



Developmental - Changing Direction (Pullback/U-Turn)

Category: Technical: Turning

Difficulty: Beginner | Start Time: 20-Apr-2017 16:00h

Am-Club: Real Colorado
Ian Richards, Littleton, CO, United States of America

Description

TK2K (10 mins)



Organization:

30x20 rectangle
1 player, 1 ball.

Instructions:

Players are instructed to review the previous 3 weeks TK 2K move and are then introduced to the current week's TK 2K move of the week and will perform the move until understanding.

V: <https://www.youtube.com/watch?v=g3DONmiL05U>

L Turn: <https://www.youtube.com/watch?v=XYjAn60OUG8>

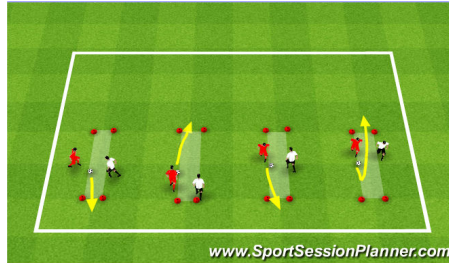
Pull Back Outside:

<https://www.youtube.com/watch?v=q7370mfZ7UA>

Pull Back Inside:

<https://www.youtube.com/watch?v=7xwGldskZOA>

Warm Up (10 mins)



Organization:

4 cones to create rectangle
5 yards long x 3 yards wide
1 soccer ball
2 players

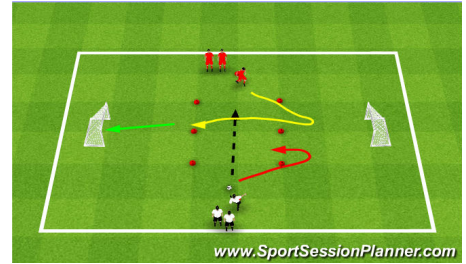
Instructions:

Red player (attacker) is trying to cross the end line of the rectangle to score a point
If White player (defender) can keep up with attacker and cross line at same time, they win a point
Attacker is trying to lose the defender to cross before they can catch up
Defender is not stealing the ball, just shadowing the attacker's movement
Switch positions after set time or number of attempts

Coaching:

Use of body as disguise
Quick movement to score point
Keep the ball close, cannot cross the line without the ball
Use different surfaces of the foot to change direction
Ask what the score is - create a competitive environment

1v1 (10 mins)



Organization:

20x10 yard area
2 teams
2 goals
Multiple soccer balls

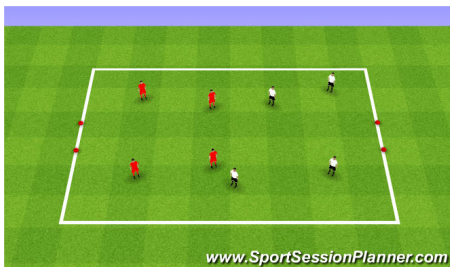
Instructions:

White player (defender) passes the ball to Red player (attacker)
On attacker's touch, the defender can steal the ball
Attacker cannot be in the middle red zone when they shoot
If defender steals the ball, they can score in either goal immediately (redzone restriction does not apply)
Rotate roles after each attempt

Coaching Points:

Use 1st touch to keep ball moving
Head up to recognize where defender is
Can you score quickly?
If defender covers 1 goal, can you turn to get to the other?

Play (15 mins)



Organization:

30x20 yard area
2 teams of even number (if not, 1 player play as neutral - all time offense)
Soccer balls near each goal

Instructions:

Play scrimmage as per laws of game
Have players take throw-ins (correctly!)

Coaching:

Minimal - enforce correct throw-ins, corners, goal kicks