



# Fall 2017 AS Staff Training - Week 2

Category: Technical: Turning  
Difficulty: Moderate | Start Time: 18-Sep-2017 17:00h

Am-Club: Real Colorado  
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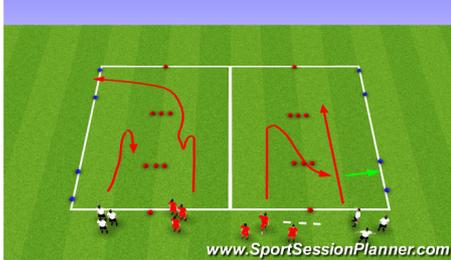
## Description

Pressure at the side, with 2 movements for attacking players.

1 set up is North/South movement - think 7 or 11 in wide area trying to get space to get a ball into the middle

The other set up is East/West movement - think 9 or 10 in central area facing across the field trying to work enough space to get a shot off.

## Warm Up 1 (10 mins)



### Organization:

30x20 yard area split into 4 channels  
3 cones to begin 'turning zone', 3 cones 10 yards further end of 'turning zone'  
2x2 yard gate on sidelines

### Instructions:

Red team is the attacking team, White team is the defending team

Red player objective is to run through either blue gate to score a point

Red player is 'safe' if they stay on their own side of the grid, can be tagged as soon as they cross into the defender's side. Defender cannot enter the attacker's side

If red player chooses to turn, they must do it in the middle 'turning zone'

Switch places after each rotation (if even numbers)

### Coaching Points:

Get out in front and create distance from the defender

If defender stays close, use body to fake a turn and accelerate into space ahead

If defender sprints out too far and covers pathway to far goal, turn quickly and score in near goal

## Technical Repetition 1 (10 mins)



### Organization:

Split 30x20 yard field into 4 channels  
Each player has a ball

### Instructions:

Players dribble ball through center of channel  
When player reaches middle, they perform a stop-tap

When player reaches the end, they perform a U-turn

After U-turn, make eye contact with next player in line

Next player begins dribbling, starting player dribbles straight back to start

### Coaching:

How to do a swivel hips:

- Open hips as approaching opponent as if to play the ball
- Move the ball across the body with the inside of dribbling foot
- Take the ball past the defender using the inside of the opposite foot

Body position - twist hips during action, adds disguise

Acceleration after landing - defender should be off balance, take advantage and get away

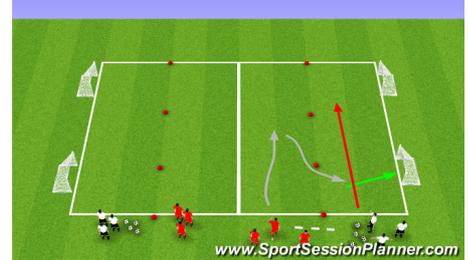
How to do a U-turn:

- it is not a pullback!
- Using right foot, place foot on top of ball
- drag the ball back towards left foot
- hop left foot out of the way
- allow ball to roll away

How to do a High Wave:

- Fake to drag the ball back with the sole of the foot by waving foot above the ball
- Let the ball continue to roll forward
- Push the ball forward using the laces

## Fully Opposed 1 (10 mins)



### Organization:

As warm up but add goals instead of gates  
All soccer balls with defenders

### Instructions:

White (defender) team start by passing over to the player in Red (attacker)

Defender cannot enter the attacker's side of the grid

Attacker tries to create enough space to enter the defender's side of the channel

Once they have crossed into defender's channel they cannot go back into their own

Score in either goal

Switch roles after set period - KEEP SCORE!

### Coaching Points:

Quality of first touch (Direction - towards goal, Weight)

Awareness of defender's position

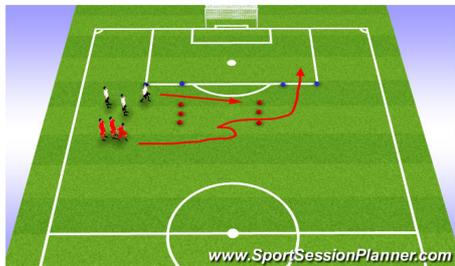
Be positive, attack goal if possible

Decision: Turn or Stop start to lose the defender (Scenarios from technical repetition)

Protect the ball with your body at all times

Score!

### Warm Up 2 (10 mins)



As warm up 1

Players attempting to run through one of the gates without being tagged  
Defender can only tag on their side of the grid

### Technical Repetition 2 (10 mins)



Player work in pairs to practice 2 different turns

1 team is the 'leader', they decide which turn each player is doing.  
The other team is the 'follower', they have to perform the same turn as the leader.  
Next pair can go once the pair in front reach the other side of the grid

### 1v1 to Goal (10 mins)



Objective of the game is to score a goal.  
Defender passes to attacker and play 1v1  
No gates to run through, defender can steal the ball immediately  
Challenge players to think about protecting the ball  
Does the attacker need to beat the defender to score? Can they work a yard of space and take a shot?