TURNING WITH THE BALL

20 X 10 2V2 SMALL SIDED GAME

TIME 10 minutes
SETUP
- Make two fields at 20x10 yards. Place 2 yd goals on each endline
- Players play 2v2 on field
- If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- After goal is scored, play is restarted with a goal kick

COACHING POINTS
- None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

THE NETWORK

TIME 10 minutes
SETUP
- Place 5 cones, and 5 pennies on ground spread out around grid.
- Start without a ball. Coach gives the players a task to complete which they try to get as many points as they can:
  * Touch hand to cones/pennies.
  * Touch foot to cones/pennies
  * Two-footed jump over cones/pennies
  * Make up new combinations. Think of gross motor movements, and make more complicated with each progression.

COACHING POINTS
- Introduce different types of turns using different surfaces of the feet: Inside/outside/bottom
- Encourage little touches when dribbling up to a cone, and then larger touches after they pass it to get quickly to the next one.
- Use peripheral vision while dribbling to see where you want to go next

PROGRESSION
Every player has a ball. Players have to dribble to a cone/pennie, touch with their foot, and then turn to go the other way for a point. Demonstrate different turns and have players perform one type at a cone, and then another type around the pennies etc. Players get points for each cone/pennie they turn at around. Make up different variations to get points.

ROBIN HOOD

TIME 15 minutes
SETUP
- Divide players into four teams, with each team in a separate smaller 2x2yd “hideout”
- All balls are in the center of the larger 16x16yd grid
- When the coach says go, one player runs to the center and dribbles a ball back to their “hideout”
- Once that player returns, their partner goes and gets a ball. Repeat.
- Once all the balls are gone from the center, players can begin taking a ball from other “hideouts”
- Players cannot defend their balls and can’t tackle other people.
- When coach ends game, count to see which team has the most and return to center. Repeat.

COACHING POINTS
- Encourage different turns to get ball back to hideout quickly. Praise players who attempt turns.
- Players need to take little touches in tight spaces, and longer touches when they are sprinting with speed back to their hideout.

PROGRESSION
Let both partners go at the same time to collect balls and steal from other teams!
TURNING WITH THE BALL

31 X 20 4 VS 4 GAME

TIME
15 minutes

SETUP
» Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
» Cones for goals are 2yds wide (same as for a game)
» There are no goalkeepers

COACHING POINTS
» None! Just sit back and let them play. For kindergarten, we play continuous restarts, meaning when a ball goes out, a coach just kicks another one in. Feel free to grab the parents to use as ‘bumpers’ around the field to keep the game moving. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart. Have fun and get excited!

END OF PRACTICE QUESTIONS

» Bring your players in for the last five minutes of practice and recap your session using open-ended questions:
» Can someone show me the different surfaces of the feet that we can use to turn the ball with (bottom, outside, inside). - Does anyone know a cool move that would help them turn? (show an example).
» What should we do when we turn away from someone? (Increase speed and take bigger touches!)
» Have a team cheer, and see everyone at the game!