



Academy Grade 2 Week 2

Category: Technical: Turning

Difficulty: Beginner

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

Description

Technical Turning (20 mins)

Organization:

Each player with a ball

20x20 space

Instructions:

Players dribble in the area and perform the turn the coach calls out.

Coaching Points:

Keep your head up

Find the space to dribble into

Turning moves: pull back, inside cut, outside cut, cruyff turn, step over and turn, L turn

Progressions:

Use weaker foot only



Controlled Speed

Set Up

Have 4 cones about 1 yard apart for players to dribble through. Then have the last cone about 10 yards from the end of the line of 4 cones.

Instructions

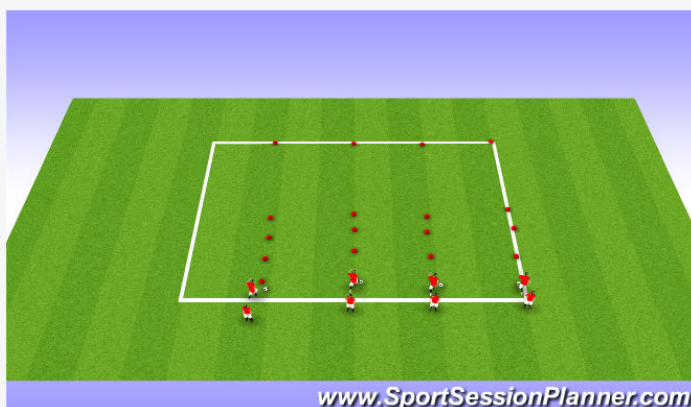
Players dribbles though the 4 cones using the inside of their feet. When they get to the end players should increase their speed and use their Messi touches to get to the far cone, make a turn and dribble straight back to the line going back through the 4 cones again on their way back.

Coaching Points

1. Having control of the ball and slowing down when we go through the 4 cones
2. Using our laces to push the ball out in front of us and changing our speed when we have space
3. Going through the cones we need to slow down, but when we have the space we can go faster as long as we are still under control

Progression

1. Use the outside of the foot only to dribble through the cones
2. Only use your right foot
3. Only use your left foot



Dribble Keep Away (10 mins)

Organization:

Full grid/half of field

Instructions

One player is selected to be the defender and everyone else has a ball. Players dribble around trying to not let the defender steal the ball. If the defender steals the ball that player needs to do a challenge before dribbling again. Play 1 minute rounds and switch the defender until everyone has defended once

Challenges can be:

20 toe taps

20 inside the foot touches back and forth

10 bunny hops

10 single leg bunny hops

Coaching Points:

1. Always emphasizing proper dribbling technique using laces (Messi touches)



2. Can we use the moves we just worked on to get out of pressure and find space

1v1 to Endline

Set Up

Split your field in half two make 2 20x10 grids.

Instructions

The blue team serves the ball to white. It is the 1v1 and players score by stopping the ball on the opposite endline. If blue wins the ball they can go score by stopping the ball on the opposite endline.

Play 5 minute games then have teams switch.

