

Fergie's Soccer Academy

Recreation Development Program

Turning and Changing Direction

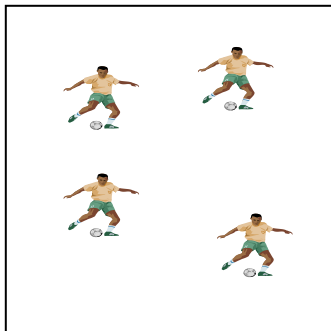
Simple

To

Complex

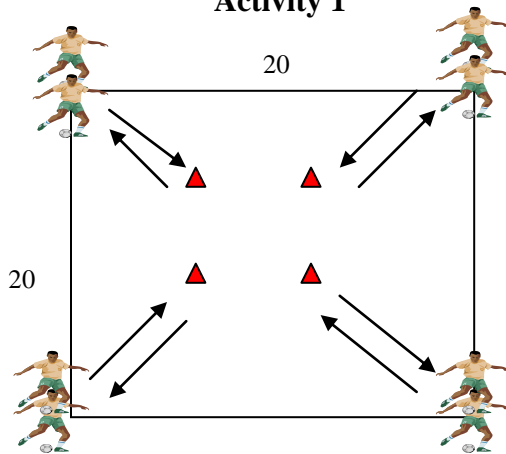
Warm Up

20



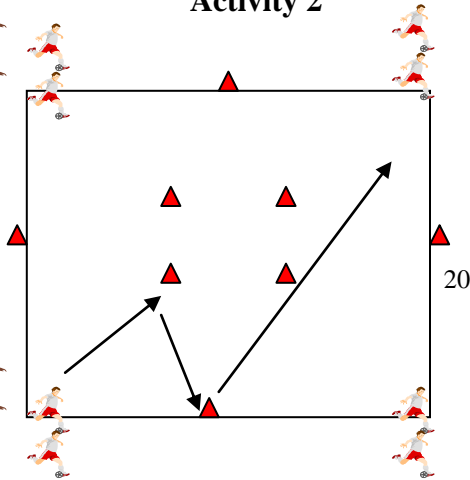
Activity 1

20



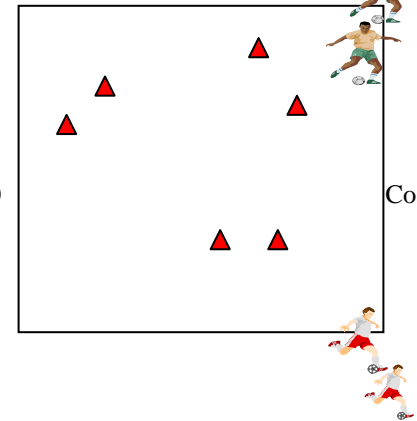
Activity 2

20



Activity 3

Coach



Warm Up

1. Area 20 x 20
2. 1 ball per player
3. Dribble around avoiding other players.
4. Introduce specific turn.
5. Inside Cut
6. Outside cut
7. Drag Back
8. Stop Turn

Activity 1

1. Area 20 x 20
2. 4 teams of 2/3/4/players
3. 5 x 5 yard square marked out by 4 cones
4. Players take ball into middle turn and come back
5. Inside Cut
6. Outside Cut
7. Drag back
8. Stop Turn.

Activity 2

1. Area 20 x 20
2. 4 teams of 2/3/4/ players
3. 5 x 5 yard square marked out by 4 cones
4. 4 cones placed on outside of area.
5. Players take into middle, turn and go to outside of area, turn, and then go to opposite side of area.
6. Each team has a ball

Activity 3

1. Area 20 x 20
2. 3 goals randomly placed in area, 5 yards apart.
3. 2 teams placed in different corners, coach stands on outside with supply of balls.
4. Play 1 v 1 / 2 v 2
5. 1st player / team to score 2 goals or 30 seconds
6. Dribble through the goals to score.

Coaching Points

Choose correct technique, turn into space and away from defenders
Change of speed after turn, keep head up

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Dribbling and Turning

Warm up: (Fundamental)

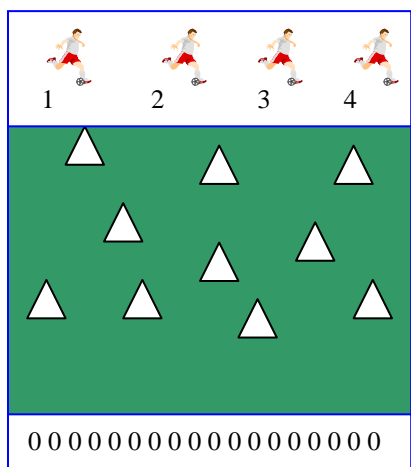


Simple

Area 20 L x 20 W 16 Players 1 ball each per player

- Dribble ball around with inside and out side of the foot
- On coaches command , players Turn and Change Direction
- Turning Technique Inside / outside / Sole of the foot
- Coaching Points :
 1. Players have good movement , balance and flexibility
 2. Good Control
 3. Keeping head up having good vision, and awareness of space.
 4. Change of speed on changing direction

