



Grade 2 Academy Week 4 v2

Category: Technical: Turning

Difficulty: Beginner

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

Description

Technical Review (20 mins)

Organization:

Each player with a ball

Key Set Up space: 10x10 space, let's see if they can dribble in the smaller 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

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.



Partner Pass

Set Up

2 cones 6 yards apart

Instructions

This will allow the players to carry forward what was reviewed in the dribbling activity #1.

Where we dribble with laces to the cone, can we now. Use a fake/move that we just went over.

Scissor, inside cut, outside cut, to move the ball around the cone.

After we do so, can we pass the ball to the waiting player.

First touch in the direction of play, etc etc.

For me the key to the pass, is that it is not just a "kick" to the other player, or other line. But rather a very specific technique where we are moving the ball, rolling on the ground to my partners feet.

Having them start this now, and/or hearing this now would be nice.

As you see when they are older. A pass to them, is "I kicked it in their general direction".

Where as they get older a pass should help the player receiving to decide direction of play etc, stuff like that, versus just a kick at the player and/or near the player.

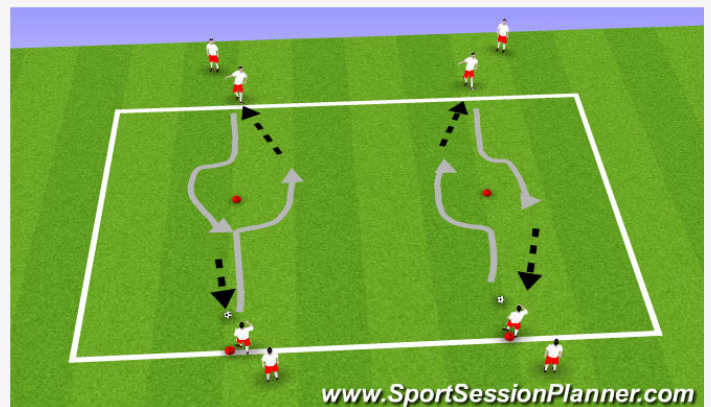
Passing Coaching Points

1. While the ball is moving, plant foot beside the ball with toe pointed towards the target
2. Use the inside of the foot to make contact with the ball
3. Keep head down while passing so we make good contact

*players have a very hard time adjusting their body for a stationary pass, which is why we want to keep the ball and players moving. Hopefully this allows them to be in a more natural position to pass the ball with the inside of their foot.

First Touch Coaching Points

1. Receive the ball with the inside of the foot
2. Foot should be just off the ground so our foot meets the middle of the ball
3. Give the ball a little nudge in the direction you want to go (in this case it's straight ahead)



Dutch Circle

Set Up

I like Dutch Circle.

The colors are just there to show the inside and outside players. Players with the ball, dribble to an outside player without a ball, once they find a player on the outside they connect with a pass, and take their spot, so the pass is always a pass on the move. The outside player must make a touch and dribble around, "no collisions", until they find a player on the outside to pass to. While dribbling, use the inside/outside to avoid other players. Get your head up to find the open guy. Good inside push pass to the guy on the outside without a ball.

Progression.

After you receive and dribble can you do a move, scissor, step over, pull back before you find your next guy.

Again, the emphasis is on the good inside surface pass, to the other players feet, not just a kick in their direction, that's not good enough.

Coaching points, pay attention, on your toes,

First touch.....

Passing technique

Coaching Points

1. Having control of the ball and slowing down when we go through the cones
2. Proper passing technique- take a touch around the cone so we can face our teammate that we are passing to and can use the correct technique.
3. Receiving players using the inside of their foot to nudge the ball on their first touch back towards the beginning of the activity and then dribble the rest of the way
4. Using our laces to push the ball out in front of us and changing our speed when we have space
5. 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. Try using the opposite foot



1v1 Corners

Set Up

20x20 grids.

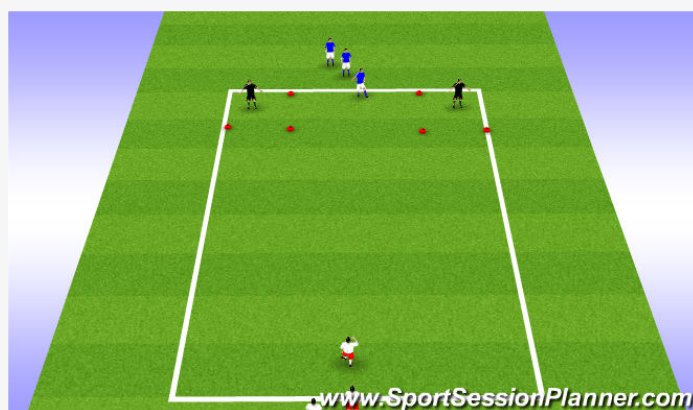
2, 4 yard boxes in each corner

Instructions

The blue team takes 3-4 touches and passes the ball to white. It is a 1v1 and players score by passing to a teammate or coach that is standing inside the squares at the corners. 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. Good passing technique using the inside of the foot, head down looking at the ball, and plant foot pointed towards the target
2. Good first touch technique with the inside of the foot nudging the ball in the direction we want to go.
3. Can we start to understand when to pass. We want them to pass when the defender gets close(commits), not necessarily right after they make their first touch and the attacking player has space to dribble.



2v1

Set Up

20x20 grids.

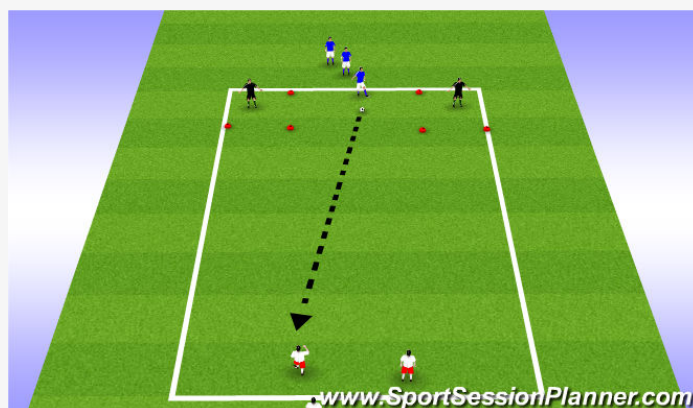
2, 4 yard boxes in each corner

Instructions

The blue team takes 3-4 touches and passes the ball to white. It is now a 2v1 and players score by passing to a teammate or coach that is standing inside the squares at the corners. 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. Good passing technique using the inside of the foot, head down looking at the ball, and plant foot pointed towards the target
2. Good first touch technique with the inside of the foot nudging the ball in the direction we want to go.
3. Can we start to understand when to pass. We want them to pass when the defender gets close(commits), not necessarily right after they make their first touch and the attacking player has



space to dribble.

4. Can we make two consecutive passes. One to our teammate on the field and then one to our coach in the corner.

This requires a bit more understanding which players may not be ready for. You do not need to get through this activity during the session. If the previous activity takes a little time focus on that activity.