



## U9-u11 Recreational Session 6

**Category:** Technical: Turning

**Difficulty:** Moderate

Am-Club: Waterloo Minor Soccer Club  
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### Description

#### Individual ball work (10 mins)

##### Procedure:

Players dribble throughout the area to and from different cones using the cone as a defender. Players are to be shown the following turns to move away from pressure:

Drag back - <https://www.youtube.com/watch?v=UQnR5Ln7IJ4>

Stop turn - <https://www.youtube.com/watch?v=jFSJXU0w1kE>

The coach should look to create competition between the players in terms of:

How many turns can the player complete in 60 seconds?

The coach has the flexibility and creativity to take the warm up any many different directions, feel free to become creative.

##### 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



#### 1vs1 to 2 goals (10 mins)

##### ORGANIZATION:

20x20 grid or square. Coaches may need to set this up twice depending on numbers.

##### INSTRUCTIONS:

The session begins with the coach rolling a ball in to the area. Players are positioned as shown. Once the ball is rolled into the area the players compete 1v1. Encourage the player on the ball to check the shoulder so that they are aware of where the defender is.

The player on the ball can score on either goal emphasizing change of direction, creativity and cuts. Focus on the 2 turns that the players have worked on during the warm up.

Drag back - <https://www.youtube.com/watch?v=UQnR5Ln7IJ4>

Stop turn - <https://www.youtube.com/watch?v=jFSJXU0w1kE>

##### 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

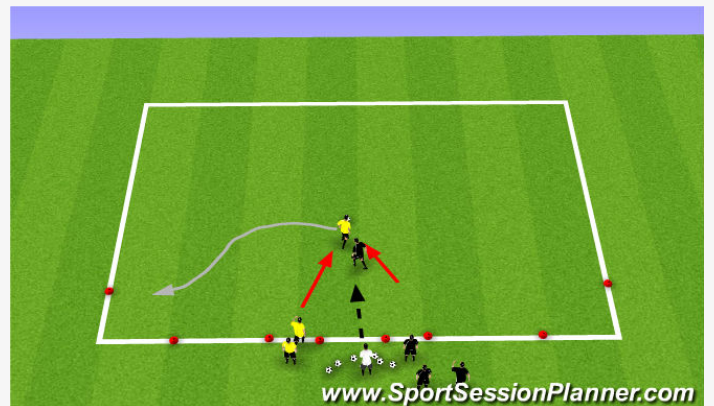
Accelerate out of turn

Have FUN

##### PROGRESSIONS:

Adjust pressure to come from front or side instead of from behind.

Add more small goals.



## 5v5 with Retreat Line (10 mins)

### Organization:

Players placed on to a field as shown. If you have lower numbers it is OK to play 2v2, 3v3 or 4v4

### Procedure:

If the ball goes out of the field players can make the decision to either pass or dribble in, once the ball has been saved or gone out for a goal kick defensive team must retreat to the retreat line at half way. Allow the players to play.

### 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

Have FUN



## 5v5 plus 2 GKS (10 mins)

### SET UP:

Players are placed into 2 teams of 6 as shown in the diagram above. Each team must have 2 players as goalkeepers. The 2 goalkeepers will defend 2 goals and can move along the side line.

### INSTRUCTION:

Players play 4v4 and look to attack the oppositions 3 goals. The team can only score in one of the goals that does not have a goalkeeper inside. The team in possession of the ball look to keep possession of the ball and change direction quickly based on what they see in front of them and where the 2 goalkeepers are placed. Rotate the goalkeepers every couple of minutes.

### 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

