



Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

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: Coach Says (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 stay in the grid and each player must have their own 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 coach will explain that he/she will tell the players exactly what he would like the players to do. Like: STOP, **TURN**, START, SIT DOWN, SIT ON BALL, ONE FOOT ON BALL, SPEED UP, SLOW DOWN, ELBOW ON BALL, and so on. They must only react if "Coach Says" precedes the direction. Players should continue old activity if "Coach Says" did not precede direction.

Variations/Progression: Use both feet



Activity: Treasure Hunt (10 mins)

Number of players required: Full U5 or U6 team

Equipment: 4 cones to mark grid, Few additional cones that will be placed randomly within the 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 coach yells "go" and the players dribble around the grid keeping the ball close. The object of the game is to collect as many cones as possible, while dribbling around the grid. When the player is changing directions, he/she must use different part of the foot (coach can request the player to use their inside, outside, or bottom of the foot). Once all cones have been picked up, the player with the most cones is the winner.

Variations/Progression: Allow players to use their right or left foot.



Activity: Safe House (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Few cones to mark grid, Few additional cones that will be placed randomly within the grid, (try to have 1 cone shorter than the number of players on the field. Example: if you have 8 players you should have 7 cones on the field.

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 will dribble the ball around and the coach will try to tag the players. If the player is next to the cone the coach cannot tag the player. Each time a player moves to a different cone, the player gets a point. The player that has more points in the end is the winner.

Variations/Progression:

- Allow players to use their right or left foot.
- Do not let more than one player per cone.
- If a player changes direction (Turn) when you are about to tag, let the player go.



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.

