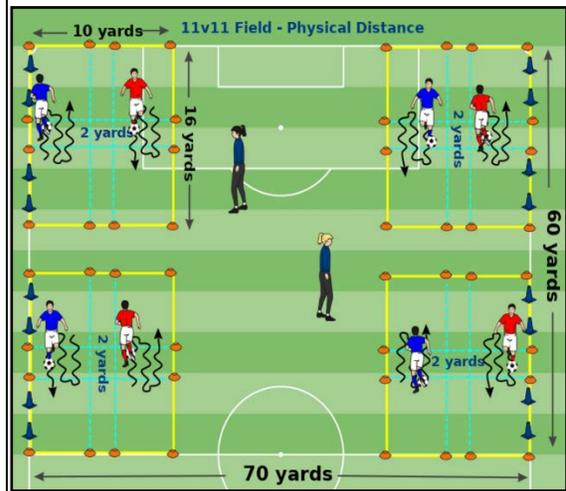


Spring 2020 13+ 11v11	<b>PHYSICAL DISTANCING TRAINING SESSION</b> <i>(In accordance with the COVID - 19 Guidelines)</i>						
	<b>GOAL:</b>	Improving the Technique of Turning with the Ball					
<b>MOMENT</b>	<b>ATTACKING</b>	<b>DURATION</b>	<b>45 minutes</b>	<b>PLAYERS</b>	<b>8</b>		

**SKILL ACQUISITION:** Turning with the Ball: Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch, Position of the non-kicking foot, Surface of the foot, Surface of the ball to strike, pivot & accelerate.

**ACTIVITY 1: 10 TURNS** **DURATION: 12 min -- INTERVALS: 4 --ACTIVITY: 2 min --REST: 1 min**



**OBJECTIVE:** To improve the technique of turning with the ball.

**PLAYER ACTIONS:** Dribble the ball forward.

**ORGANIZATION:** In a half field (70Wx60L), create four 10Wx16L grids with a 2-yard vertical and horizontal neutral zone as shown in the diagram. The players will dribble across the neutral zone and perform the same turn 10 times. Players should perform the following technical tasks:

1. Turn using the inside of the foot (Cut). *One Interval.*
2. Turn using the outside of the foot (Hook). *One Interval.*
3. Turn using a cut at one side and the hook at the other side. *One Interval.*
4. Turn using the drag back. *One Interval.*

**KEY WORDS:** Control, Surface.

**GUIDED QUESTIONS:** 1. How do we get control of the ball before we turn? 2. What surface of the foot do we use to go around the cone?

**ANSWERS:** 1. Take smaller touches – 2. We use the inside or the outside of the foot and the sole.

**ACTIVITY 2: RWB and TURNING** **DURATION: 16 min -- INTERVALS: 16 --ACTIVITY: 45 sec --REST: 15 Sec**



**OBJECTIVE:** To dribble the ball forward and turning with the ball.

**PLAYER ACTIONS:** Dribble the ball forward.

**ORGANIZATION:** In a half field (70Wx60L), create four 10Wx16L grids with a 2-yard vertical and horizontal neutral zone as shown in the diagram. The player will race to get to the other side dribbling across the neutral zone and performing a turn, then perform the same turn at the other side of the neutral zone, to dribble to the other side of the grid. Player should perform the following turns:

1. Turn using the inside of the foot (Cut). *Four Intervals.*
2. Turn using the outside of the foot (Hook). *Four Intervals.*
3. Turn using a cut at one side and the hook at the other side. *Four Intervals.*
4. Turn using the drag back. *Four Intervals.*

**KEY WORDS:** Control, Slow down, Accelerate.

**GUIDED QUESTIONS:** 1. How can you keep the ball under control? 2. When should you slow down with the ball? 3. When should you accelerate with the ball?

**ANSWERS:** 1. Push the ball in front of you with the laces – 2. Before you are going to execute the turn – 3. Right after each turn.

**ACTIVITY 3: 1v1 TURNING and SCORE** **DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 min --REST: 30 sec**



**OBJECTIVE:** To dribble the ball forward and turning with the ball.

**PLAYER ACTIONS:** Dribble the ball forward.

**ORGANIZATION:** In a half field (70Wx60L), create four 10Wx16L grids with a 2-yard vertical and horizontal neutral zone as shown in the diagram. The Defender will pass the ball to the dribbler to start the game. The dribbler needs to cross the neutral zone and perform a turn in the second box. After the turn, the dribbler can score in either of the two yellow goals. If the defender gets the ball, he/she can score after performing a turn.

**KEY WORDS:** Control, Slow down, Fake, Accelerate.

**GUIDED QUESTIONS:** 1. How can you keep the ball under control? 2. When should you slow down with the ball? 3. Why do you need to fake a defender? 4. When should you accelerate with the ball?

**ANSWERS:** 1. Push the ball in front of you with the laces – 2. Before you are going to execute the turn – 3. The fake throws the defender out one way – 4. Right after each turn.

FIVE ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. <b>Organized:</b> Is the exercise organized in the right way?</p> <p>2. <b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</p> <p>3. <b>Challenging:</b> Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>4. <b>Coaching:</b> Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>