



Description

Changing Direction (15 mins)

Organization:

Set up a 20 x 20 grid. Each player has a Soccer Ball.

Instructions:

Players dribble around the area performing the change of direction technique described by the coach. Players dribble around the box until the coach calls out a color. When the coach calls a color players must dribble to a cone with that color and perform the change of direction technique at the cone. Continue dribbling with proper Messi technique until the next color is called.

Change of Direction Techniques:

1. Stop and Go- this is a straight move, but it recaps the move from last week
2. Inside touch going at the cone using inside of the foot- add a little shoulder fake
3. Outside touch going at the cone using outside of the foot- add a little shoulder fake
4. Pull back

Each change of direction should not be followed by a change of speed.

Coaching Points:

- Everytime we dribble between the cones we should use our Messi (laces touches)
- Using the proper technique to change direction
- Keeping our head up so we don't run into our teammates

Progression

1. Coach calls two colors that players will perform any change of direction technique that we went over. This will allow players to decide what directions they want to go. Add up to four consecutive colors.
2. Allow a player to create a sequence with a color and change of direction technique. ie blue cone-pull back to red cone-inside touch around the cone.

Coaching Points

- Having our head up so we know what cones to go to
- Encourage going backwards with a pull back as well as side to side going around the cones



Change of Direction and Speed

Set Up

4 lines of 4 cones with 5 yards between cones. Lines should be 5-6 yards apart

Instructions

Coach says a sequence of three numbers. For example if coach says 111 players dribble to the first cone and back three times using an inside the foot cut and then their partner goes. The coach can change the turn to a pullback or outside the foot cut or maybe even introduce a stepover turn.

Coaching Points

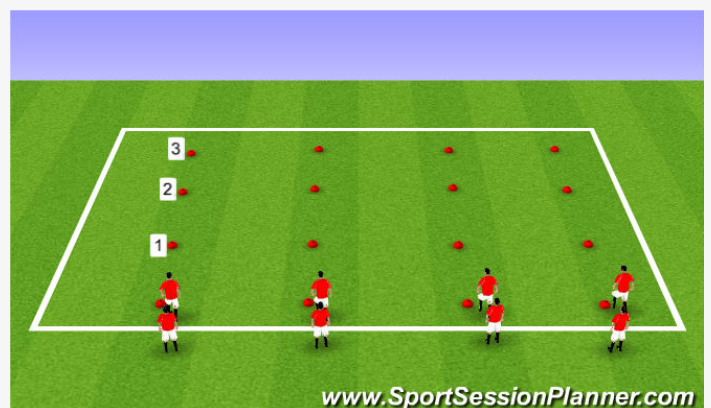
1. Changing pace after our turns
2. Using our Messi touches when we are dribbling longer distances
3. Proper turning techniques

Progression

1. Introduce a pass where the player dribbles to the cone, turns and passes back to their teammate. At this point the consecutive numbers won't work so just call one number at a time and have them each go 3x.

Coaching Points

1. Making a good turn
2. Picking our head up to see out teammate
3. Good inside the foot passing technique with toe up, ankle locked, plant foot pointed at my teammate
4. Proper receiving technique with the inside of the foot
5. Keep the ball moving the whole time



Dribble Relay (10 mins)

Set Up

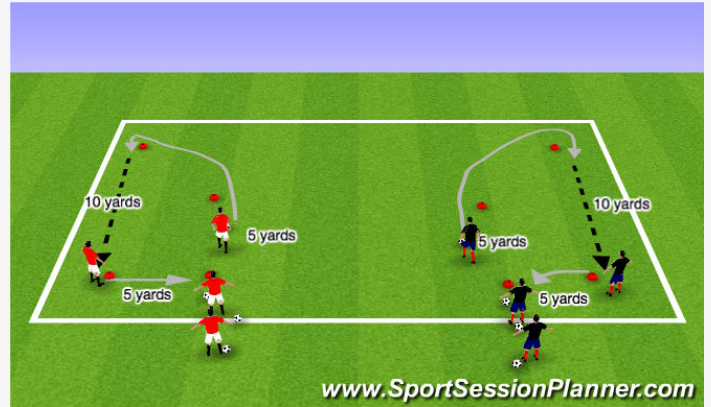
See picture for details.

2 teams

The first player will dribble around their cones using appropriate Messi technique. When they get around the second cone they need to pick their head up and pass to their teammate who will then make a first touch and dribble back to the start. First team that gets through 2x wins. Play 2-3 rounds then switch sides so players are working on changing direction on the opposite side.

Coaching Points

1. Dribbling technique and taking angled touches to get around the cones
2. Passing technique
3. Receiving technique to direct the ball where we want to go



2v1

Instructions

2v1 with two goals on either endline. Ball will be passed from the defender to the attacking players to start the 2v1.

Coaching Points

1. Can we use our change of direction and speed to beat the defender
2. Can we use the change of direction to create space to pass to our teammate
3. Receiving the ball and directing it toward the direction we want to go

