



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

Category: Technical: Turning
Difficulty: Moderate

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Description

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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 I (10 mins)

Number of players required: Full U9 or U10 team

Equipment: Create a 40 x 40 grid. At least 1 ball per line. 4 cones in the middle of the grid.

Organization: Put the players in 4 even lines.

How the game is played: Players will dribble the ball towards the cone in front of them, turn and pass the ball to the next player in line. When the players get closer to the cone, they should do a different type of turning. All players will do the same move until the coach request the players to switch.

Turning - Pull Back

- Pull the ball back with the bottom of the foot.
- The Ball should be in front of the player.
- Hold the ball with the bottom of the foot close to the toe's line.
- Knees should be bend to give a good balance.
- Pull the ball back in the on the same side and always facing the ball. Example: pull with the right foot, the player should turn towards his/her right side

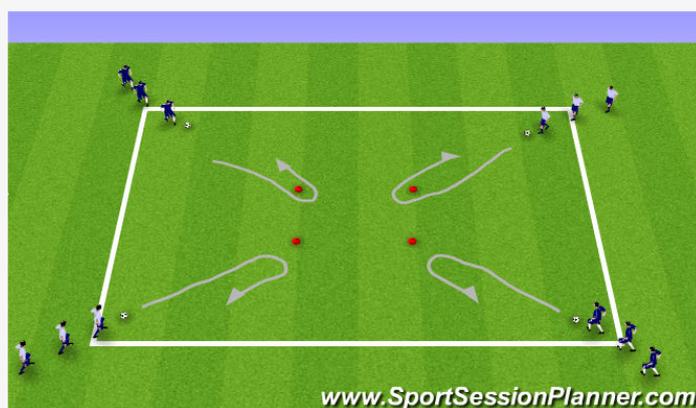
Turning - Inside foot turning

- Turn the ball with the inside of the foot.
- The ball should be on the side of the player
- Hold the ball with the inside of the foot.
- Knees should be bend to give a good balance.
- Turn the body on the opposite side and always facing the ball. Example: turning with the inside of the right foot, the player should turn towards his/her left side

Turning - outside foot turning

- Turn the ball with the outside of the foot.
- The Ball should be behind the player. So if the ball is in front ... go in front of the ball before turning.
- Turn the ball by touching with the outside of the foot.
- Knees should be bend to give a good balance.
- Turn the body on the same side and always facing the ball. Example: turning with the inside of the right foot, the player should turn towards his/her right side

Variations/Progression: Request the players to turn more than 1 time.



Activity: Dribbling & Turning middle box (10 mins)

Number of players required: Full U9 or U10 team

Equipment: Create a 40 x 40 grid. At least 1 ball per line. 4 cones in the middle of the grid.

Organization: Put the players in 4 lines. 1 The player should be in the middle of the grid as a defender.

How the game is played: The outside players (offense) will have to dribble the ball inside the grid in the middle and try to go to another grid. The player inside the grid is a defender. The defender will try to win and/or kick the ball outside the grid. Switch players after few minutes

Variations/Progression: Add more defenders



Activity: 5 boxes goal (10 mins)

Number of players required: Full U9 or U10 team

Equipment: Create a 40 x 40 grid. At least 2/3 of the players should have a ball. Few cones to create the 5 grids inside the field.

How the game is played: 2 Players will be defenders and other players will be offense. The offense players will try to dribble the ball inside of any 5 grids available. The defenders will try to win or kick the ball out of bounce. Switch offense player with the defender when that happens.

Variations/Progression: Add more defenders



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

