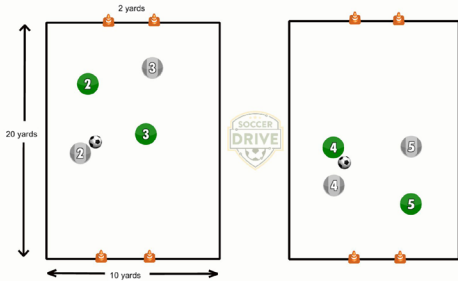




TURNING

AGE LEVEL: U8 TIME: 60 MINUTES

PRACTICE PLAN



2 VS. 2 PLAY

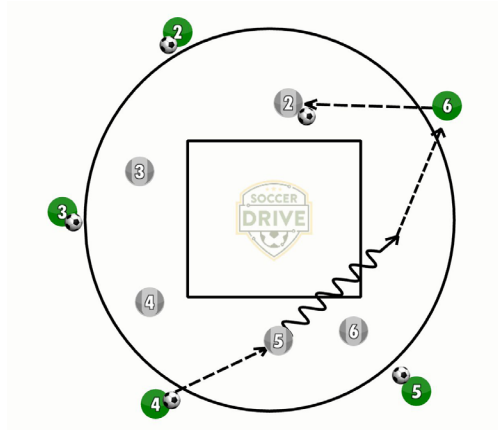
TIME 10 minutes

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).

COACHING POINTS

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



TOUCH, TURN, AND PLAY ON

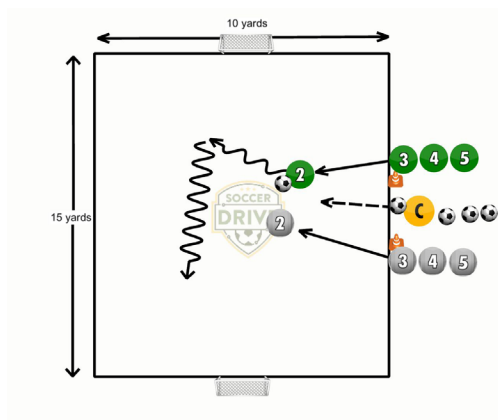
TIME 15 minutes

SETUP

- » Split players into two teams.
- » All the players on one team each have a soccer ball on the outside of the circle.
- » The other team is in the middle of the square in the circle without balls.
- » Play for 1 minute. Players in the middle have to check to a player on the outside of the circle, receive a pass, turn, dribble through the square in the center and then pass to a player without a ball on the outside of the circle.
- » Players get a point for each ball they dribble through the center square.
- » Switch teams on the outside after a minute.

COACHING POINTS

- » Demonstrate different moves to turn quickly. Examples are:
 - » Cryuff
 - » Hook
 - » Chop
 - » Pullback
 - » Chop
- » Players need to look over their shoulder before receiving the ball to turn
- » When checking to a player on the outside, player should call their name to get attention, and then show with their hands where they want the ball passed to
- » Encourage inside players to alternate which foot they turn with!



1 VS. 1 TO EITHER GOAL

TIME 15 minutes

SETUP

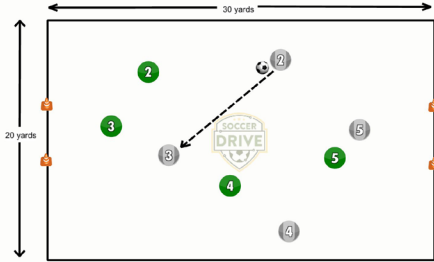
- » Make a field 15x10yd, with two lines as shown. Goals are 1yd wide on each endline.
- » Balls start in the middle of the two lines with the coach.
- » When coach plays a ball in, the first player from each line tries to score on either goal. Player can attack one goal, change mind, and go to the other goal at any point.
- » When ball goes out, players quickly leave field and a new ball is played in for the next two. Players return to their same lines.

COACHING POINTS

- » Players should try and employ turning moves learned earlier in practice.
- » It important to turn direction when defenders momentum will carry them past you. Use their speed against them!
- » Touches need to be close to body before turn, and then further away after turn so you can build up speed immediately.
- » Have fun! Have the teams keep score, and see which team wins!



TURNING



4 VS. 4 SCRIMMAGE

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! Use this as an opportunity to talk about the rules of the game for your league. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart.

END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions:

- » What are some moves that we can use to change direction? (have some players demonstrate, and correct or applaud technique)
- » Why do we want to try and turn? (to face the opponent's goal)
- » What should we do with our speed after we turn? (speed up by taking longer touches on the ball!)