



U8 Week 5 Turning with the ball

Category: Technical: Turning
Difficulty: Beginner

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Individual-Adult Member

Turns (10 mins)

Set Up:

In a 30x30 area there are cones randomly spread around the area.

Implementation:

Players have to dribble in set area & then perform a turn when approaching a cone.

Coaching Points

- Move the ball into an area of open space
- Keeping their head up
- Going at a pace in which they can control the ball
- Slow down when approaching a cone
- Chop down on ball when turning
- Sharp acceleration when moving away



Turns (15 mins)

Set Up:

In a 30x30 area there are cones randomly spread around the area.

Implementation:

Players have to dribble in set area & then perform a turn when approaching a cone. Two players are defenders and they try to steal the ball from the players who are in possession. Have players count how many cones they go around in 2 minutes if the defender wins the ball and gets it out of the grid the players score resets to 0.

After 2 minutes have 1 minute rest then repeat. Players try to beat their previous score.

Coaching Points

- Move the ball into an area of open space
- Keeping their head up
- Going at a pace in which they can control the ball
- Slow down when approaching a cone
- Chop down on ball when turning
- Sharp acceleration when moving away
- Turn away from the defenders.



1V1 to Goal (15 mins)

Set Up

Set up a goal with 2 teams in lines 5-10 yards from each post. (Lines of no more than 4) Another pair of cones is placed 10 yards in front of the lines. There is a goalkeeper.

The coach has all the balls between the second set of cones.

Implementation

On the coaches command "Go" the first players in line runs around the cone in front of them, the coach serves a ball inbetween the two running players. Once a player has the ball they attempt to score in the goal.

Coaching Points

- Close touches when under pressure, bigger touches when attacking space.
- Shoot using laces or the inside of your foot (Don't dribble into the goal).
- Turn away from the defender, protect the ball.

