



U14 5.2

Category: Technical: Turning
Difficulty: Beginner

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

Description

Technical Dribbling (20 mins)

Organization:

Each player with a ball

Key Set Up space: 15x15 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

Change speed after the dribble

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

1v1 Moves: 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.



Three Person Passing

Set Up

2 cones 10 yards apart

Instructions

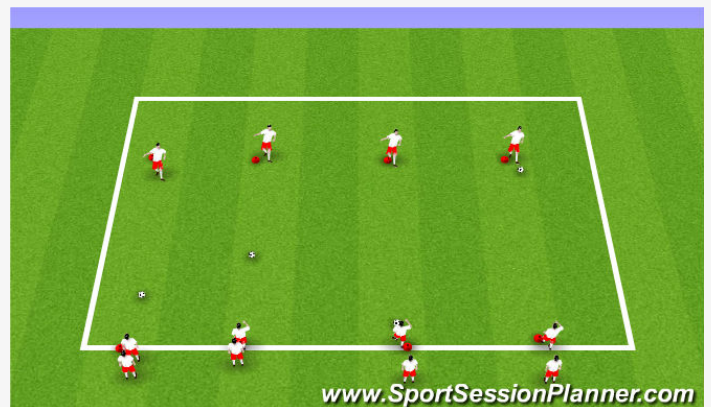
Players will need to be in groups of 3 and a ball between them. 2 players start at one cone with the ball on the line. The third player is at the second cone receiving the pass. Players pass and follow their pass.

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

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)



Three Person Passing Cont'd

Set Up

Cones are now 20 yards apart

Instructions

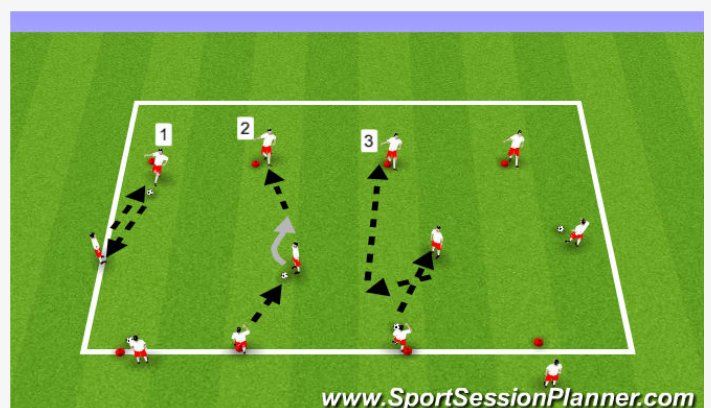
Now one player is working in the middle at a time. Have players work for 30 second before switching the player in the middle.

1) Each player on the end needs a ball. Player in the middle checks toward one of the players on the end with the ball.

Received the pass and plays it back to the same person. They then go to the opposite end and receive a ball from the opposite end player and play it back. Player in the middle goes back and forth. Player in the middle takes 2 TOUCHES

2) Only one player has a ball on the end. Ball is played to the middle player who turns and then passes to the opposite player on the end.

3) Only one player has a ball on the end. Ball is played to the middle player who then plays it back to the same player and then the ball is played across to the opposite side.



Joining the Attack

Set Up

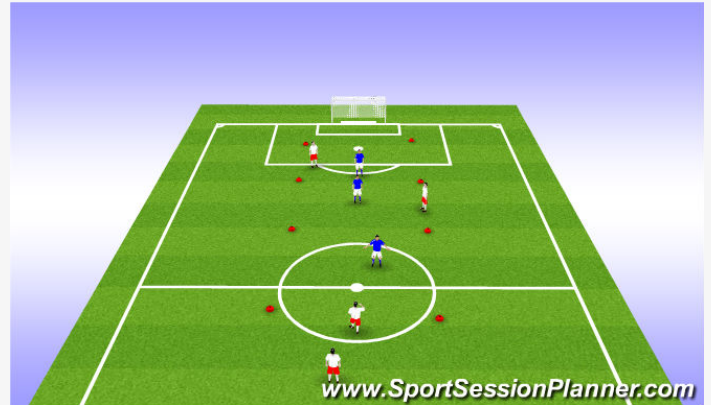
3 boxes that are each 12x12

Instructions

One attacking player in each box and one defending player in each box. In the first box it is 1v1. The attacker can pass to their teammate into the next box or dribble into the next box. When that happens they continue into the second box to make it a 2v1. The two attackers are now trying to pass or dribble into the third box and beat the last defender in a 3v1.

Coaching Points

1. Passing technique
2. Movement of other players so they can be an option at an angle
3. Continuing your run to get into the next box



5v2 to goal

Set Up

Half of Field

Instructions

Have one player on each side like they would be in a game and one target player with two central midfielders positioned according to the system you play. Defenders start off the post. The play starts by the coach playing the ball to one of the wide players. The defender may come out when the ball is played from the coach. It is then 5v1 to goal.

Coaching Points

1. Receiving outside player taking a positive touch forward and attacking the space.
 2. Target being a forward option if the space is closed down.
 3. Opposite outside player getting forward for a pass/cross into the box
 4. Central players providing a supporting angle to keep possession if we cannot go forward
- be comfortable passing back and moving the ball to the other side

