

Topic: Turning

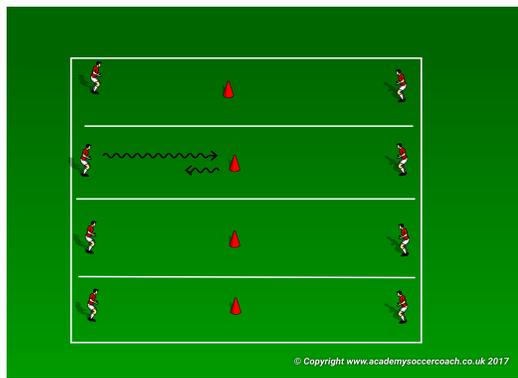
Objective: Technical: dribbling skills, practice turns, ball striking. Motor: Running, quickness, reacting, rolling, catching.

Session Part: Initial Game



Organization		Time:
Area:	15x20	10-15
Numbers:	2 groups	
2 groups lined up on the sides of the field with a number. Coach places ball in the center of the area and calls out a number. The 2 players with that number race onto the field and challenge for the ball. 1st player to becomes the attacker and can score in either goal. If they score they get a point for there team.		
Progressions		Coaching Points
b) put 2 balls in the middle and call out 2 numbers (delay them slightly).		Be on yours toes and ready Which goal should you go to?

Session Part: Technical Fundamentals



Organization		Time:
Area:	12x8 channels	10-15
Numbers:	All Players	
Players dribble into the middle cone, perform a turn and return to the starting position. 1= drag back. 2= cruyff. 3= outside hook. 4= inside hook.		
Progressions		Coaching Points
		Slow down to turn, fast away Proper execution of turns

Session Part: Technical Game



Organization		Time:
Area:	15x15	10-15
Numbers:	2 teams	
Red team dribbles the ball around the cones before trying to score in the goal. Yellow players perform a forward roll before running and protecting the goal. Change roles after 3-5 minutes		
Progressions		Coaching Points
b) make into competition, 1 point per goal, 1 point for a save. c) change what the yellow player does before going in goal		Good dribbling around cones Correct ball striking technique

Session Part: Final Game



Organization		Time:
Area:	20x20	10-15
Numbers:	2 teams	
4v4 with 4 goals. 10 ball competition. Coach has 10 balls outside the area and passes them in one at a time. When a goal is scored or the ball goes out the coach passes the next one in. Both teams can score in any of the 4 goals, team that scores the most using the 10 balls wins.		
Progressions		Coaching Points
b) mix teams up and play again		Encourage players to take each other on Encourage players to use the dribbling skills learnt