



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: Cones turning (10 mins)

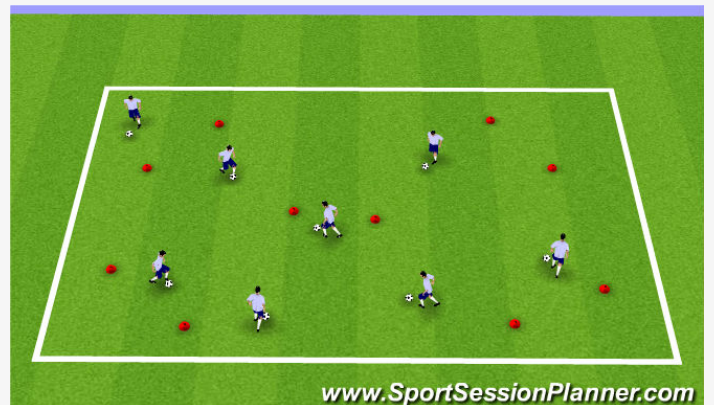
Number of players required: Full U7 or U8 team

Equipment: Create a 40 x 40 grid and a few cones around the field.

Organization: Every player should have a ball.

How the game is played: Players will dribble the ball inside the grid. When the coach says "GO", players will dribble the ball toward a cone, turn and dribble around again. The players should use a different part of their foot. Players should use inside, outside, the bottom of their foot by using their left and/or right foot.

Variations/Progression: Request the players to do double turning (turning the ball twice)



Activity: Many Goals (10 mins)

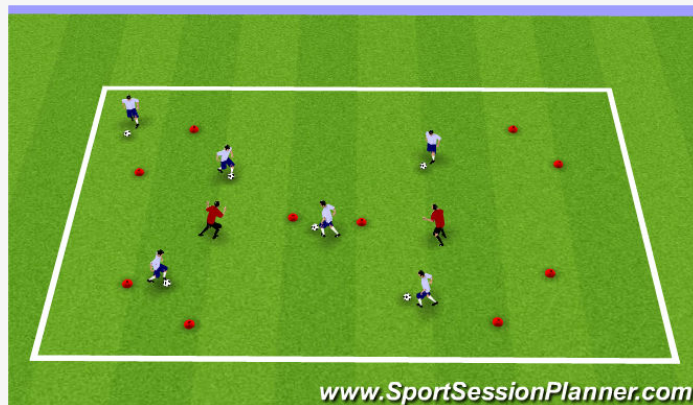
Number of players required: Full U7 or U8 team

Equipment: Create a 40 x 40 grid and a few cones around the field to create the goals.

Organization: Every offense player should have a ball.

How the game is played: The offense players will try to score by dribbling the ball between the goals. The defenders will try to win the ball or kick the ball out of bounce. After a few minutes, the coach should stop the game and the offense player that has more goals wins. Switch the defenders every play.

Variations/Progression: Add more defenders.



Activity: Moves away from Pressure (10 mins)

Number of players required: Full U7 or U8 team

Equipment: Create a 40 x 40 grid

Organization: Every offense player should have a ball.

How the game is played: The offense players will try to keep the ball away from the defenders. The defenders will try to win the ball or kick the ball out of bounce. They should switch offense with the defense every time the defender wins the ball. When the coach says "STOP", the players with the ball are winners.

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

