



U14 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



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



Double Diamonds

Set Up

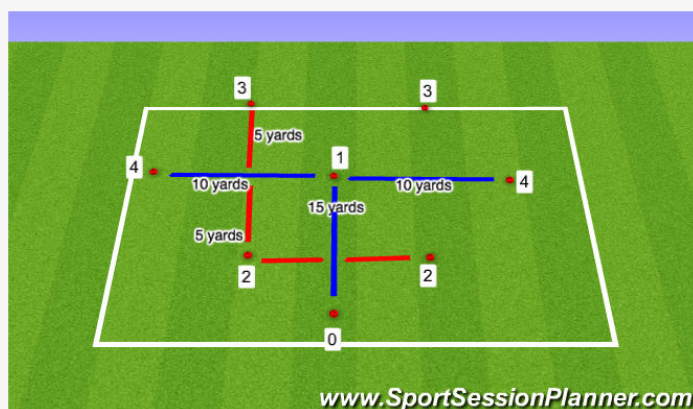
See Diagram

Instructions

Two players start at cone 1. One player on each cone 2, 3 and 4. The rest in a line at 0. The passing goes 0 to 1, 1 to 2, 2 to 3, 3 to 4 all on one side. Player on cone 1 can choose which side to go to for the first ball, but from then on it alternates. Players need to know which direction they should be going and for the first sequence they are passing the way they face. Players follow their pass. Once we get the hang of it we can move through the line faster.

Coaching Points

1. Passing technique
 2. Receiving technique- taking the touch the direction we want to go. This is especially key for players at cone 1 since they will be "declaring" a side with their first touch.
 3. Communicating
 4. Accuracy of passes to the next player
- Progression



1. Two touch- receive and pass
2. Change of sequence to 1 half-turn and passe to 3, 3 passes to 2, and 2 passees to 1
- a half turn is when the player at cone 1 starts opened up so they can see cone 3 and cone 0. Ball is received on their back foot so they can turn quickly.
3. Change of sequence to 1 turns with an inside turn and passes to 3, 3 passes to 2, 2 passes 4 and they have a give and go(2 to 4, 4 to 2, 2 back to 4)

Passing Gates

Set Up

40X25 space with 8-10 2 yard gates

Instructions

Similar to 1v1 gates now it is a possession game where teams get a point by completing a pass through a gate. When the opposing team wins the ball they are trying to score through a gate. A team wins by getting 10 points total.

Coaching Points

1. Passing technique
2. Receiving technique
3. Not forcing the ball through a gate, keeping possession and getting a point when the opportunity is there
4. Movement by players without the ball to get into space(not the space right next to the player with the ball)



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No Mans Land

Set Up

Field size for approximately 6v6 or 7v7, maybe 40x30

Make a box about 15x10 in the middle of the field

Instructions

It's 6v6 to goal(if you do not have two goals play to endzones, endlines, or cone goals). Players may not enter OR pass through the middle area. If they do it's the other team's ball. Ideal formation is a 3-2-1

Coaching points

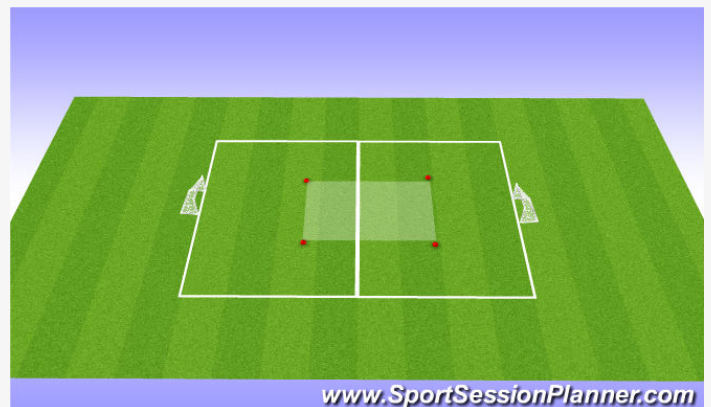
1. Passing technique
2. Receiving technique
3. Movement of players to be options so we can move the ball forward without going through the square. See if players figure out they need to get very wide and always be at a good angle for the ball to get to them.

Progression

1. Now players can pass through the middle area but still cannot enter the area. Now we can start to find some longer passes through the grid.

Regression

1. Make the center area smaller if players are not finding success combining



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