



ASA Lesson Plans (3rd & 4th Grade - U9 & U10 Age Groups) - Topic: Dribbling & Turning

Category: Technical: Turning
Difficulty: Beginner

Eddie Lima, Bristow, United States of America
Individual-Young Member

Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

Dribbling Technique

□ Dribbling Technique:

- You can use inside, outside, the bottom and/or top (shoelaces) of the foot to dribble the ball.
- When you are running fast down the field with the ball, use the top (shoelaces) of the foot to dribble the ball.
- Bend your knees when you touch the ball.
- Make soft, and short touches to keep the ball in your personal space while dribbling.
- Keep your shoulders square while dribbling in a straight line.
- Touch in the middle of the ball when you dribble with your shoelaces.
- Keep the ball on your left or right depending on which foot you are dribbling with. Never leave the ball in the middle.
- Get used to looking up to see your teammates and the opponents
- Change directions you can use inside, outside, and/or the bottom of the foot. The best is inside and/or outside.
- To change directions use the NUMBER 1 inside or outside or your foot.
- Never cross the foot to change directions.
- Keep the ball close to your body and shoulders over the ball.
- Have a good BALANCE for any changes with the ball.



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 1vs. 1 technique



warm-up: Small side games (10 mins)

Number of players required: Full U9 or U10 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 Sequence (20 mins)

Number of players required: Full U9 or U10 team

Equipment: Create a 40 x 40 grid. Few cones for the turning and pug goals. If you do not have pug goals you can use cones or flags for the goals.

Organization: The players should be on even groups (from 2 - 4 players per group).

How the game is played: The players will dribble the ball towards the cone. Apply the turning requested by the coach and shot at the goal behind the line of cones.

Sequence A = Turn 180

Sequence B = Turn 360

Sequence C = Turn 90

Sequence D = Turn 45

Add how many goals each group must score to win. The group that score the goals requested, wins!

Variations/Progression: Request the players to use both feet and/or turn to the right and left side.



Activity: 4 goals game (20 mins)

Number of players required: Full U9 or U10 team

Equipment: Create a 40 x 40 grid. 4 Goals pug goals. You can use cones or flags if you do not have pug goals.

Organization: 2 teams playing against each other.

How the game is played: Both teams will try to score in the small goal (pug goal). If the team score, they will try to score in another goal. They cannot score at the same goal twice. The team that has the most goals in the end, wins! You could have extra players to play for both teams.

Variations/Progression: No extra players playing for both teams. Both teams should be even.



Activity: Scrimmage (20 mins)

Number of players required: Full U9 or U10 Team

Equipment: many soccer balls. For the 2 goals if you do not have regular goals, you can use cones or flags as goals.

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

