

Age	U9 & U10
Season & Session	Fall – Week 1 - Session 2
Topic	Turning for possession

Activity Description	Diagram	Coaching Points
<p>Activity: Dribbling Technique</p> <ul style="list-style-type: none"> Area: 15 x 15. Activity: Each player has a ball and begins the activity by dribbling around the area. Coaches Commands: Stop: Players should stop the ball with the sole of the foot, Go: Players begin to dribble, Switch: Players switch soccer balls and Turn: Players should turn 180 with the ball. Add fun punishment for those players who complete the commands last. 		<ul style="list-style-type: none"> Dribbling Technique: Use the outside of the laces to strike the ball, knee over the ball when you strike it, every time you take a step you should be able to take a touch and head up as you dribble. Stop the ball with the sole of the foot.
<p>Activity: Turning Techniques</p> <ul style="list-style-type: none"> Area: Same as above. Activity: Players should dribble around the area freely and complete turns on command. Introduce the inside and outside cut. 		<p>Inside Cut: Approach the ball straight, step across the ball with the non-kicking foot and then bring the kicking foot around the ball to strike the front panel of it. As you strike the ball, you should turn 180 and dribble out.</p> <p>Outside Cut: Approach the ball straight. While slightly reaching, angle your foot with toes pointing out, bring it over the top of the ball and strike the front panel. Turn 180 as you strike the ball.</p> <ul style="list-style-type: none"> Bend your knees as you turn for balance and explode out of the turns.
<p>Activity: 1 v 1 Dribbling and Turning</p> <ul style="list-style-type: none"> Area: 30 x 30. Activity: Place players into pairs, one player has a ball and the other without. Pairs start the activity back to back and on the coaches command players start. The player without the ball is trying to lose the player with the ball (who is dribbling) by running and changing direction. When the coach shouts 'STOP', players freeze and face each other. The player with no ball opens their legs and the player with the ball tries to pass through them. Player who loses owes a fun punishment. 		<ul style="list-style-type: none"> All Above. Use turns to change direction quickly so you can follow your teammate.
<p>Activity: 1 v 1 Pug Goal Game</p> <ul style="list-style-type: none"> Area: 20 x 15 with two goals inverted. Activity: Place players into two teams and place a team on each side line. One team has the soccer balls; they start the game by passing to the opposition and defending. Attacking players can only score from the outside. If the defender wins the ball they try to score. Continue until a goal is scored or ball goes out of bounds. Keep score and make competitive. 		<p>Shielding Technique: place your body in between the defender and the ball. Make yourself as big as possible by turning side ways on and feeling the defender with your arm. Manipulate the ball with the sole of the foot.</p> <ul style="list-style-type: none"> When to turn? Turn when a defender is about to get in front of you. When to shield? Shield the ball when you turn and you're in tight spaces.
<p>Activity: 3 v 3 + 2 to targets</p> <ul style="list-style-type: none"> Area: 40 x 50. Activity: Split players into two teams with 2 neutral players (permanent attackers, who always help the team in possession). Each team defends a target player. Score by passing to the target your opposition is defending. Progression: Add goals to the end lines. Place neutrals and targets on teams. 		<ul style="list-style-type: none"> When to dribble? In tight spaces to relieve pressure. When to turn? When you cannot go forward. When to pass? When you are out numbered by defenders. Support: Help teammates by moving to spaces where you can receive a pass.