



09 / U9B - Turning/Changing Direction with the Ball

Category: Technical: Turning
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
Sebhat Browne, Albuquerque, United States of America

Description

Phase: Possession to Advance

Principle: Creation and Use of Space - Movement of Players to Create Free Space and Time for Themselves

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.



Crookham's Pure Finishing (15 mins)

DESCRIPTION/ORGANIZATION: Warm-up (could be used as a part) Crookham's pure finishing. The basic idea is to give players heavy repetitions of finishing from close range. No goalkeeper allows the players to focus entirely on technique. Player A passes an appropriately weighted ball to the area between the mannequins. Player B runs from line 2 towards the ball and finishes with the inside of his right foot into the lower right hand corner of the goal. The finish should be with the inside of the foot and it should be on the ground. Player A proceeds to line 2, while player B retrieves a ball and goes to line 1. As B is shooting, player D begins a run towards the mannequins, player C plays a pass to the space between the mannequins. Player D finishes with the inside of the left foot to the lower lefthand corner of the goal. Player C proceeds to line 4. Player D retrieves a ball and gets in line 3. If you don't have mannequins, sticks or cones are an adequate replacement--the idea is to create some visual traffic for the players as they shoot. You might encourage the passer to run straight through the mannequins as he runs to his new line, thus creating more visual traffic and timing adjustments for the next shooter.

Variations: 1. Inside of the other foot. Line 2 now finishes with the inside of the left foot on the ground, directly at the "would be" keeper's feet--right down the middle of the goal. Line 4 finishes with the inside of the right foot--this is a more advanced technique because the shooter has to adjust his hips square to the goal just before shooting.

2. Header finish, Lines 1 and 3 now have ball in hand. Player A two-hand, underhand tosses the ball to the area between the mannequins, player B heads the ball on the run into the lower right hand corner . . .

COACHING POINTS: Eye contact. Timing of pass, weight of pass.

Adjust your feet as you ready to shoot.

Arms out for balance

Sink your knee forward (non-kicking foot)

Sink down into the ball

Striker through the middle of the ball

Curl your toes up (to lock ankle)

The closer the ball is to the ground, the harder for the keeper to save

Pound the ball on the floor (it is similar to inside of the foot passing technique, but it is still finishing)



Learning Objectives

	Technical (65%) pure finishing technique
	Tactical (13%)
	Physical (5%)
	Psychological (9%)
	Social (8%)

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.

