

Coach: Stephen Bird

Team: U11-U13

Topic: Turning

Week: Two



A Lifetime of Soccer

What: The ability to turn the defender or lay off to support player

Warm-Up

Work: 10 Mins



Players are dribbling around the area. When the coach shouts the following:

- 1) Turn with the ball
- 2) Skill move (coach picks)
- 3) Throw the ball above your head and control the ball with foot
- 4) Same as # 3 however player controls with thigh then foot

Organization: Area 30 x 35. Can vary depending on the number of players/level.

Technical

Work: 12-15 Mins



1v.1 game. Players start in the middle with the defender directly behind the defender. Player will receive the ball and try and beat the defender by turning and finishing on goal. If the defender wins the ball, they attempt to score on the opposite goal. Rotate defenders/attackers.

Progression- Add in support players to make the game 2v1.

Organization: Area can be made bigger to allow more room for the players to turn.

Skill

Work: 12-15 Mins



Two teams. Each team will have one attacker and one defender in each of their end zones. 3v3 or 4v3 depending on the numbers. Teams aim to play the ball into the opponent's end zone. Attacker can try and turn with the ball or wait for one player to enter the end zone, defenders can't follow.

Progression- One defender can follow to create 2v1.

Organization: Field is split into three zones. Have cones on the sideline ready to go.

Scrimmage

Work: 12-15 Mins



Key Coaching Points throughout the session:

- Decision making on the ball (turn or lay off)
- Use your body to beat the defender
- Body position side on to keep the ball away from the defender(s)
- Protect the ball (foot furthest away from defender)
- Using different types of turns to beat the defender(s)

Organization: Keep the balls close to you so can keep adding balls into the game.