



07 / U11B - Turning/Changing Direction with the Ball

Category: Tactical: Attacking principles
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
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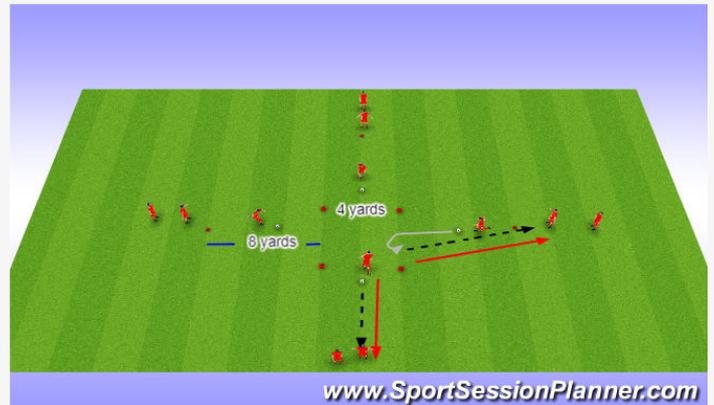
Description

Phase: Open Up the Opponent to Attack
Principle: Switching the Point of Attack

Rapids Box--warm up (15 mins)

DESCRIPTION/ORGANIZATION: 4 lines of 3 players in each line. First player in each line dribble to the edge of center box (4 yards x 4 yards). Turn with ball and with next touch pass to the next player in your line.

COACHING POINTS: Focus on the quickness of the turn, getting the ball out from under the feet. Dribbling points--positive first touch (inside of foot), pinky toe to the center of the ball. Head up. Arms out for balance. Keep ball close, touch it every time dribbling foot comes forward. Turning points--keep feet underneath to maintain balance, get ball out from under feet back towards where you came from. Arms out for balance, sink plant knee down, turn quickly. Passing points--curl you toes up, sink plant knee, plant foot next to and slightly behind ball, play into the body of the receiving player. Arms out for balance. Passing movement is also first step in movement to get back in line. Dribbling, turning, passing, moving are all parts of one big flowing movement. Rapids Box has many many variations. See Rapids youth training video (copies available from Ray Nause) for all variations.



3v3 Funino, diagonal goals (20 mins)

DESCRIPTION/ORGANIZATION: Must be in 6 yard end zone in order to score. Red can score in the goals with orange cones in them. Blue can score in goals with red cones in them (use pinnies if you can, it's easier). Because players are going to goals that are diagonally opposite, turning with the ball becomes a primary way to get to the opposite goal.

Variation: 5v5 Formino, same rules apply

Variation: as the game is being played, coach goes to the goals and switches the colors associated with the goals, so the players have to adjust to new locations for scoring without warning.

COACHING POINTS: Make it look like you are going to one goal, then quickly turn and attack the other. 2v1s are fairly easy to create by turning with ball and running/passing. Focus on the deception, the turn itself, getting the ball out from the feet, staying in balance, using appropriate surface. Then the explosion with the dribble or pass-and-move.



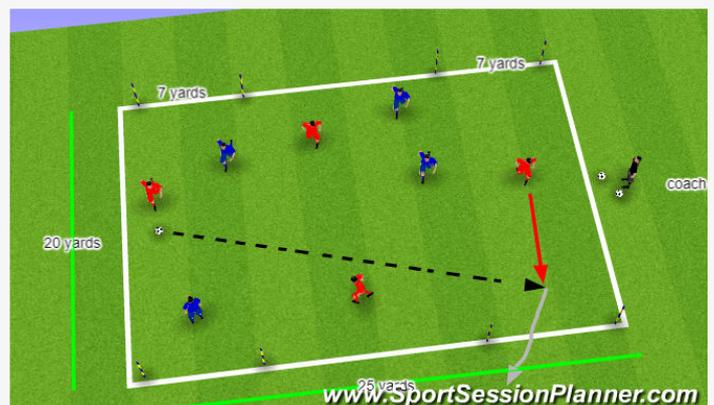
dribble wide gates 4v4 (15 mins)

DESCRIPTION/ORGANIZATION:

3v3 up to 6v6. Must dribble through gate to score. Can score on either gate. Expand field if needed. Make gates bigger or smaller depending on the success level.

COACHING POINTS:

- *Weight of the pace is appropriate, not too soft, not too hard.
- *Receiving ball to turn, focus on players looking like they will attack one goal, then turn to play pass or dribble to other goal.
- *Balance on both feet equally, arms out for balance
- *Deception, dip shoulder then turn. Turn quickly and explode.

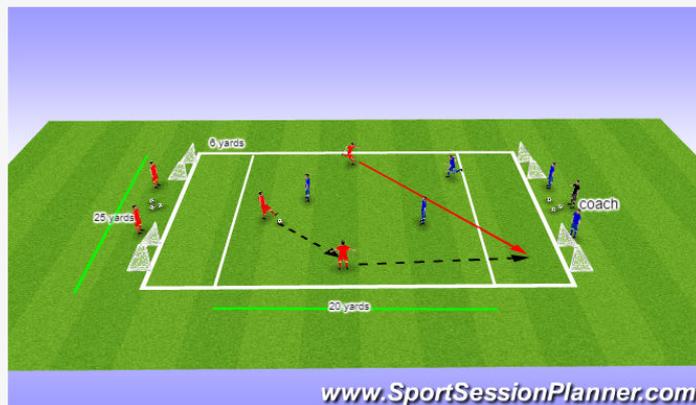


3v3 Funino (15 mins)

DESCRIPTION/ORGANIZATION: Ball must enter endzone before you can score.

COACHING POINTS:

- *Get your body in position to finish
- *Ready to finish on first touch, quick feet
- *Central player's intelligence to create 2v1 from a 2v2.
- *player driving at one goal, turn and play other way (dribble or pass)



5v5 Formino (20 mins)

DESCRIPTION/ORGANIZATION: 5v5, rules exact same as Funino, must cross 6-yard line before scoring. Field size can be increased for U11+

COACHING POINTS:

- Mentally prepared to finish on first touch.
- Prepare body to finish on first touch.
- Take chances aggressively when numbers up
- Create situations where the other team commits 3+ defenders to one goal, score on other one.
- Focus on deception, balance, quick turn, explosion.
- Prepared to counter attack with all 5 players

