



U14 8.3

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



Double Diamonds

Set Up

See Diagram

Instructions

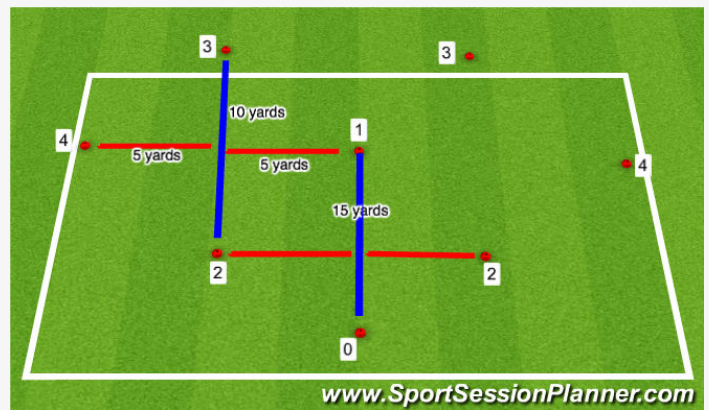
Two players start at cone 1. One player on each cone 2, 3 and 4. The rest in a line at 0. The passing goes 0 to 1, 1 to 2, 2 to 3, 3 to 4 all on one side. Player on cone 1 can choose which side to go to for the first ball, but from then on it alternates. Players need to know which direction they should 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. Change of sequence to 1 half-turn and passe to 3, 3 passes to 2, and 2 passes 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.



2v2 Tournament

Set Up

Make however many 20x10 fields as necessary so all players are in a 2v2 game.

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 play someone else.

Coaching Point

1. Encourage players to dribble 1v1
2. Pass with a purpose, not just to get rid of the ball
3. Movement of player off the ball to open. can they take their defender away and then check back to the ball
4. Can we combine using a give and go or overlap after we pass the ball