Game Related (Small Group)

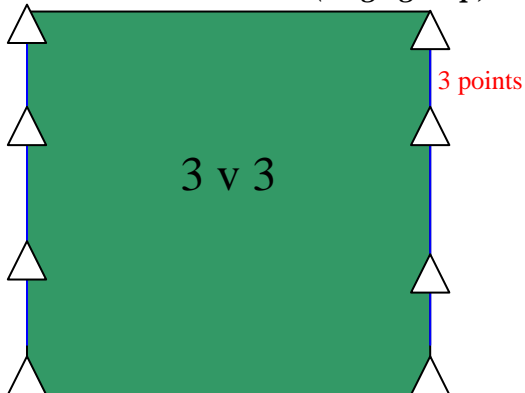


T o

Area 20 L x 20 W 4 Teams of 4 players 1 ball per team

- Relay between the 4 teams of 4 players
- Cones are placed at random around the area
- Small Discs 0 are placed at the end of the area
- 1 Player from each team dribbles out through the maze.
- Each player then collects a cone and takes it back through the maze, and then the next player goes.
- Team with the most cones' wins.
- Coaching Points:
 1. Close Control
 2. Change of speed
 3. Technique Ability to change the angle on the ball with inside / outside of foot

Game Condition (large group)



Complex

Area 30 L x 20 W 2 teams playing 3 v 3 / 4 v 4

- Ages 5 through 8
- Dribble / Run the ball across the end line to score under control.
- Ages 9 / 10s add as goals in the corners
- 3 points for goal scored in the corners
- 1 point scored for goal down the middle
- Coaching points:

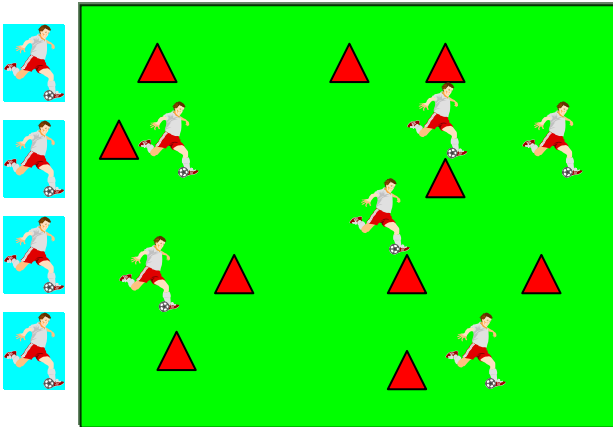
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Dribbling and Control

Grades
3rd – 6th
Boys / Girls

Objective: To improve player's Technical ability at Dribbling and Control.

Activity 1



Warm Up

- Players Dribble around using inside and outside of the feet , introduce sole of the foot to change direction , stretch

Activity 1 Area 20 x 20 2 teams Red / Blue

Red Team has 1 minute to see how many goals they can score by dribbling through the goals.

Each Player has to keep there score, the add the team total at the end.

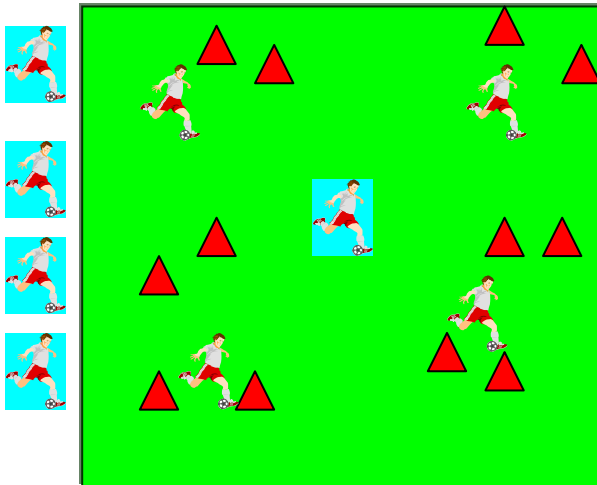
Blue Team Then plays for 1 minute and tries to beat score.

Progressions: Players can only use their right foot.

Players can only use their left foot.

Players have to change direction every time they go to a goal using bottom of foot

Activity 2



Activity 2 Area 20 x 20 2 teams Red / Blue

Same organization as game 1

Add one blue player

Blue Player tries to knock the red player balls out of the area, Red team has 1 minute to try and dribble through as many goals as they can, avoiding the blue player. If a red player ball gets knocked out they have to return as quickly as possible and resume playing, until the 1 minute time is up. Add the score at the end

Progression: Add more blue players.

Then Change and let the Blue Team Play with the Red Player Being the Defender

Coaching Points: Players are focused – Observe dribbling technique – keeping close control – use of both feet – keeping there head up – good balance / rhythm and flexibility of movement – Awareness of space to attack – Awareness of other Players – Awareness to change direction and using the appropriate technique.