



U10 8.1

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

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

Progressions:

Use weaker foot only



Dribble Keep Away (10 mins)

Organization:

Full grid/half of field

Instructions

Two players are 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



1v1 Gates

Set Up

25x25 yard grid

Place 8-10, 2 yard gates around the grid

Instructions

Players are paired up. One player will start with the ball and the other will start as the defender. Players will dribble for one minute trying to get through as many gates as possible. If the defender steals the ball they become the attacker and try to dribble through gates. Defenders can only defend their partner. They cannot steal the ball or defend anyone else.

Play a couple rounds and they switch partners so they are competing against someone else.

Coaching points

1. Dribbling technique

2. Using our moves to get away from the defender: pull back if the defender is in front and we want to turn around, scissors or fake to go to the side

3. Keeping our body between the ball and the defender

4. Accelerating after our move to get away from our defender

5. Dribbling to space and keeping our head up to find space



1v1 to Endline

Set Up

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

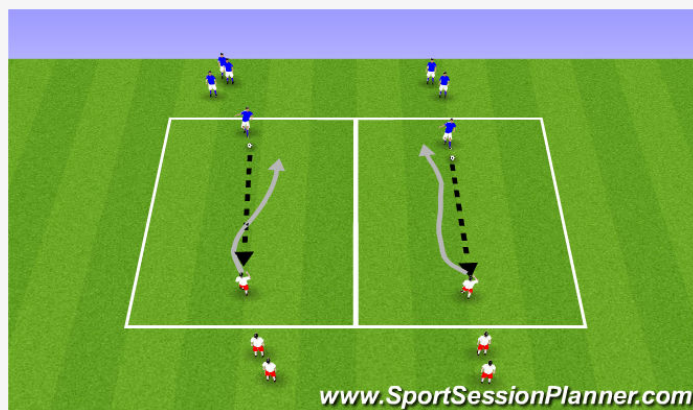
Instructions

The blue team serves the ball across to white. It is the 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 5 minute games then have teams switch.

Progression

1. The attacking team now has the option to turn away from pressure and pass to the next person in line. That person joins the attack and creates a 2v1 to the endline



1v1 to Targets

Set Up

3, 20x10 grids

Instructions

Now players are playing 1v1 inside the grid and trying to pass to a target player on the end. Both players on the endline are neutral. Players in the middle score by finding a target's feet. When they find the target's feet they then try to receive the ball and go to the target on the opposite side. If the defender steals the ball they try to find the target and play continues. Target players can move side to side on the endline, they are not stationary.

Play 2 minute games and then switch out the players in the middle.

Coaching Points:

1. Going at the defender and trying to use our moves to create space and find the target.
2. Movement wide after finding the target and the process of checking away so we can create space to come back and get the ball
3. Transitioning quickly from offensive to defense when we lose the ball

Regression

1. If 1v1 in the middle is difficult, make it a 2v1 in the middle to targets. If you do this keep the defender the same the whole time. If they win it, see how long they can keep possession until the 2 attackers win it back.

