

URNS AND MOVES

Materials: Spot Cones Game Length: 10-15 minute Soccer Skill: Dribbling

This drill will help players work on specific turns and moves. In a 25 X 25 yard grid each child will have a ball. Have them begin by dribbling the ball around the square to get warmed up and get some touches on the ball. You can throw some different commands at them which you worked on in week 1 (freeze, ball touches, fast feet and switch) Reiterate the proper form of dribbling and how to keep it close to their body. You can then begin to introduce some different turns and moves.

- 1) Pull back – This turn was actually introduced in week 1. It involves pulling the ball back with the sole of the foot and going in the other direction
- 2) Cut – This is similar to the pull back in that you are changing directions. Instead of using the sole of your foot you use the inside of your foot, cutting the ball back in the opposite direction.
- 3) Step Over – This is a more of a 1v1 move where you are trying to get past a defender. You essentially are faking in one direction and going in the other direction. You will have to really break down the mechanics of this move and go over it with them slowly. Both feet start on one side of the ball. You bring the inside foot over the ball which is the fake. You are making the defender think you are going to use the outside of that foot to touch the ball but instead your foot goes over the top of it. You then bring your other foot behind the ball to the same side as the first foot. At that point, you use the outside of the 2nd foot to push the ball in the opposite direction that you initially faked. If this is confusing go to the video.

Be sure to go over these turns and moves one by one and slowly so that the kids get the mechanics down. Two important points when teaching turns and moves. 1) Change of Speed and 2) Change of Direction. It's important that you emphasize these two points when practicing the move. After they pull off the move they should dribble with speed in whatever direction they are now going to pull away from the defender. In addition, they need to change their direction after the move as to also distance themselves from the defender. **See Video for demonstrations**

○ - COACH △ - KIDS ⊗ - Soccer Balls

