

## Session 9 - Turns

**Session Objective** Turns - Coach to Improve Turning with the Ball

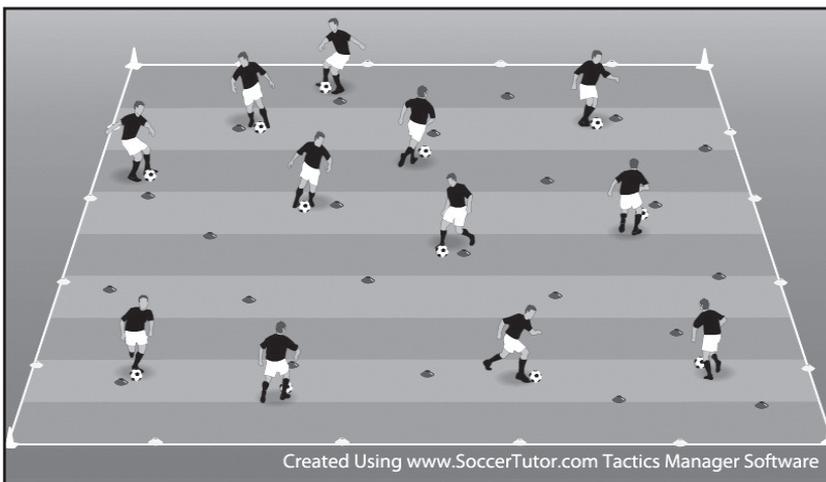
**Duration** 1 Hour

**Equipment** First Aid Kit, Mobile Phone, Ball for each Player, 2 x sets of Bibs, Disc Marker Cones, 4 x Traffic Cones, 2 x Target Goals, Ball Pump, Whistle, Register.

### Warm Up - Ball Work

#### Organization

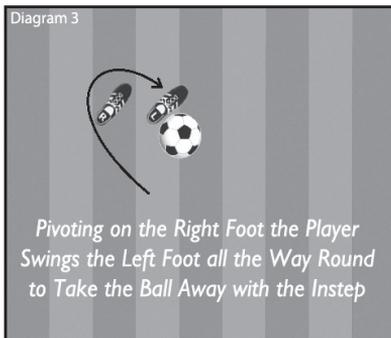
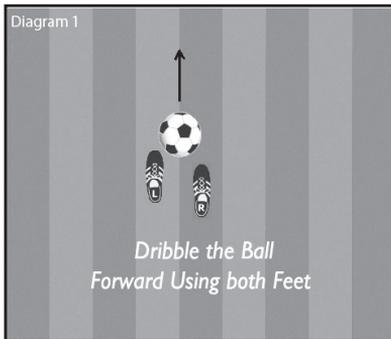
Always begin with the same warm up within the 20x20 yard coned square. The warm up should consist of Jogging, forward, backward and sideways movement, knees up and bum kicks, hoping, skipping and jumping.



In this warm up square we have added a series of single marker cones dotted all around the square. Ask the players to dribble about within the square as normal but challenge them to dribble around the cones, this makes them start to turn with the ball. You may want to add these cones whenever the progression is a particular technical skill that can be practised turning around a cone or by using the cone as a defender.

## Progression - Ball Work - "Step Over" Turn

The players have one ball each and dribble about within the square using both feet, inside, outside, sole and laces. In this session we want to coach the "Step Over" turn.



The players start by dribbling the ball forward before pretending the kick the ball (to the left with the right foot in this case) The players foot should plant down diagonally opposite its starting position and over the ball. The body then spins round (in this case turning right) pivoting on this foot. The ball is then taken away backwards with the instep of the other foot (in this case the left foot) The players should practice the "Step Over" turn using both their right and left feet.

### Coaching Younger Players

When coaching the very young players for the first time break each of the four steps down and explain them in the logical order.

## Coaching Mini-Soccer

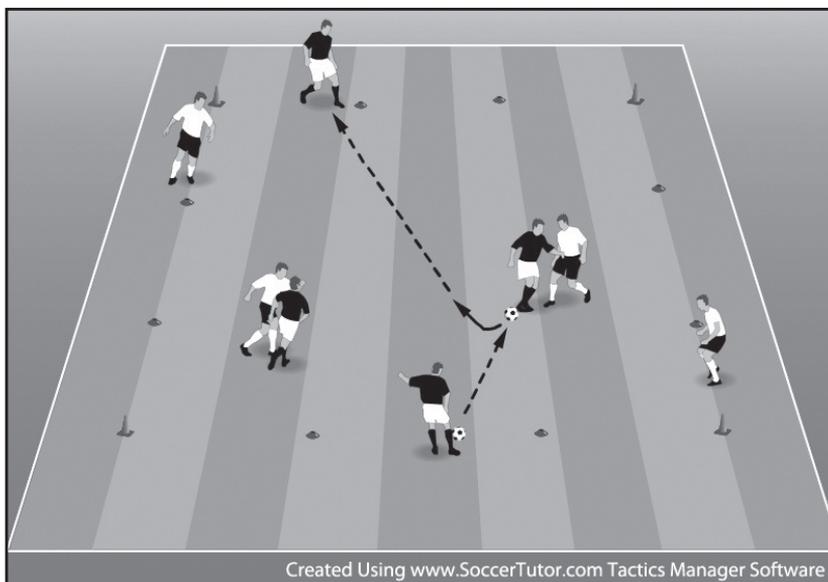
1. Dribble forward slowly (diagram 1)
2. Pretend to kick the ball but swing the foot beyond the front of the ball and place it diagonally opposite its starting position (diagram 2).
3. The player can now spin, pivoting on the ball of this foot round in the other direction so the instep of the other foot can contact through the centre of the ball (diagram 3)
4. The player can now take the ball away backwards (diagram 4)

