



U10 8.2

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



Controlled Speed

Set Up

Have 4 cones about 1 yard apart to create a zig-zag for players to dribble through. Then have the last cone about 10 yards from the end of the line of 4 cones.

Instructions

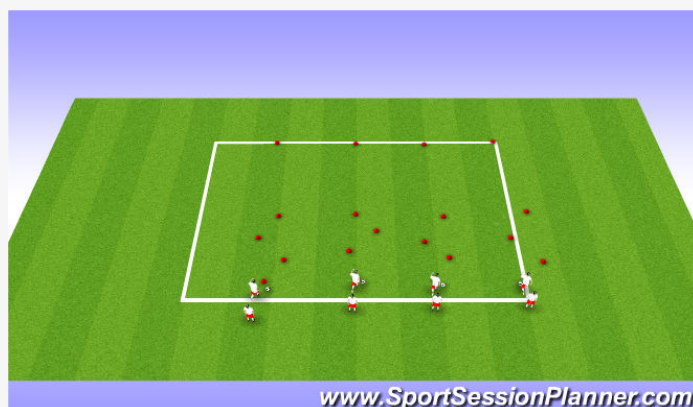
Players dribbles around the outside of the cones, zig-zagging through. When they get to the end players should increase their speed and use their Messi touches to get to the far cone, make a turn and dribble straight back to the line using Messi touches.

Coaching Points

1. Having control of the ball and slowing down when we go through the 4 cones
2. Using our laces to push the ball out in front of us and changing our speed when we have space
3. 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
4. Getting our foot around the ball to make good touches around the cones

Progression

1. Use the outside of the foot only to dribble through the cones
 2. Only use your right foot
 3. Only use your left foot
 4. On the way back, pass to the next player in line
- Coaching points for pass back:
 - Plant foot pointed towards the target and beside the ball
 - Use the inside of the foot
 - Head down as we make contact with the ball
 - First touch by the receiving player using the inside of their foot to direct the ball towards the first cone they will be dribbling around



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.

