



CYA Week 3: Session 2: Turning (U9-U11)

Category: Technical: Turning
Difficulty: Moderate

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Description

Activity 1 (10 mins)

Organization:

1. 20 x 20 yard area setup as shown
2. One ball per player

Instructions:

1. Coach will demonstrate the move at game speed then broken down for players to see.
2. Players dribble ball around area using other players as mock defenders, practicing the move with their right foot then their left.
3. Coach will allow players to work for an allotted amount of time then move on to the next move.

Coaching Points:

Pull Back

1. Drag the ball back with the sole of the foot
2. Turn to the side of which foot is being used
3. Take the ball away using the opposite foot

Inside Cut

1. Step to the side of the ball with the non kicking foot
2. Pivot on that foot
3. Cut the ball back with the inside of the opposite foot

Outside Cut

1. Take a big step past the ball and plant foot
2. Pivot on that foot
3. Cut the ball back with the outside of the opposite foot

Progression:

1. Take away half of the balls and allow players to apply pressure
2. See next slide



Activity 2 (10 mins)

Organization:

1. 20 x 30 yard area set up as shown
2. 12 players (2 teams of 6) set up as shown
3. 12 balls

Instructions:

1. Players are placed with a partner. One player in blue, one player in red, each has a ball.
2. Players will take five touches forward then perform one of the two turns learned.
3. Players will continue this until the coach yells RED or BLUE, the color called has to dribble into the safe zone.
3. The color that is not called, has to catch the other before they get to the safe zone.

Coaching Points:

1. Execute turn quickly
2. Use correct turn depending where defender is
3. Ronaldo touches to get away from partner

Progressions:

1. P – Increase the distance to the safe zone



Activity 3 (10 mins)

Organization:

1. 15x15 grid set up as shown
2. Half of the group in pinnies, half the group without
3. Multiple Balls

Instructions:

1. The attackers must attempt to keep their ball for as long as possible
2. The defenders must attempt to kick out all attacking players balls in a set time limit
3. The defending team scores one point for each ball kicked out, the attacking team scores one point for each ball left in at the time the game is stopped
4. If the attacker has their ball kicked out they must dribble and turn through one of the four gates to re-enter the game
5. The game is over if all balls are kicked out or the time limited is reached
6. Play for a set time limit and rotate players

Coaching Points:

1. Appropriate turn to protect or change direction
2. Bend the knees to create a platform to accelerate
3. Use the upper body to add disguise
4. Turn into space

Progressions:

1. P – Increase defenders
2. P – Reduce playing area
3. P – Increase number of gates or turns performed to re-enter the game
4. R – Reduce the number of defenders
5. R – Increase playing area



Screen 4

4v4/5v5 (25 min)

4 Goal game on the diagonal

Coaching Points

- Left & Right options of support on the ball. Can we be as big as possible when we have the ball?
- Communication to turn
- Head up on ball to scan the field

