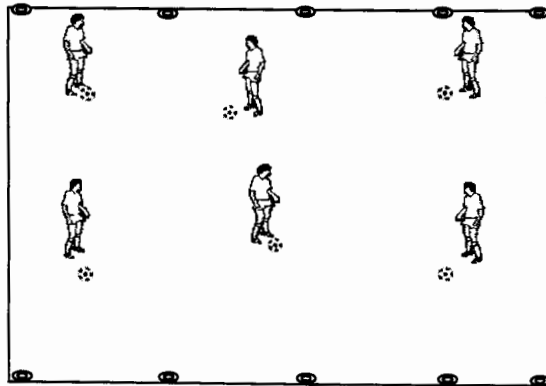


# MONDAY- TURNS – 6-9 Years

## BALL MASTERY/FUN GAME– 9am-9:15am

Size of Area 20 x 30yds

Set Up – Mark out grid with cones and have players spread out and find space. All players with a ball each with the coach moving around the grid.



## FUN GAME – DISNEY'S CARS

Action – Players are not on a patch of grass. They are on a race track and they are in their Cars (balls). On a Green Light they dribble "Go"

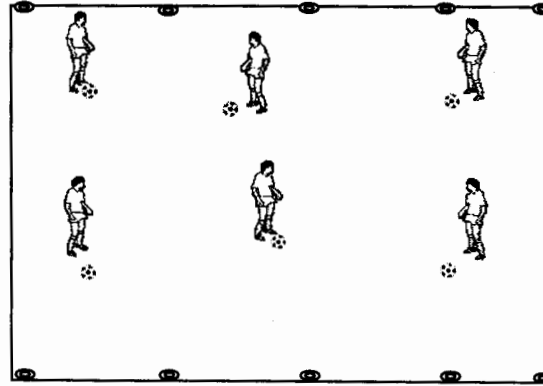
- |                   |                                |
|-------------------|--------------------------------|
| -Red Light        | -Squish ball and stop          |
| -Rev Your Engines | -Heel toe Roll                 |
| -Yellow Light     | -Pendulums moving forward      |
| -Reverse your car | -Sole Taps w/1 foot backward   |
| -Change Lanes     | -Sideways Rolls 3-4 times      |
| -Stop Sign        | -Pull Push Forwards            |
| -Car Wash         | -Inside/Outside & Circle Rolls |
| -Off Road Driving | -Big toe, Little Toe           |

-Coach is now a Police Officer and will be looking to issue tickets for reckless driving!

## TURNS IN OPEN SPACE – 9:15am-9:25am

Size of Area - 20 x 30yds

Set Up – Place 10 cones around the grid and have players with a ball in each inside the area with the ball at their feet. Players should spread out and the coach should move around the grid.



Action – Players work on Turns from curriculum in open space following guidelines below:

- 1)Static – Teaching turn with ball still  
(Break move down into small parts)
- 2)Dynamic – Teaching turn with ball moving  
(Players pass ball forward and then turn)
- 3)On the move – Teaching turn after a dribble  
(Now players perform turn on the move)

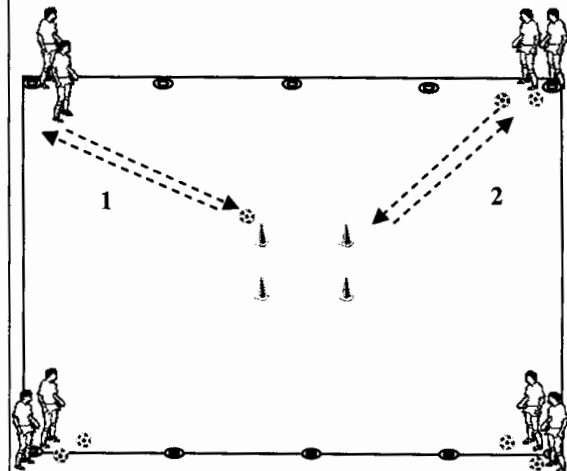
Coaching Points –

- Approach turn slow and under control
- Tight turning angle

## TURNS IN LIMITED SPACE/ MONSTER TURNAROUND – 9:25am-9:35am

Size of Area - 20 x 30yds

Set Up – Add 4 tall cones in middle of grid in a rectangle, and split group into 4 teams in the 4 corners of the grid



Action 1 – On coaches command of "GO" players jog towards the pointy cone in front of them and perform turn at cone and dribble back to their starting point.

