

Spring 2020
U11-U12
9V9

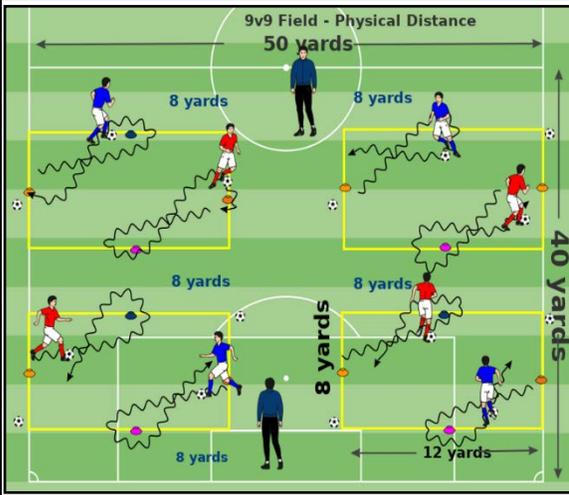
PHYSICAL DISTANCING TRAINING SESSION *(In accordance with the COVID - 19 Guidelines)*



GOAL	Improving the Technique of Turning with the Ball				
MOMENT	ATTACKING	DURATION	45	PLAYERS	8

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: FIGUR 8 **DURATION: 12 min – INTERVALS : 6 -- ACTIVITY: 1.5 min -- REST: 30 sec**



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

PLAYER ACTIONS: Dribble the ball forward.

ORGANIZATION: In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble the ball making a figure 8 between two cones. Player should perform the following technical tasks:

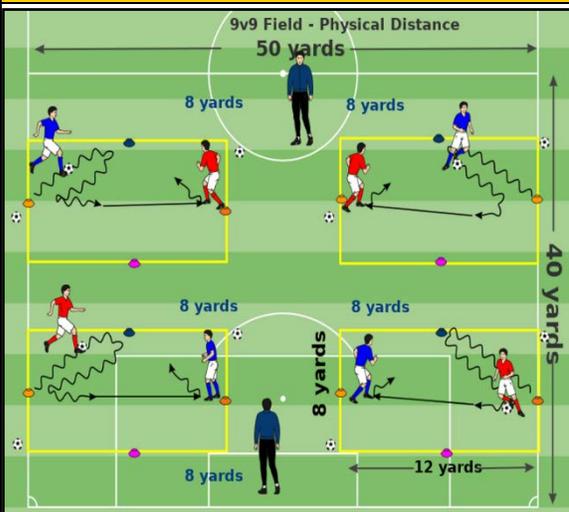
1. Turn around the cone using the inside of the foot. *Two Intervals.*
2. Turn around the cone using the outside of the foot. *Two Intervals*
3. Turn around one cone using the inside of the foot and the other cone using the outside of the foot. *Three Intervals*

KEY WORDS: Head up, Control, Surface.

GUIDED QUESTIONS: 1. Why do we keep the head up? 2. How do we get control of the ball before we turn? 3. What surface of the foot do we use to go around the cone?

ANSWERS: 1. To see the direction we are going – 2. Take smaller touches – 3. We use the inside or the outside of the foot.

ACTIVITY 2: TWO TURNS AND PASS **DURATION: 15 min -- INTERVALS: 3 --ACTIVITY: 5 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 (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble to the dark cone and perform a turn, dribble back perform the same turn and pass the ball to the other player. Player will perform the following technical tasks:

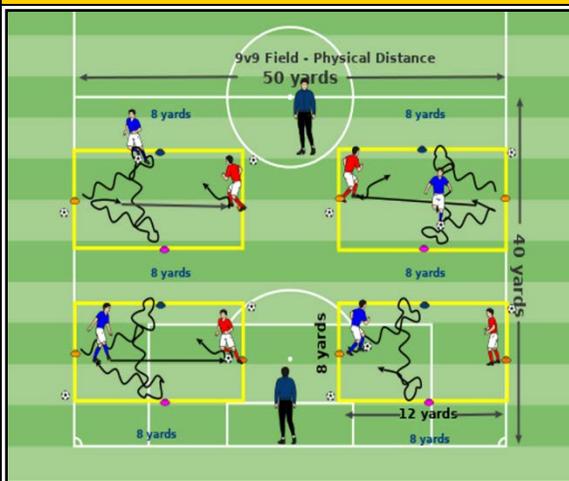
1. Turn using the inside of the foot (inside cut) and pass the ball. *One Interval.*
2. Turn using the outside of the foot (out of the foot hook) and pass the ball. *One Interval.*
3. Turn using the sole of the foot (Drag back) and pass the ball. *One Interval.*

KEY WORDS: Control, Slow down, Shoulder.

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 get in the habit to look over the shoulder?

ANSWERS: 1. Push the ball in front of you with the laces – 2. Before you are going to execute the turn – 3. To get in the habit to know where the defenders are.

ACTIVITY 3: DOUBLE CUTS OR DOUBLE HOOKS **DURATION: 18 min -- INTERVALS: 3 --ACTIVITY: 5 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 (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble to the dark cone and perform a turn, dribble back perform the same turn and pass the ball to the other player. Player will perform the following technical tasks:

1. Turn using a double cut with the inside of the foot) and pass the ball. *One Interval.*
2. Turn using a double hook with the outside of the foot and pass the ball. *One Interval.*
3. Turn using a double cut at one cone and a double hook at the other cone. *One Interval.*

KEY WORDS: Small touches

GUIDED QUESTIONS: 1. Why do we need to use small touches before the turn? 2. When should you accelerate with the ball?

ANSWERS: 1. To control the ball before the turn – 2. Right after each turn.

FIVE ELEMENTS of a TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. Organized: Is the exercise organized in the right way?</p> <p>2. Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>3. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>4. Coaching: 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>