



## Ball Mastery: Changing Direction

Appropriate for players ages 7-11

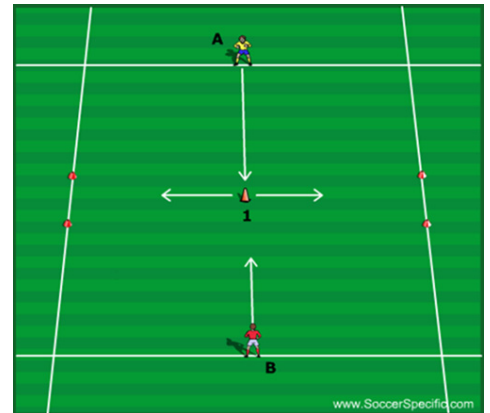
**Session Aims:** To develop techniques used to successfully dribble the soccer ball, demonstrating control & awareness of others.

### Warm Up: Quickness & Reaction

Set your area up as shown. Player A sprints to and touches central cone (1) to change direction and sprint through either of the two side gates. Player B reacts to the movements of Player A by attempting to tag them.

*Progression (s):*

1. Introduce use of a soccer ball.
2. Introduce goals for players to score into.
3. Reduce sprinting distance of defender.

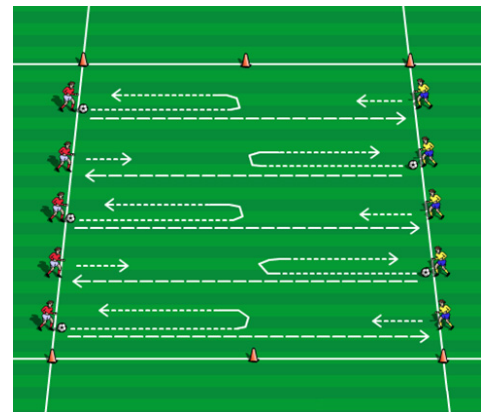


### Fundamental/Individual: Changing Direction

Players dribble the ball towards the middle markers and perform a specific turn to change direction. Players then return to their starting position and play a well weighted pass to their partner to perform the same skill.

*Progression (s):*

1. Attackers have set time limit to perform turn (e.g. 5 secs).
2. Restrict players to specific foot (e.g. preferred, non-preferred).
3. Vary type of turn (e.g. inside/outside cut, drag back).

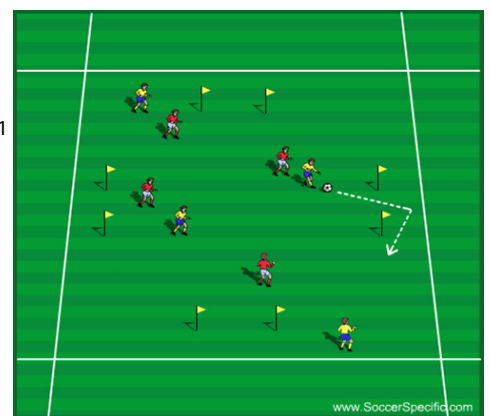


### Game Related: Developmental Fours - Four Goal (Dribbling)

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. A point is scored when a player successfully dribbles through a gate and passes to a teammate. The coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

*Principle Focus:*

Changing direction and the point of attack.



### Game Condition (Small-sided/Conditioned)

Small-sided conditioned game (5v5 maximum). Practice concluded with dynamic cool down.