



# ASA Lesson Plans (1st & 2nd Grade - U7 & U8 Age Groups) - Topic: Turning

**Category:** Technical: Turning  
**Difficulty:** Beginner

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Individual-Young Member

## Description

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## 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 1 vs. 1 technique



## warm-up: Small side games (10 mins)

**Number of players required:** Full U7 or U8 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 X 20 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: Turning I (10 mins)

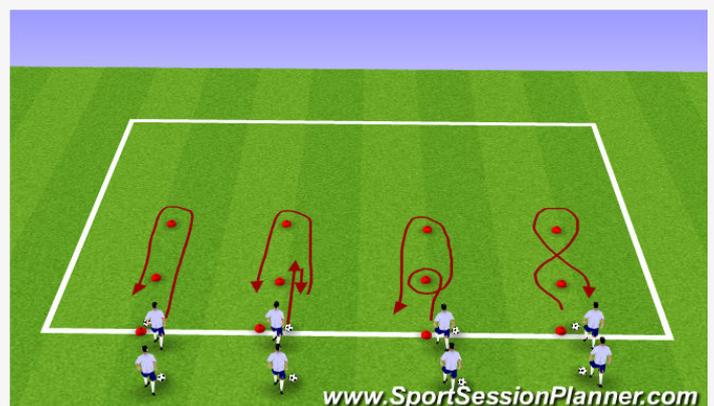
**Number of players required:** Full U7 or U8 team

**Equipment:** Create many lines. All players should have a ball.

**Organization:** 2 players per line.

**How the game is played:** Coach will request players do use a different type of movement/turning with the ball. Players should use inside, outside, the bottom of their foot by using their left and/or right foot.

**Variations/Progression:** Competition between the groups



## Activity: Runners and Followers (10 mins)

**Number of players required:** Full U7 or U8 team

**Equipment:** Create many lines. All players should have a ball.

**Organization:** 2 players per line. Players should move in their lines.

**How the game is played:**

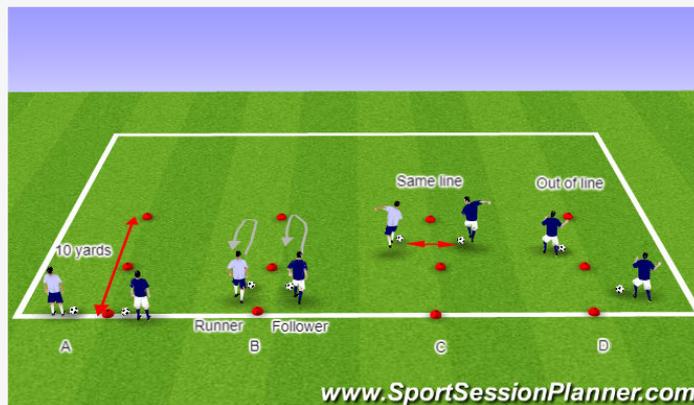
**Example A** = 2 players per grid. Each grid should be 3 cones (5 yards apart - 10 yards total)

**Example B** = The coach will select a side to be the runner and another side will be the follower. In the example on the graph, the player on the left side is the "runner" and player on the right side is the "follower".

**Example C** = The runner will move the ball from one side to another. The follower will follow by trying to stay in the same line. The players cannot cross the lines and/or win the ball from each other.

**Example D** = The goal is to have the runner players trying to get the follower players out of their line. Switch runners with followers every 1-2 minutes.

**Variations/Progression:** The followers could follow without the ball.



## Activity: Zone game (10 mins)

**Number of players required:** Full U7 or U8 team

**Equipment:** Create a 40x40 grid with few cones to create the "zones". All offense players should have a ball.

**Organization:** 2 defenders without the ball and the rest with the ball.

**How the game is played:** Offense players will try to move from one side to another (zones). The defenders will try to win the ball or kick out of bounce. The offense players can turn and move back towards their own zone. The defenders can only put pressure when the offense players are out of the zone.

**Variations/Progression:** Add more defenders.



## Activity: Scrimmage (20 mins)

**Number of players required:** Full U7 or U8 Team

**Equipment:** many soccer balls. For the 2 goals you can use pug goals or cones.

**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

