



Turning Change of Direction U6

Category: Technical: Turning
Difficulty: Moderate

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Description

U6 COD/Turning

Shrek!

Organization
20x20 square
Each player has a ball at their feet
Players dribble around the square avoiding Shrek!
Players will avoid shrek by turning away from the monster
Coaching Points
Players looking for space
Different surfaces
Are they avoiding shrek? turning away quick?
Progressions
Turn using inside only
outside only
Right foot only
Left foot only



Numbers Game

Organization
20x20 square
1 goal on each side of the field
Number each player 1,2,3.
Coaches will have the balls on the side with them.
Coaches call a number, and that player runs in a trys to score a goal
Coaching Points
1.Players quick out to the ball
2.Players looking to turn away from defender?
3.Accelerating away quick?
Progressions
Call Multiple numbers



SSG - 4 goal game

Organization
20x20 area with a goal on each side
Split team into two teams.
Players can score in any goal
Coaching Points
1.Are players trying to turn away from defenders?
2.Using different areas of their feet to turn
3.Accelerating away from defenders
Progressions
1.Designated goals
2. Regular game

