



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: Animal House (10 mins)

Number Of Players Required: Full U5 or U6 Age Group

Equipment: 4 or more cones to mark grid. All players are required to play within the grid and each player must have a soccer ball.

Grid Requirement: Create a 20 X 20 yard grid marked with cones.

Organization: The coach should request the players to use their bottom of the foot, inside, or outside to turn the 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 give every grid an animal name: monkey, bird, dog, and cat. The coach can change the name of the grid anytime she/he wants too. After the players are told the name of the grid, the players will dribble around until the coach tells them which animal to visit.

When the coach yells the animal, the players must dribble to the correct grid and stop the ball on the inside the grid that represents the animal that was called. The last player will have to make the sound of the animal.

Variations/Progression: Change the name from animals to player's names for a grid (just be sure to use every player's name by the end of the training session).



Activity: The Big Bear (10 mins)

Number Of Players Required: Full U5 or U6 team

Equipment: few cones - some cones to mark grid the grid, other cones to make four caves and 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.

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 is the "Big Bad Bear" and the bear must try to capture the players. The players dribble around the area while the bear tries to capture them. The bear cannot capture the players if they hide in the cave. The players can only stay in the cave for 10 seconds and must go to the other cave to avoid capture. If a player is captured they become a Bear and help the Big Bad Bear capture the remaining players. Last player to be captured is the winner.

Variation/Progression: All Bears must hold hands while trying to capture the remaining players. Bears must always be growling.



Activity: Bank Robbery (10 mins)

Number of players required: Full U5 or U6 Team

Equipment: 4 or more cones to mark grid, 10 to 12 soccer balls

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

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

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 stand on their own grid (separate the players evenly). The coach will yell "Bank Robbery". At that time all players must sprint to the center of the grid, collect a ball with his/her feet and return to their own grid as quickly as possible. Stop the ball on their own grid and return to the center to get another ball. When all the balls have been collected the player/group/team who has collected the most balls wins.

Observation: The coach can request the players to pull the ball back with

Variations/Progression:

- Add more balls to the center and enlarge the grid.
- Players can steal balls from another team.



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.

