



U12 plus Recreational Session 9

Category: Technical: Turning

Difficulty: Moderate

Am-Club: Waterloo Minor Soccer Club
Carl Horton, Waterloo, Canada

Description

Individual Keep away (10 mins)

SET UP:

Players are placed inside the playing area with a partner in which they will compete against. 1 player will have a ball.

INSTRUCTION:

On the coach's command players will play 1v1. For the player in possession of the ball their objective will be to keep possession and score as many points as possible by dribbling across the lines. Once a player has dribbled across one line, for them to score the next point they must dribble across a different line as shown in the picture above. If the defender wins possession he/she then becomes the attacker and has the same objective. Play the game for 60-90 seconds and then change partners to create different competition.

Progression: Place the players into 2v2 situations. Now the players are faced with a different situation and have to make a decision on what is the best option. Dribble or Pass?

COACHING POINTS:

- Close control of ball
- Check shoulder prior to performing turn
- Slow down prior to performing turn
- Non-kicking foot planted beside the ball
- Bend knees
- Accelerate out of turn
- Decision making based on the situation



Turning to goal (10 mins)

SET UP:

Players are set up as shown above inside a 15 x 20yds area

INSTRUCTION:

Player A plays a ball into player B. As the ball travels to player B player C can close player B down. Player B will look to receive the ball and turn to beat player C. If the player turns and scores he gets 5 points. If Player C can not turn they will look to play the ball back to player A. If the ball is played back to player A Player D now joins the play to create a 2v2 situation.

Players A and B will attempt to score on the big goal. If players C and D win the ball they have to dribble across the starting line. Players rotate to allow all players to be the server, attacker, defender and goalkeeper

COACHING POINTS:

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SSG to 2 target players (D) (10 mins)

4v4 to target players

Organization:

10 Players placed inside a 20x30 yds area. 1 target player placed at either end in green and remaining players split between 2 teams.

Adapt for age/ability/numbers were needed.

Procedure:

To score a point players have to play into a target player. If the ball goes out on the end the neutral will start the game by playing onto the team that did not have the ball. If ball goes out of play, ball can be passed or dribbled in. This game is multi directional so once a team scores their aim is to play in the opposite direction.

Coaching Emphasis:

Close control of ball

Check shoulder prior to performing turn

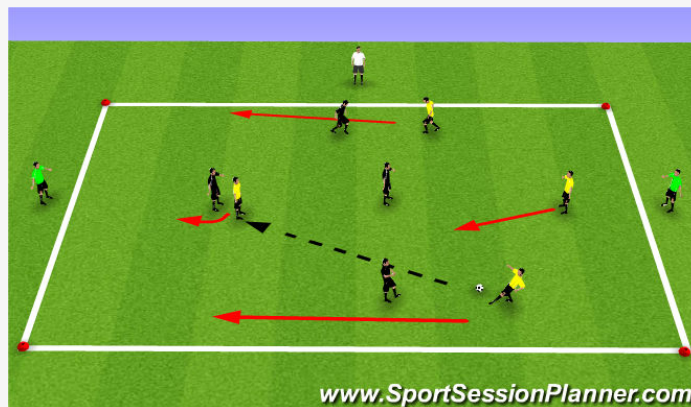
Slow down prior to performing turn

Non-kicking foot planted beside the ball

Bend knees

Accelerate out of turn

Decision making based on the situation



Regular 5v5/6v6 (10 mins)

Organization:

10-12 players placed into 2 teams of 5 or 6. The playing area will be 25x20m (adapt for age/ability/numbers)

Regular 5v5/6v6 small-sided game. Play with a Retreat Line - after a goal, if the ball goes out on the end or GK secures the ball, the opposition must back-up behind the line. Cannot cross line until first touch is taken. If ball goes out of play, ball can be passed or dribbled in.

Coaching Points:

Close control of ball

Check shoulder prior to performing turn

Slow down prior to performing turn

Non-kicking foot planted beside the ball

Bend knees

Accelerate out of turn

Have FUN

