



ASA Lesson Plans (5th & 6th Grade - U11 & U12 Age Groups) - Topic: Dribbling & Turning

Category: Technical: Turning
Difficulty: Moderate

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Individual-Young Member

Description

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Dribbling Technique

□ Dribbling Technique:

- You can use inside, outside, the bottom and/or top (shoelaces) of the foot to dribble the ball.
- When you are running fast down the field with the ball, use the top (shoelaces) of the foot to dribble the ball.
- Bend your knees when you touch the ball.
- Make soft, and short touches to keep the ball in your personal space while dribbling.
- Keep your shoulders square while dribbling in a straight line.
- Touch in the middle of the ball when you dribble with your shoelaces.
- Keep the ball on your left or right depending on which foot you are dribbling with. Never leave the ball in the middle.
- Get used to looking up to see your teammates and the opponents
- Change directions you can use inside, outside, and/or the bottom of the foot. The best is inside and/or outside.
- To change directions use the NUMBER 1 inside or outside or your foot.
- Never cross the foot to change directions.
- Keep the ball close to your body and shoulders over the ball.
- Have a good BALANCE for any changes with the ball.



Turning Technique

□ Turning Technique:

- Keep the ball inside your personal space
- Use the bottom of the foot, side, outside to turn the ball.
- Never cross your feet when changing direction
- "Balance is the key"
- Speed - Any changes of directions
- Keep the heads up
- Quick & Simple moves away from pressure (Turning)
- Accelerate after the move away from pressure
- Keep the ball close to the body
- Change directions quickly if the defender catches up without sharing the ball
- Do not move (Turn) the ball towards the same side of the defender if the defender is close to you.
- If necessary apply 1vs. 1 technique



warm-up: Small side games (10 mins)

Number of players required: Full U11 or U12 Team

Equipment: many soccer balls 2 - 4 pug goals. If the coach does not have pug goals he/she can use cones as goals.

Grid requirement: Create 2 grids of 20 X20 yards marked with cones.

Organization: All players are required to play within the grid.

How the game is played: From 2 to 4 teams will be formed like regular scrimmage to play "small side games".

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games



Activity: Speed dribbling (10 mins)

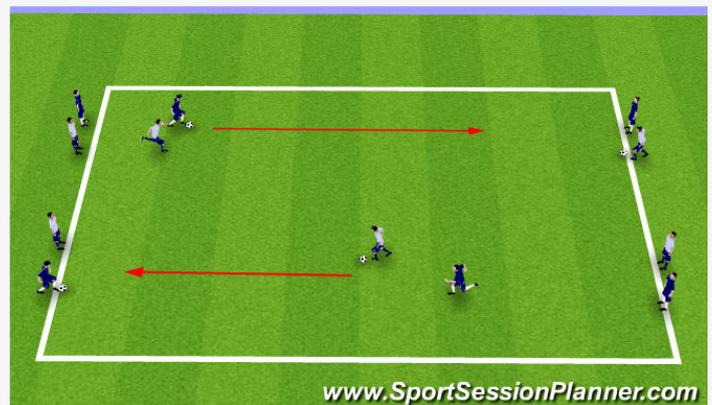
Number of players required: Full U11 or U12 team

Equipment: Each group should have a ball.

Grid requirement: Create a 40 x40 grid.

How the game is played: One group (minimum 3 players) competing against another group. One player from his/her group will run without the ball to another side at the same time one player from another group will run with the ball. When the players get to the opposite side, they will switch. The player with the ball cannot pass the ball to the player waiting in line. He/she must leave the ball in front of the player. Every time they switch they must give "high five" to his/her teammate before going to the opposite side. The group that finishes first, wins.

Variations/Progression: Use opposite foot as well.



Activity: Speed Dribbling & Turning (10 mins)

Number of players required: Full U11 or U12 team

Equipment: Each player should have a ball. Have few cones around the grid. Give about at least 5 yards distance from each cone

Grid requirement: Create a 40 x40 grid.

How the game is played: Player A (runner) will dribble the ball around the cones and the Player B (tagger) will try to follow the same path to tag the runner. They should always start from at least 10 yards from each other. If the Player B tags the player A, they will switch.

Variations/Progression: Use opposite foot as well.



Activity: Speed Dribbling, Turning and Finishing (10 mins)

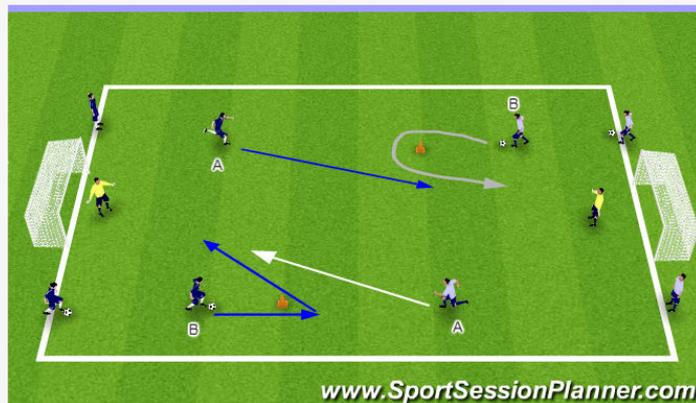
Number of players required: Full U11 or U12 team

Equipment: Half of the players should have a ball. 2 cones and 2 regular goals. If you do not have regular goals you can use, pug golas, cones or flags.

Grid requirement: Create a 40 x 40 grid.

How the game is played: Player A will run towards the player B to win the ball. The player B with the ball will have to dribble the ball towards the cone, and turn before going towards the goal. Switch after every play. Example: Player A goes to the end of the Players B line (vice-versa). The group that have more goals win. Switch Gks after few minutes.

Variations/Progression: Increase or decrease the distance from Player B to the cone



Activity: Scrimmage (20 mins)

Number of players required: Full U11 or U12 Team

Equipment: many soccer balls. For the 2 goals if you do not have regular goals, you can use cones or flags as goals.

Grid requirement: Create a 40 X 40 yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like regular scrimmage.

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games

