



Practice 4

Turning with the Ball

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Practice

Warm Up

Have them play a game of soccer-dodgeball. Have one player designated (sometimes holding a pinnie) and on "GO" have the others try to hit him/her with the ball by kicking it. Let each player have a chance of being hit...you can make the area to play in 15 x 15 yards. (5-8 minutes).

Technical Skill Development

Have each of the players with a ball in a 20 x 20 yard area. Have them dribbling the ball and then have them do a turn. Give an example of the type of turn you want (use turns below to help). Have the players work on technique first, then speed, then change of pace after making the turn. If they are all working in a limited area they must also use the space they have and try not to collide. (10-15 minutes)

Turns

There are many ways to turn with the ball. We will look at several common turns.

1. Classic: turning using the inside of the foot
2. South American: turning using the outside of the foot
3. Rollback: stopping with the

Practical Application

In the 20 x 20 yard field divide into two teams and play a game. However, have four goals (one on each side) and give each of the goals a number. Have the players play a game of possession (no goals) and while they are playing, shout out a number. If you shout '1' then the team with the ball attacks that goal. You can wait for opportune times so the player with the ball will need to turn to get to that goal. (12-15 minutes).

Game Play

Play a game in a 30 x 30 yd box with four goals. Both teams can score into any of the 4 goals. This will encourage lots of turning with the ball. (12-18 minutes).

Cool Down

Make a circle and have each of your team lead the others in a different stretch.

foot on the ball and rolling it back

4. Blind Rollback: stopping with the foot on the ball and rolling back but turning the opposite way (blind meaning not being able to see the ball for a moment)
5. Cryuff: cutting the ball back between your legs

using the inside of one foot

When working on these turns always try to get the players to change direction 180 degrees. After they make the turn, they should explode with the ball with a short sprint.

Themes

Passing and Controlling 2

Dribbling 3

Turning with the Ball 4

Shooting 5

Crossing 6

Thigh, Chest, and Head 7

Possession 8

Coaching Points

- Don't talk too long
- If something is not working, go on to something else
- Find the good in everything and anything
- Learn to be serious but fun
- Don't let them get water every time they ask—as a coach, inform them when they can get water
- Start and finish practice together as a team