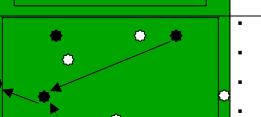
Coaching Booklet

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

Activity Description Diagram **Coaching Points Activity: Dribbling Technique** Dribbling Technique: Use the outside of the laces to strike the ball, knee Area: 15 x 15. Activity: Each player has a ball and begins the over the ball when you strike it, every activity by dribbling around the area. Coaches time you take a step you should be Commands: Stop: Players should stop the ball able to take a touch and head up as with the sole of the foot, Go: Players begin to you dribble. dribble, Switch: Players switch soccer balls and Stop the ball with the sole of the Turn: Players should turn 180 with the ball. foot. Add fun punishment for those players who complete the commands last. Inside Cut: Approach the ball straight, **Activity: Turning Techniques** step across the ball with the non-kicking foot and then bring the kicking foot Area: Same as above. around the ball to strike the front panel of Activity: Players should dribble around the area it. As you strike the ball, you should turn freely and complete turns on command. 180 and dribble out. Introduce the inside and outside cut. 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. Bend your knees as you turn for balance and explode out of the turns. Activity: 1 v 1 Dribbling and Turning Area: 30 x 30. All Above. Activity: Place players into pairs, one player has Use turns to change direction quickly a ball and the other without. Pairs start the so you can follow your teammate. 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. Activity: 1 v 1 Pug Goal Game Shielding Technique: place your body in Area: 20 x 15 with two goals inverted. between the defender and the ball. Make Activity: Place players into two teams and place yourself as big as possible by turning side a team on each side line. One team has the ways on and feeling the defender with your arm. Manipulate the ball with the soccer balls; they start the game by passing to the opposition and defending. Attacking sole of the foot. players can only score from the outside. If the When to turn? Turn when a defender wins the ball they try to score. defender is about to get in front of Continue until a goal is scored or ball goes out When to shield? Shield the ball when of bounds. Keep score and make competitive.

Activity: 3 v 3 + 2 to targets

- 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.



- you turn and you're in tight spaces.
- 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.