

The following session was presented by Chris Brown with U14's at the USYSA's Las Vegas Convention. It will probably be very familiar to recent participants of PA West's D and E Licenses.

Ball Wizards – Turning

Warm-Up

- Ball each dribbling around area (no running in straight lines) – keep ball close with small touches, get head-up, etc.
- Use surfaces to be used later in turns (outside of feet, bottom of feet, six touches plus roll ball, etc.)
- Review turns by dribbling ball for 5-7 touches and then executing a turn. All players should be familiar with the six basic turns (stop turn, outside hook, inside hook, stepover turn, cruyff turn and baggio turn)

Stage 1 – Gate Turns

Each player with a ball. Start with a race to see who can dribble through all the gates first. Then run some gate turn races. Dribble into gate and then turn out, go to the next gate, etc.

Progressions:

1. Who can do the most baggio (or specify another turn) turns at different gates in 30 seconds?
2. Alternate feet for each turn at each gate (first turn, left foot, second turn, right foot, etc).
3. Alternate turns at each gate.
4. Complete 2 turns at each gate.
5. Who is the first player to go 7 different gates and use 7 different turns? (Hence, players need to create their own turn).

Stage 2 – 1 v 1 x 3 with 6 goals

Both players start with a foot on the ball. Upon start signal, the player who wins the ball becomes the attacker and the other player the defender. The attacker tries to dribble through any goal and stop the ball within 2 yards. The defender tries to win the ball and score as well. After a goal, the ball is left for the other player who can score in any of the other five goals.

Coaching Points:

- Turn when defender is ahead of your hips or blocks route to goal
- Lead your defender to one goal, turn and attack another
- Transfer ball to farthest foot after turn
- Explode away

Progressions:

Can players use one of the 6 turns to score?

Stage 3

Ball is served by Coach (C) behind either player. That player becomes the attacker (O) and the other player, the defender (X). O tries to turn and score in either goal. If X wins ball, they should try to score also. After goal or ball goes out of play, new pair rotates in to play.

Coaching Points:

- Set-up defender (move defender to side, threaten to play ball behind, etc)
- Execution of Turn (when defender gets close or commits, watch ball, turn quickly, etc.)
- Eliminate Defender (transfer ball, explode away, play ball quickly forward, etc)

Stage 4 - 3 v 3 + 2T's

- X's play O's
- Score goal by passing ball to T, getting it back and passing to other T without losing possession or ball going out of play.
- Can pass to either T first
- Once ball has been passed to a T, a team cannot go back to original T until they pass to the other T or unless they lose possession.