



Academy Session Week 4- Change of Direction

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Review (10 mins)

Instruction

Players dribble around their grid. At first do not give any instruction other than to just dribble and show what we have been working on. Take note of players trying to use the proper technique we went over in weeks 1 and 2. Techniques you should be looking for are:

- 1) Messi (Laces) dribble
- 2) Keeping their head up and keeping the ball close
- 3) Dribbling to space and not bunching up in one area of the field
- 4) Change of direction using the inside/outside of their foot
- 5) Using a pull back to change direction

After 2-3 minutes of free dribble begin reviewing the techniques and work on them individually. 1-2 minutes of Messi dribbling followed by 1-2 minutes of Messi dribbling with only inside the foot change of direction, 1-2 minutes of Messi dribbling with only outside the foot change of direction, 1-2 minutes of Messi dribbling with pull-back turns.



Dribbling boxes (10 mins)

Set Up

Mark off the corners of your grid with a 5x5 box.

Instructions

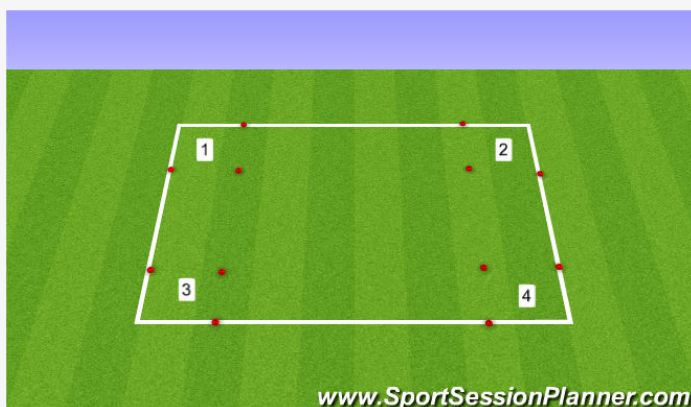
Players dribble around the grid. When a coach calls a number, players dribble to that box and perform a challenge skill before going back to dribbling in the grid. For each challenge skill call 5 different numbers before going on to the next skill.

Challenge skills:

- 1) 20 Toe touches
- 2) 20 Inside the foot touches
- 3) 5 front ball hops
- 4) 5 balls hops side to side
- 5) 10 jumping jacks
- 6) 5 sole of the foot rolls

Progression

- 1) They go to the box opposite of what the coach calls. So if coach says 1 they go to 4



Dribbling Boxes Continued (10 mins)

Set Up

Mark off the corners of your grid with a 5x5 box and a 3x3 diamond in the middle of the grid.

Instructions

At the boxes in the corner of the grid players will always go out the other side from the side they entered. Before going to the next corner they must go through the middle diamond. Using the techniques reviewed players will dribble around and see how many corner boxes they can get to in a minute. Play multiple rounds of each progression.

Progression

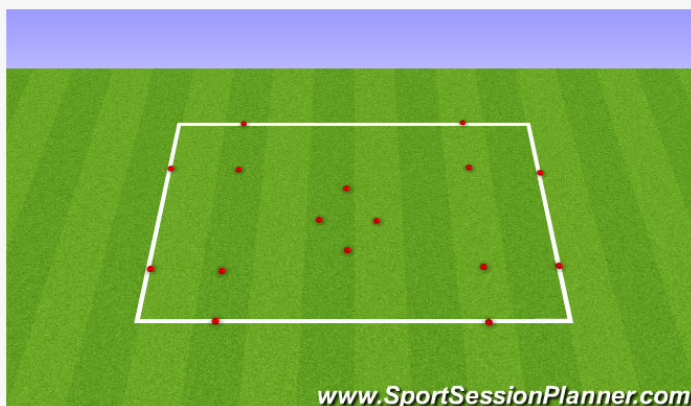
- 1) Only right foot
- 2) Only left foot
- 3) You can only go in and go out the same side of the corner boxes
- 4) Stop and go through the middle diamond

Coaching Points

Messi touches

Keep the ball close

Proper technique to change direction with the inside/outside of our foot



Cone Flip

Set Up

Scatter 10-15 cones around your grid with approximately half flipped upside down and half flipped right side up.

Instructions

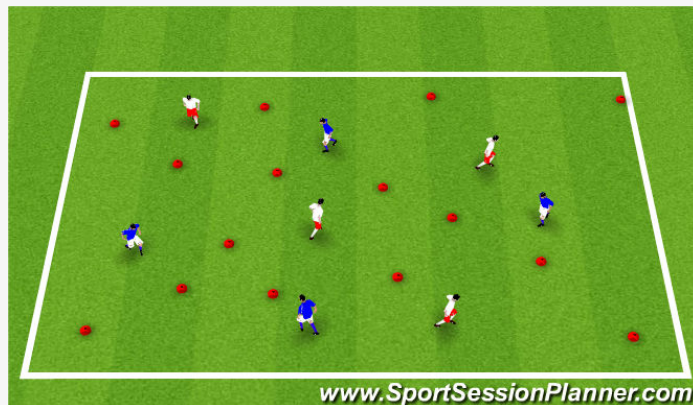
In your grid split the group into 2 teams. One team is trying flip all the cones right side up while the other team is trying to flip all the cones upside down while dribbling. Play multiple one minute games.

Really emphasize correct technique(dribbling with their laces, keeping the ball close, stopping/turning with the ball using the inside/outside/sole of their foot) for this because as the players get into a "competitive" scenario the technique tends to drop.

Progression

1) Only dribble with your right foot

2) Only dribble with your left foot



1v1 through square (20 mins)

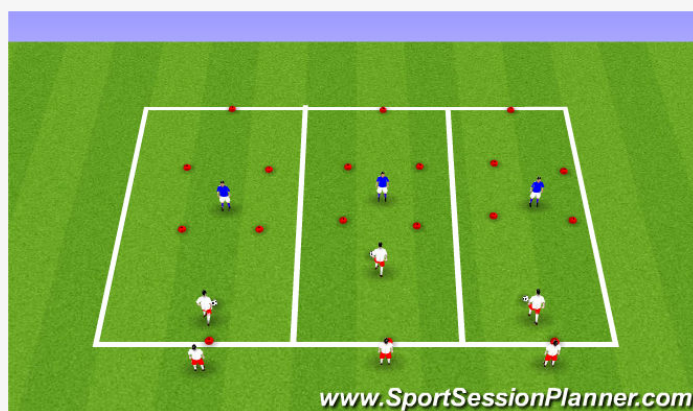
Set Up

Make 3 5x5 squares with a single cone 8 yards from either side. In each square will be one defender.

Instructions

Attacking players are trying to dribble through the square without the defender taking the ball. The attacking player must dribble through the front of the square but can exit out either side or the back of the square. If a player gets through the square they get a point. If the defender wins the ball they get a point, but only if they win the ball and keep it in the square.

After 2-3 minutes put new defenders in.



1v1 Progression (10 mins)

Set Up

Same as before but now attacking players are at one end so the defending squares are back to back to back.

Instructions

This activity has the same idea as the previous activity but now if the attacking player gets through the first square they move on to the second square and try to beat the defender. If they beat the defender in square 2 they move on to the third defender. If at any point the defender wins the ball the player dribbles back and their turn is done. For each square the attacking player gets through it's a point. Attacking players may beat the defender out the side or the back of the square.

After 2-3 minutes switch defenders.

Coaching points

1) Using our change of direction

2) Can we change our speed to get by the defender?

