



Grade 2 Academy Week 6

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.



Dutch Circle

Set Up

Make a circle with about a 15 yard diameter.

5 players on the outside 3 players on the inside (each inside player starts with a soccer ball)

The colors are just there to show the inside and outside players.

Make a 5x5 yard box in the middle of the circle

Instructions

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.

Players must dribble through the box in the middle before finding the next player on the outside. After you receive and dribble can you do a move; scissor, step over, pull back as you go through the center box before you find your next player

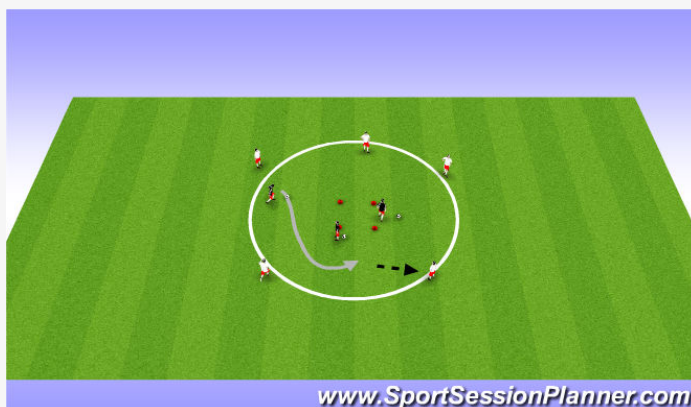
Again, the emphasis is on the good inside surface pass, to the other players feet, not just a kick in their direction, that's not good enough.

Coaching points:

- 1) pay attention, on your toes,
- 2) First touch using the inside of the foot, directing the ball to where you want to dribble with a soft nudge so ball goes in front of us.
- 3) Passing technique using the inside of the foot, plant foot beside the ball, head down when making contact, plant foot toe pointed towards the target.
- 4) Players on the outside need to be paying attention and ready for the a pass so they can take a good first touch toward the middle

Progression

1. Try using the opposite foot to dribble, pass, or both



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. Proper spacing so we can have a little bit longer pass that will give us more time to take a touch toward goal.

**If players are doing a great job with the vertical halfway line feel free to keep it there so they continue to practicing having some space between each other.