



Ball Mastery: Turns & Moves 2 (Changing Direction & Speed)

Appropriate for players ages 6-8.

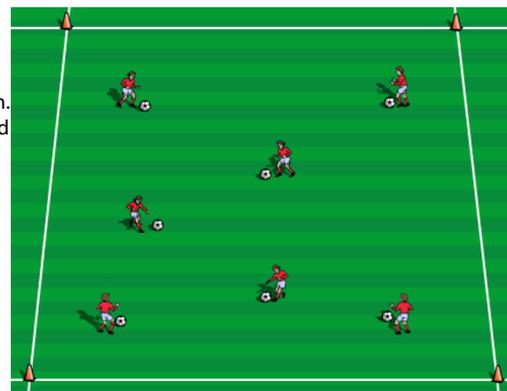
Session Aims: To introduce the correct technique of changing direction with the ball using the sole of both feet, as well as the inside and outside, and to combine all 3.

Warm Up: Soccer Marbles

Set up an area approx. 20x20 yards. Players should dribble the ball around the area and change speed on command. Have players use the sole of one foot to touch the ball, changing direction of the ball with every touch. The use the sole of both feet to change direction, be creative. Players can pretend everyone else is a defender and should keep their body between the ball and others switching feet often.

- Coaching Points:
- 1) Try to keep eyes on the ball when turning.
 - 2) Vision in front of the ball, looking for space.
 - 3) Maximum of 2 or 3 touches to make the turn.
 - 4) Keep the ball close to feet.

- Variation:
- 1) Add a defender.



Fundamental/Individual: Mine Field

Spread discs anywhere around your area. All the discs are mines and players have to dribble their soccer balls inside the mine field avoiding the mines. If they dribble into a mine they have to go outside of the square and do a specified number of juggles, toe taps, etc. to get back in. Challenge the players to dribble up to a cone and get as close as they can before performing a drag back turn. See how many times the players can do this in a specified time limit.

- Coaching Points:
- 1) Use both feet to dribble around the area.
 - 2) Demonstrate a correct drag back, turning with the ball and accelerating out of the move.
 - 3) Keep the ball close.

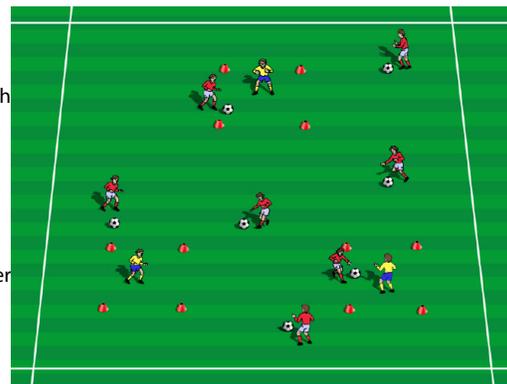
- Variation:
- 1) Players are able to diffuse mines by doing a designated move to get around each mine (scissors, Matthews, drag back, etc.).

Game Related/Group (Incrementally adding pressure)

Three defenders without a soccer ball stand in boxes inside a 30x30 grid. Attacking players try to dribble into the defenders' boxes and perform a drag back turn. They have to get in and out the boxes as quick as possible. Switch defenders around every few minutes. Challenge players to dribble into as many boxes as they can without the defenders stealing their ball.

- Coaching Points:
- 1) As above.

- Variation
- 1) Use alternate feet.
 - 2) Players can earn an extra point if they manage to perform a move that beats the defender as opposed to just changing direction.

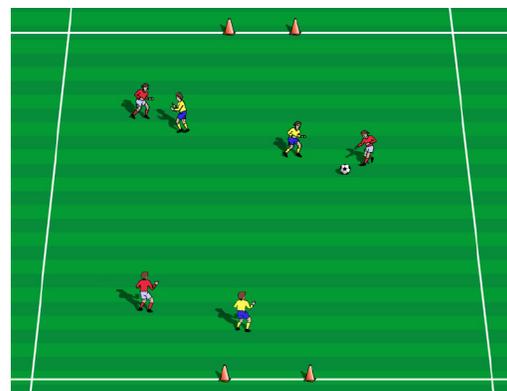


Game Condition (Small-sided/Conditioned)

Play 3v3 on a field 20x30 yards with 2 small goals and no goalies. This encourages lots of touches on the ball and 1v1 situations. Set up multiple fields if needed. Award extra goals if a player performs a drag back turn.

- Coaching Points:
- 1) As above.

- Variation
- 1) Award points if a player uses a drag back turn to get away from pressure.
 - 2) Award points if a player uses a move to beat a defender.
 - 3) Place a no tackling restriction on the game, only interceptions.
 - 4) Place a time restriction on how long a player can keep the ball for.



Game (All conditions removed)

Allow players to play, but encouragement is very important complimented with praise of positive behavior.