

## 2011 Age Group Training Topic: Dribbling and Turns I



Key Points Players should learn

1. Pull Back (Place ball on foot, pull back and turn always seeing the ball)
2. Inside Cut (Step past ball, toe up, body sideways and balanced, chop ball back to other foot)
3. Outside cut (Step past ball, toe up, legs crossed, body balanced, chop ball back to other foot)

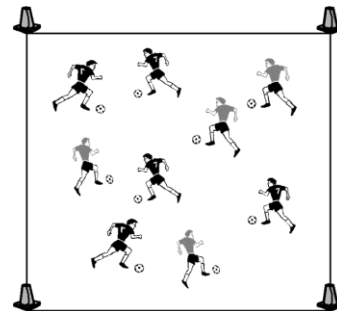
### Arrival: Small Sided Games

Players play games of 3v3 and 4v4 until session starts.

### Coaching Points:

1. -NO Coaching
2. Allow players to think for themselves
3. Creativity and problem solving

Break into Groups of 6-8



### Activity One: Dribbling and Turns (Pull back , Inside cut, outside cut)

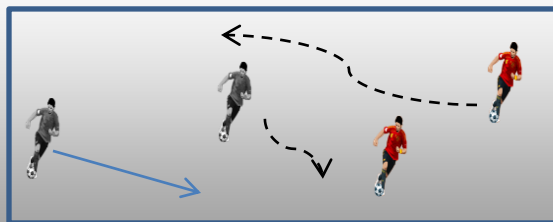
Set up 20x15 grid.

Step 1: Players dribble around in grid and listen to command of coach. Have them dribble to far side of grid before continuing.

Step 2: Players dribble around and work on turns on their own. They should recognize when they are about to run into another player and turn away.

### Coaching Points:

- 1.) Technique of Turn
- 2.) Body low, balanced
- 3.) Change of pace (fast, slow, fast)
- 4.) Change of direction



### Activity Two: 1v1 challenge

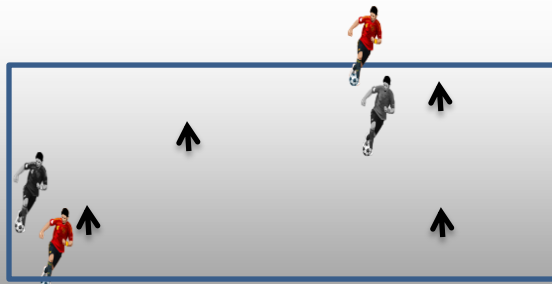
**Set Up:** 2 cones 10 yards apart. Players play 1v1 to cones for 45 – 60 seconds. Winner stays, loser moves on.

Points: 1 point for hitting cones

Tie: whoever ended up with ball.

### Coaching points:

- 1.) Change of direction
- 2.) Recognition of when to do turn
- 3.) Change of Pace (get away from Defender)



### Game: 3v3 or 4v4 games

Players play small sided games to end the session.

Coaching Points:

- 1) Limited coaching- evaluate players
- 2) Who is ready to play at the next level?
- 3) Only coaching points should be directly about last activity.

**Coaches: Please use the final game as a chance to talk about which players deserve a chance to play up at the next level. Discuss what you've seen in the session and during the last week.**