

Season: Winter 2015/16 Program: TDC 3, 4 & 5 Week: 7

Topic: Turns - Drag Back, Outside of the Foot Hook & Inside of the Foot Cut

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"> Technique: dribbling Principles of play: <ul style="list-style-type: none"> Improvisation
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 and turning Principles of play: <ul style="list-style-type: none"> Improvisation
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 yellow team to start with the ball. Teams keep score. 		<ul style="list-style-type: none"> Technique: dribbling and turning Principles of play: <ul style="list-style-type: none"> Penetration & Improvisation <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: dribbling, passing and receiving Principles of play: <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation

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