



Academy Grade 2 Week 7

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.



Dribble Keep Away

Full grid/half of field

Instructions

One player is 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

Progression

1. Add a second defender



Partner Pass

Set Up

See Field Setup

Instructions

1) Player take a touch or two and pass to their partner using proper technique

2) Players takes a first touch forward using the inside of their foot and then pass to the player at cone 3.

3) Player receives the ball with the inside of their foot and takes a touch toward cone 4 where then dribble around and back to the start.

Players follow their pass

Passing Coaching Points

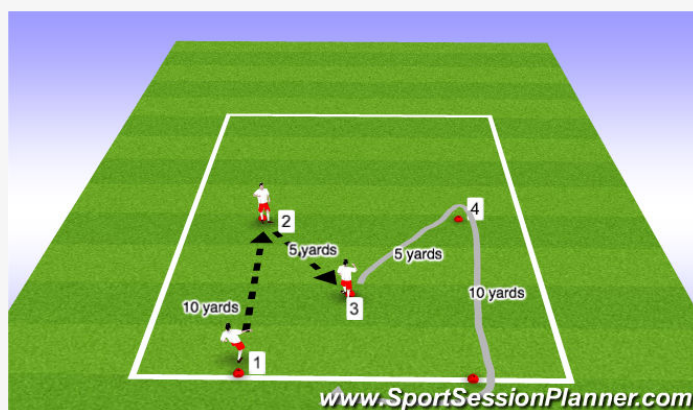
1. While the ball is moving, plant foot beside the ball with toe pointed towards the target

2. Use the inside of the foot to make contact with the ball

3. Keep head down while passing so we make good contact

*players have a very hard time adjusting their body for a stationary pass, which is why we want to keep the ball and players moving.

Hopefully this allows them to be in a more natural position to pass the ball with the inside of their foot.



First Touch Coaching Points

1. Receive the ball with the inside of the foot
2. Foot should be just off the ground so our foot meets the middle of the ball
3. Give the ball a little nudge in the direction you want to go (in this case it's straight ahead)

2v1 Halves

Set Up

20x20 grid split in half

2, 4 yard goals in each corner

Instructions

The blue team takes 3-4 touches and passes the ball to white. It is a 2v1 and players score by dribbling through the goals in the corner. The two attacking players may not be in the same half of the field. If blue wins the ball they can go score by stopping the ball on the opposite endline.

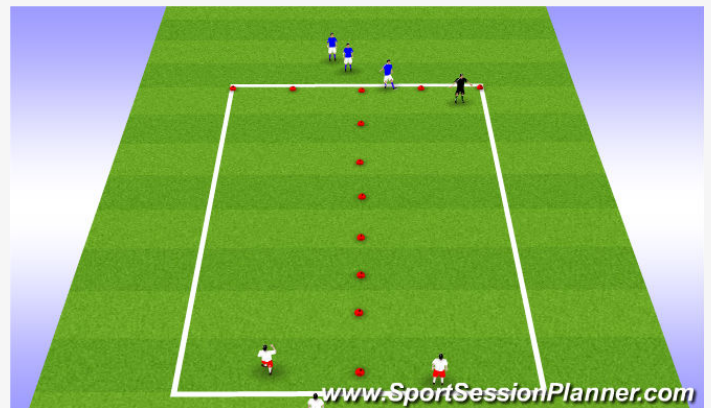
Play 3 minute games then have teams switch.

Coaching Points

1. Good passing technique using the inside of the foot, head down looking at the ball, and plant foot pointed towards the target
2. Good first touch technique with the inside of the foot nudging the ball in the direction we want to go.
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.

Progression

Pick up the center line and see if players will keep their spacing



1v1,2v1

Set Up

20x20 grid split in half

2, 4 yard goals in each corner

Instructions

Similar to the last activity but now start one of the attacking players about halfway up the field on the sideline. This player cannot enter the field unless the ball is passed to them. The blue team takes 3-4 touches and passes the ball to white. It is a 1v1 until the attacker decided to pass to the player on the outside. At that point the player dribbles in and it becomes a 2v1. The ball does not have to be passed to the outside player. It can remain a 1v1 if they choose not to pass. Players score by dribbling through the goals in the corner under control. If blue wins the ball they can go score by stopping the ball on the opposite endline.

Play 3 minute games then have teams switch.

Coaching Points

1. Good passing technique using the inside of the foot, head down looking at the ball, and plant foot pointed towards the target
2. Good first touch technique with the inside of the foot nudging the ball in the direction we want to go.
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.**

