



U9-u11 Recreational Session 7

Category: Technical: Turning
Difficulty: Moderate

Am-Club: Waterloo Minor Soccer Club
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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



4v4 to 2 target players (10 mins)

Organization:

12 players are set up inside the area as show. The area is 25 x 25.

Procedure:

Play a game with 2 teams. Each team has 2 gates to defend and 2 gates to score in. 2 players of each team are located at gates. Play a 4 v 4 game in the middle. Each team score a goal, by passing the ball to one of the team mates, located in opposite gates and after pass is made they switch places (passer goes in gate, player in gate, joins his team in middle). Continuous game.

When ball is out of bounce, game restrats by the team who was in Def.

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



Turning 1v1 to goal (10 mins)

Organization:

Players are divided in to pairs. 2 teams, a goalkeeper and a server. Set up as shown in the diagram.

Procedure:

Ball starts with the server who plays the ball into the middle of the area.

Players play 1v1 and whoever gets to the ball first is the attacker.

The opponent becomes the defender. Players play 1v1 to score on goal. If attacker cannot manage to turn and shoot they can bounce the ball off the server.

If the defender wins the ball, dribble over the end line for a point.

Progression:

Play 2v2 and create a mini competition.

Coaching Points:

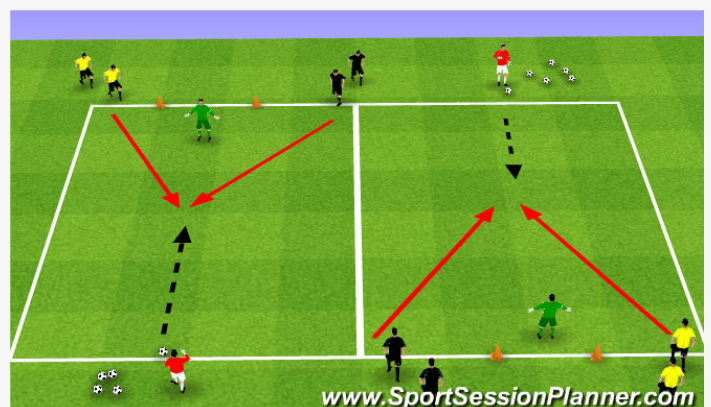
Close control of ball

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

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

