



Training Centers Interactive Lesson Plan



Season: Winter 2017 Program: TDC Week: 6

Topic: Turning Back To Go Forward

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Pattern Dribble (20 Touches):</p> <ul style="list-style-type: none"> Each player with a soccer ball. All patterns will be completed with both feet. <ol style="list-style-type: none"> Touch the ball with the outside of the foot then the inside of the foot (favorite foot first.) Push the ball twice with the laces then draw a circle around the ball with the big toe. Inside left to inside right then roll the ball from the left to the right (with the bottom of the foot or toe roll.) Inside right to inside left then roll the ball from the right to the left (with the bottom of the foot or toe roll.) Drag the ball with the bottom of the right foot, touch it behind the left foot with the inside of the right and then (forward with the left foot) stop it with the left. Now repeat with left foot. 		<ul style="list-style-type: none"> Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch, Change of Direction
Activity 1	<p>Turns:</p> <ul style="list-style-type: none"> Players will be dribbling in an open space Coach will introduce one new turn at a time: <ol style="list-style-type: none"> Drag back Turn Outside of the Foot Turn (Hook) Inside of the Foot Turn (Cut) Players can then perform them on other players, or against the coach who will be walking amongst the players. 		<ul style="list-style-type: none"> Technique of Dribbling Technique of Turning: <ul style="list-style-type: none"> Drag back turn: right foot-look over your right shoulder, place the sole of right foot on top of the ball, pull the ball back behind you while turning to the right. Begin to dribble with the left foot (left foot-look left, left sole, turn left, take right) Hook Turn: right foot-look over right shoulder, step so the ball is to the right of your right foot, at the same time, wrap the outside of your right foot around the ball while turning back to the right (left foot-left shoulder, step left of ball, wrap outside of left while turning left) Cut Turn: right foot- look over your left shoulder, step so the ball is outside of your left foot, while spinning to the left on your left foot, wrap your right foot around the ball to cut the ball behind you while turning to the right. Begin to dribble with the left foot (left foot-look right, ball outside right foot, spin on right foot, wrap left foot around the ball)
Activity 2	<p>1v1 Running and Turning:</p> <ul style="list-style-type: none"> In a 8Wx12L yard grid divided into two boxes of 4x6 yards each with goals on one side The Dribbler starts RWB (Running with the Ball) In order to score, the dribbler needs to perform a turn in the second box (orange cones.) After the turn, the player can score in either of the two yellow goals. After all the Red team players have attacked, allow the White team to start with the ball. Teams keep score. 		<ul style="list-style-type: none"> Technique of Dribbling and Turning Principles of play: <ul style="list-style-type: none"> Penetration Improvisation
Conditioned Game	<p>3v3, 4v4 or 5v5:</p> <p>In a 20WX25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game.</p> <ul style="list-style-type: none"> Coach will determine if goal keepers will be used. 		<ul style="list-style-type: none"> Technique of Dribbling, Passing & Receiving Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation

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