



## 08 / U10G - Turning/Changing Direction with the Ball

Category: Technical: Turning

Difficulty: Beginner | Start Time: 04-Aug-2017 16:30h

Am-Club: Rio Rapids Soccer Club  
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### Description

Turning/changing direction with the ball to solve defensive pressure/attack open space and maintain possession

### Change of Direction Square (WHOLE) (15 mins)

#### DESCRIPTION/ORGANIZATION:

- \*4 large cones form the corners of a 10-12 yard square
  - \*3 or 4 players each with ball inside square
  - \*Designate one player as attacker and all other players as defenders to start
  - \*Attacker scores by dribbling ball into contact with one of the 4 cones
  - \*If a defender dribbles across the path between the attacker and a cone, the attacker must change direction and attack a different cone (until scoring or being redirected again)
  - \*Play for 45-60 seconds and then rotate attacker - work to rest ratio of 1:2
  - \*Which attacker can score the most points?
- Variation: defenders can only stop attackers by getting in their way

#### COACHING POINTS:

- \*Head up and peeking to find open cones
- \*Attack open cone with speed
- \*Turn/change direction with ball to escape defender and attack open cone
- \*Explosive changes of speed/direction to lose defender
- \*Using disguise/deception - draw defenders to one cone with dribble with plan to attack another
- \*Touches under control as cone is approached so that you can touch cone to score



### Dribble Turn Relay (PART) (20 mins)

#### DESCRIPTION/ORGANIZATION:

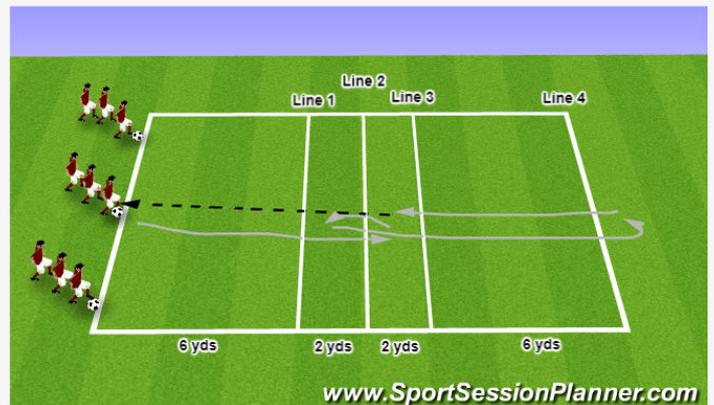
- \*Dribble relay race with small teams
- \*First player in line takes off on the dribble.
- \*When reaching space between Lines 2 and 3, uses outside foot cut to reverse direction.
- When reaching space between Lines 1 and 2, uses inside foot cut to reverse direction.
- When crossing line 4, uses pull/drag back to reverse direction.
- Once crossing Line 3 - passes to next player on team.
- First group finishing a set number of repetitions with each player on team wins.
- Variations: change foot used for turns, vary type and sequence of turns used.

#### COACHING POINTS:

- \*Proper technique for each type of turn.
- \*Faster/bigger touches when far from the line and slower/smaller touches when you are getting ready to turn.
- \*Knees bent and body low on turn.
- \*Hips/body turn with the ball - not separate movements
- \*Accelerate/expolode out of turn.

#### Turns to teach:

- Core - inside hook, outside hook, pull/drag back, squash and turn/step on
- Next level - Cruyff, step-over turn



## Ball Tag (PART) (15 mins)

### DESCRIPTION/ORGANIZATION:

- \*Divide players into pairs, each player with a ball.
- \*One partner should pick their ball up while the other keeps their ball at their feet.
- \*The player holding the soccer ball is the tagger. The tagger should try to hit the dribbler's ball with his/her own ball.
- \*When someone is tagged, the tagger gets to dribble and the other player must pick his/her ball up and try to tag the new dribbler's ball.
- \*Play 45-60 second games with work to rest ratio of 1:2
- \*Players left with the ball in their hands at the end of one-minute do a special activity
- \*Be sure to mix up partners so players compete against new players.

### COACHING POINTS:

- \*Position body in between the opponent and your ball
- \*Turn/change direction with ball to escape defender and attack open space
- \*Explosive changes of speed/direction to lose defender
- \*Using disguise/deception - draw defenders to area with dribble with plan to attack another
- \*Bent knees with low center of gravity
- Defenders separating the attacker from the ball - putting their body between the ball and the attacker to win it



## FUNino (WHOLE) (20 mins)

### DESCRIPTION/ORGANIZATION:

FUNino - Official Rules:

- \*Game starts with coach throwing ball into middle of field,
- \*Goal can only be scored from inside the scoring zone (6-yard line),
- \*When a goal is scored, one player from each team must be substituted on the fly,
- \*After goal restart game with a pass or dribbling in from 6-yard line,
- \*Infringements: staying inside a goal for more than a second, hand ball, violent play-free pass \*Penalty attack for fouls inside shooting zone
- \*No corner kicks \*No offsides \*Pass or dribble in when ball goes out on the sidelines

### COACHING POINTS:

- \*Which of the two goals is less defended?
- \*When and how to use turns/changing direction with the ball to escape defenders or attack open space/goals

