



U12 plus Recreational Session 8

Category: Technical: Turning

Difficulty: Moderate

Am-Club: Waterloo Minor Soccer Club
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Description

1v1 to a ball (10 mins)

Organization:

Players placed inside a 40 x40 area. Players are placed into pairs as shown above. The black players stands with their legs apart with a ball placed next to them as the target ball. The Yellow player stands behind the black player with a game ball.

Procedure:

Yellow player plays a pass through the black player's legs. We now have a 1v1 game. The player in possession has to get the game ball to hit the target ball to score a point. If the defender wins possession the game continues. Start a new game each time a goal is scored.

Emphasis/Coaching points:

- Close control of ball
- Check shoulder prior to performing turn
- Slow down prior to performing turn
- Non-kicking foot planted beside the ball
- Bend knees
- Accelerate out of turn



5v5 plus 2 GKS (10 mins)

SET UP:

Players are placed into 2 teams of 6 as shown in the diagram above. Each team must have 2 players as goalkeepers. The 2 goalkeepers will defend 2 goals and can move along the side line.

INSTRUCTION:

Players play 4v4 and look to attack the oppositions 3 goals. The team can only score in one of the goals that does not have a goalkeeper inside. The team in possession of the ball look to keep possession of the ball and change direction quickly based on what they see in front of them and where the 2 goalkeepers are placed. Rotate the goalkeepers every couple of minutes.

COACHING POINTS:

- Close control of ball
- Check shoulder prior to performing turn
- Slow down prior to performing turn
- Non-kicking foot planted beside the ball
- Bend knees
- Accelerate out of turn



Turning to goal (10 mins)

SET UP:

Players are set up as shown above inside a 15 x20yds area

INSTRUCTION:

Player A plays a ball into player B. As the ball travels to player B player C can close players B down. Player B will look to receive the ball and turn to beat player C. Player B will attempt to score. Players rotate to allow all players to be the server, attacker, defender and goalkeeper

COACHING POINTS:

- Close control of ball
- Check shoulder prior to performing turn
- Slow down prior to performing turn
- Non-kicking foot planted beside the ball
- Bend knees
- Accelerate out of turn



Regular 5v5/6v6 (10 mins)

Organization:

10-12 players placed into 2 teams of 5 or 6. The playing area will be 25x20m (adapt for age/ability/numbers)

Regular 5v5/6v6 small-sided game. Play with a Retreat Line - after a goal, if the ball goes out on the end or GK secures the ball, the opposition must back-up behind the line. Cannot cross line until first touch is taken. If ball goes out of play, ball can be passed or dribbled in.

Coaching Points:

Close control of ball

Check shoulder prior to performing turn

Slow down prior to performing turn

Non-kicking foot planted beside the ball

Bend knees

Accelerate out of turn

Have FUN