## Coaching Older Players

1. The players should use the first kick to try and fool the defender into thinking they are really going to strike the ball. The player should swing their arms and body to exaggerate the kick.
2. Encourage the players to try the "Step Over" turning both ways, using both feet.

Give the players a couple of minutes to dribble about practising their skills.

## Drill - Turns - Small Sided Game



## Organization

Four traffic cones mark out a 20x20 square. The players are split into two teams of four players with two players from each team standing on opposite ends of the square. The other two players work within the square.

## **Description**

One player starts with the ball and the purpose of the drill is to pass the ball via at least one of their team mates in the square to the receiver on the opposite side of the square. The other team tries to win the ball and do the same, passing the ball across the square from a player on one side to their receiver on the other.

## **Coaching Points to Improve Turns in this drill.**

1. Approach - The approach should be controlled moving forward with the ball.
2. Protection - The player should use their legs and body to protect the ball. Always turn away from the defender and never into them.
3. Body Shape - The player should be well balanced, knees bent and arms out for balance with the head steady.
4. Technique - The technique of the turn, was it executed correctly?
5. Exploit the space - After executing a turn the player should accelerate away leaving any defender unable to recover.

## **Progressions and Drill Variations**

### **For Younger Players.**

1. Make the square bigger.

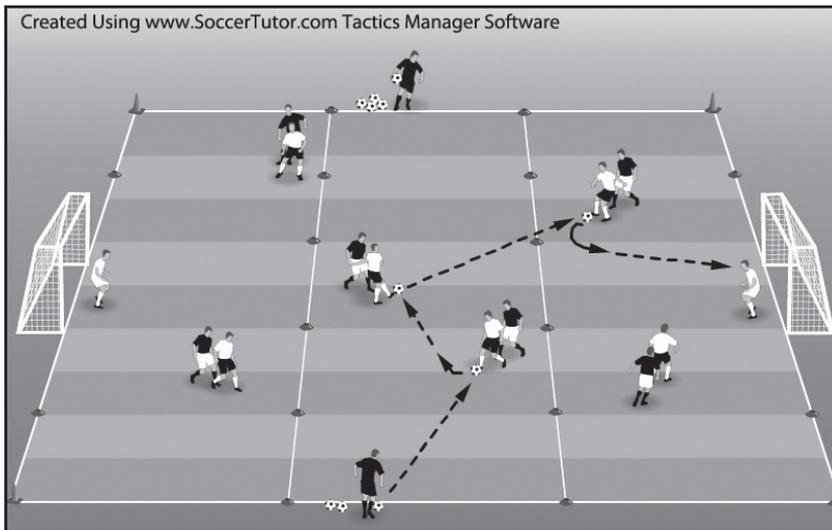
### **For Older or Better Players.**

1. Make the square smaller.
2. Play 3 V 3 within the square.

## **Fun**

Challenge the two teams awarding a goal for each successful pass across the square via a player in the middle. Which team can complete five passes and get to five goals first?

### **End Game - Thirds Turning Game**



### **Organization**

A 50 x 30 yard pitch is marked out with four traffic cones in the corners and marker cones all around. You may need to change the size of the pitch to make it more suitable to the size and power of your players. Place marker cones across the pitch to split it into three thirds.

### **Description**

In this tactical game each team starts with two players in each third, essentially a two v two. The players cannot move from their designated third. Each team can attack both ends and score in either goal. The players in the midfield receive a ball from the coach and twist and turn trying to find a team mate in either end zone who can receive the ball and get in a shot.

### **End Game Variations**

If you are short of a few players then reduce the players in each third. Keep at least a 2v2 in the midfield as shown and then reduce to a 1v1 in each end zone. You could also go to a 3v3 in the midfield zone if required. If you do you may want to vary the size of each third accordingly.

### **Question and Coach the Players?**

How can we use this end game to help coach our players?

1. Each player needs to tell the player with the ball where they are and where they want the ball. Communication is the key especially when the player with the ball is facing the opposite direction.
2. Can the player with the ball change the direction of the attack. Start attacking one goal then turn and attack the other.

End the session by removing the thirds leaving a standard pitch. The players can now finish the session playing a normal game.