



## **Ball Mastery: Turns & Moves 1 (Changing Direction)**

Appropriate for players ages 6-8.

**Session Aims:** To introduce the correct technique of changing direction with the ball using the inside and outside of both feet and demonstrating a change of pace.

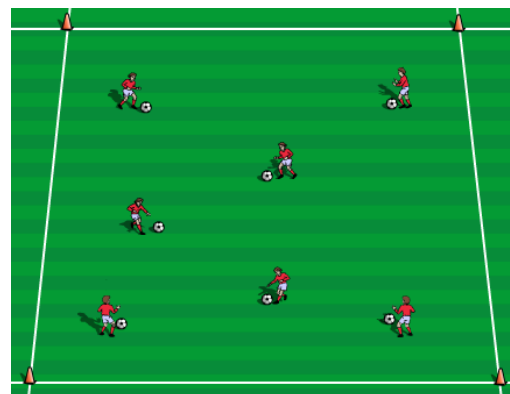
### **Warm Up: Soccer Marbles**

Set up an area approx. 20x20 yards. Players should dribble the ball around the area and change speed on command. Have players use every part of their foot to touch the ball, changing direction of the ball with every touch. Have players use only the inside and outside of one foot, then both feet, etc. Be creative. Then add turns using inside and outside of feet. Players can pretend everyone else is a defender and should keep their body between the ball and others switching feet often.

Coaching Points:

- 1) Toe up when using inside or outside of foot.
- 2) Vision in front of the ball, looking for space.
- 3) Maximum of 2 or 3 touches to make the turn.
- 4) Ball close to feet.

Variation: 1) Add 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.

Coaching Points:

- 1) Use both feet.
- 2) Turn away from discs.
- 3) Keep 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): Four Goal Soccer**

Place four goals at the points of a cross. Using two teams, goals can be scored in any of the four goals and through both sides. A goal is scored by dribbling OR passing the ball through any of the four goals. Emphasize the difference between a pass and a shot (passing the ball is when someone on your own team 'receives' the ball). Play is continuous.

Coaching Points:

- 1) All coaching points from warm up (technical correction).
- 2) Look at the target and communicate (visual & auditory), keeping your head up!
- 3) Encourage the use of both feet. More importantly, the most appropriate foot is usually closest to the ball.

Variation:

- 1) Add multiple soccer balls.
- 2) Increase/decrease the size of the goals and the number of points awarded for each goal.
- 3) Award points for 2, 3, 4 consecutive passes.



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

Two goals without goal keepers. Make goals a large target for players. Award a point for a pass or shot at the goal. A goal can also be awarded for a designated number of passes completed. Make the number small due to the age of the players.

Coaching Points: 1) As above.

Variation:

- 1) Add goalkeepers.
- 2) Goals only awarded for correct technique (no toes).
- 3) Award a goal for executing a successful turn with the inside or outside of the foot.

### **Game (All conditions removed)**

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

