



U10 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: 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

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.



Partner Pass

Set Up

2 cones 6 yards apart

Instructions

Players will need a partner and a ball between the two of them. Both players start at their cone on the line. The first player dribbles out to the cone, uses one of the turns we have worked on, and then passes the ball back to their partner. This activity is working on the player passing and the player receiving.

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)



Triangle Passing and First Touch

Set Up

Have 3 cones about 1 yard apart for players to dribble through at an angle. Then have the last cone about 10 yards straight ahead of the first cone to make a triangle.

Instructions

Players dribble through the 3 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. After turning the corner of the triangle players should pick their head up to see where their teammate is and pass to them using the technique we just worked on. The player receiving the ball then takes a first touch so they can dribble back to the beginning.

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.

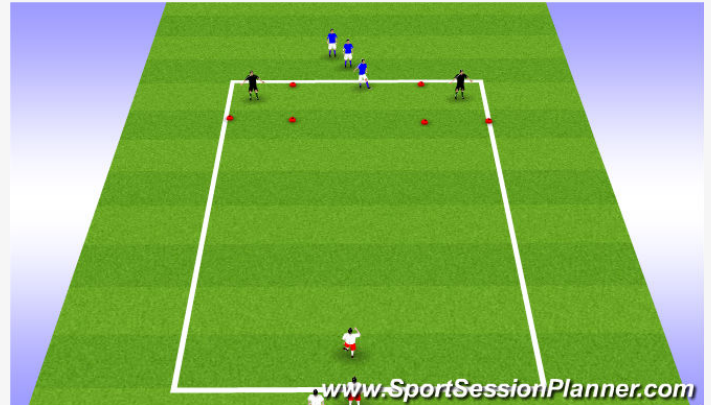
Play 3 minute games then have teams switch.

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.

