



Gr.2 Academy Week 3

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

Review from last week: pull back, inside cut, outside cut, cruyff turn, step over and turn, L turn

New for this week (Moves going Forward): Stop and Go, scissors, fake right go left/fake left go right

Progressions:

1. Use weaker foot only
2. When coach raises their hand players need to dribble quickly to one of the corners. This is to help players pick their head up.



Controlled Speed

Set Up

Have 5 cones about 1 yard apart for players to dribble through at an angle. Then have the last cone about 15 yards straight ahead of the first cone to make a triangle dribbling circuit.

Instructions

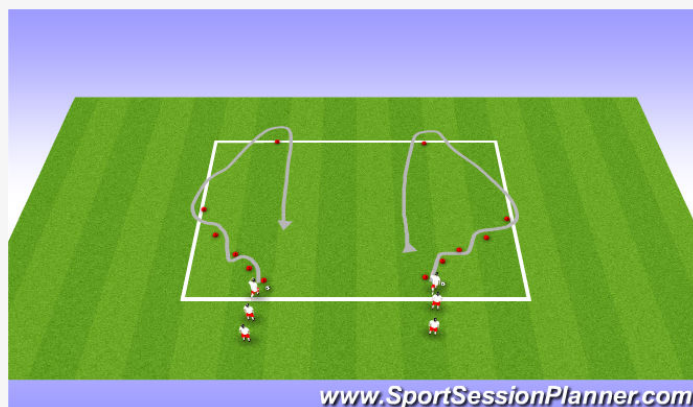
Players dribbles though the 5 cones using the inside of their feet. When they get to the end players should increase their speed and use their Messi touches to get around the triangle, make a turn and dribble straight back to the line using Messi touches.

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

Progression

1. Add a second defender

1v1 to Endline

Set Up

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

Instructions

The blue team serves the ball across to white. It is a 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 3 minute games then have teams switch.

Coaching Points

1. Using proper dribbling technique
2. Can we use our moves we worked on earlier
3. Can we change our speed to get by the defender

