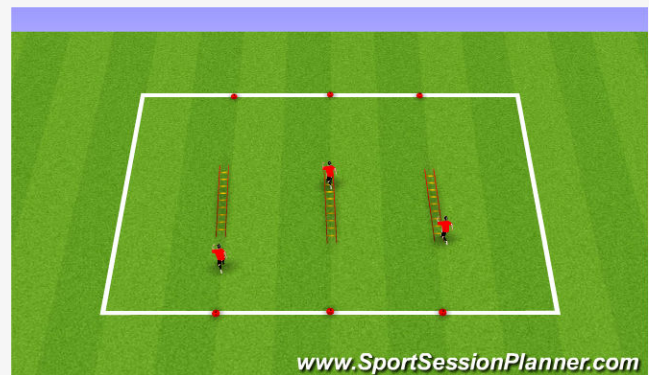
SAQ

SAQ

Line 1 fast feet

Line 2 hopscotch

Line 3 two forward one back



Rec and Turn

Organization

2 15 x 10 squares

Instructions

The first player in each queue passes the ball into the attacker who completes a turn before shooting into the empty goal. Players should rotate and replace the player in front of them (attacker joins the back of the queue, the 'passer' becomes the attacker).

Progression 1

Add a defender into each sequence who has to defend the goal, his start position is near the goal. The defender only becomes 'live' once the attacker has had his first touch. If the ball goes out of play another sequence begins.

Allow the defender to start 'higher' up the pitch putting more pressure on the attacker.



SSG

Organization

30 x30 with four goals

2 teams of players with a “magic-man” or floater to be used by the team in possession.

1 ball is in play.

If the ball goes out of play players must ‘pass or dribble in’ rather than have a throw in. Likewise, there are to be no corners.

If a goal is scored play starts from the centre as per competitive football.

Coaching Points

Think about the principles of the game when in possession i.e. make the pitch big.

When out of possession, make it small/compact

Don't have too many touches, “let the ball do the work”

Angle to receive

Communicate with teammates



Game

Regular Game 6v6

Coaching Points

communication - can i turn?

Explode into space?

Create overloads

