



Description

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Turning Technique

Turning Technique:

- Keep the ball inside your personal space
- Use the bottom of the foot, inside, outside of their foot to turn the ball.
- Be able to change direction on both sides (left and right foot)
- 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.



Activity: Scrimmage (10 mins)

Number of players required: Full U5 or U6 Team

Equipment: many soccer balls 2 pug goals

Grid requirement: Create a 20 X 20 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. Each team will stand on the own field. The coach will send from 1 to many balls on the field. The players/team must collect a ball with his/her feet and score in the opposite goal. After scoring the goal they can return to the get more ball(s), steal the ball from the opponent, and/or get the ball on their own goal and score in the opposite goal.

Variations/Progression:

Decrease the number of balls on the field and enlarge the grid.



Activity: Dog on the leash (10 mins)

Number of players required: Full U5 or U6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player

Organization: Create a 20 X 20 yard grid marked with cones. All players are required to play within the grid and each player must have a soccer ball.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: All players dribble around in the grid. They must react to the following directions given by the coach. All players are dog walkers and the ball is their dogs. "Green" is go, "Yellow" slow down, "Red" is stop with foot on top of the ball for 3 seconds. If they cannot stop the ball ... means the runaway so they will have to do something whatever the coach requests them to do). After players starting to get better, coaches should request them to turn with the ball with different parts of their foot.

Variations/Progression: Decrease the size of the field.



Activity: Big Snake (10 mins)

Number of players required: Full U5 or U6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player

Grid requirement: Create a 20 X 20 yard grid marked with cones

Organization: All players are required to play within the grid and each player must have a soccer ball.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: The players' dribble around the area. All players form a snake like line; each player has a ball at his feet and must follow the lead player (the head of the snake). When the coach yells "new snake" the player at the back of the snake runs to the front and becomes the head of the snake.

Variations:

- Ensure that all players become the head of the snake at one time or another.
- Have the players add their favorite soccer fake (move) when they are the head of the snake.



Activity: Lion King (10 mins)

Number of players required: Full U5 or U6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player

Grid requirement: Create a 20 X 20 yard grid marked with cones

Organization: All players are required to play within the grid and each player must have a soccer ball.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: At the start of the game, players lie face down on the ground with their heads on the ball and their eyes closed. When the coach shouts, "Mufasa," the players jump up and dribble their ball to the coach. Players must attempt to grab the coach's hand as he moves around the grid.

Variations: Allow players to only use left foot or right foot. The Coach needs to vary the speed at which they tag.



Activity: Scrimmage (20 mins)

Number of players required: Full U5 or U6 Team

Equipment: many soccer balls 2 pug goals

Grid requirement: Create a 20 X 20 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:

- The coach can send more than 1 ball on the field.
- Decrease or enlarge the grid.