Action 2 – Same as above but now start with ball in the corner and dribble to cone and turn

Coaching Points –

- Take lots of small touches in lead up to turn
- Slow down as you get closer to turn
- Quick positive 1<sup>st</sup> touch out of turn

Variation 1 – Working in two's with one ball incorporating a pass after the turn

Variation 2 –Place one player from each corner in middle square in a pennies who acts as a Monster to put off dribbler (defender is passive)

# Dribbling – 6-9 yr olds

## WARM UP

9:00 – 9:35am

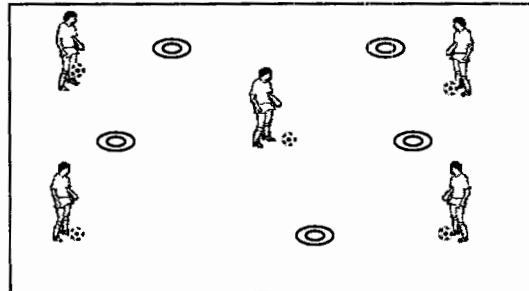
**BALL MASTERY TURNS  
FROM PREVIOUS PAGE**

## UNOPPOSED

9:35 – 9:50am

Size of Area – 20 x 30yds

Set Up – Place a number of cones down in the grid (same as number of players) and play 'Musical Cones'. All players with a ball each



Action – Players dribble round the grid keeping the ball close. On coach's command 'stop', players have to dribble to an open cone and put their foot on the ball. Play for a few minutes to allow players to get the idea and then take one cone away. Each player has 3 lives; they lose a life if they are the odd one out. Only one player per cone

### Coaching Points –

- Keep ball close with little touches
- Keep your head up and show good vision
- Accelerate with ball when coach shouts stop
- Use different parts of the foot

### Variation –

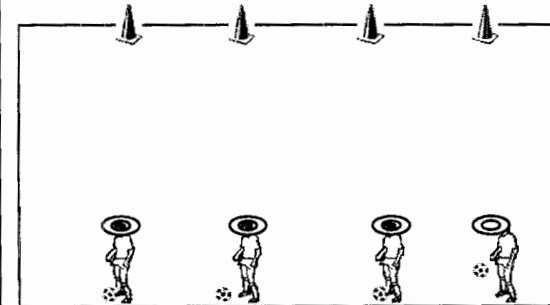
Finish off with an elimination game – who can be the last left in. One life each.

## UNOPPOSED

9:50 – 10:05am

Size of Area – 20 x 30yds

Set Up – "Unopposed Turns". Organize teams of 3 to line up behind each cone with a pointy cone placed 10 yds away



Action – One player at a time dribbles to the end cone and performs a turn from the ball mastery section and then dribbles back to high five the next player. Make sure each player has plenty of repetitions practicing the drag-back, inside and outside hooks and the Cruyff turns. Correct technique where appropriate.

### Coaching Points –

- Keep the ball close to your foot
- Slow down as you approach the cone
- Bend your knees
- Accelerate away from cone at speed

### Variation –

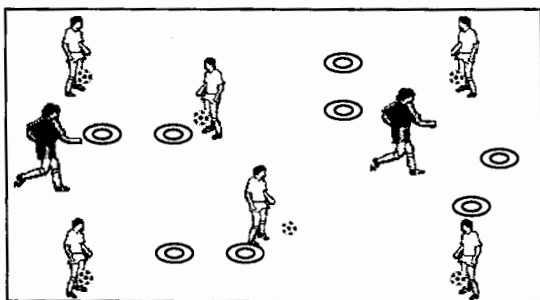
Turn the drill into a series of relay races so players are performing with some pressure.

## Dribbling – 6-9 yr olds

**OPPOSED 10:05 – 10:20**

**Size of Area - 20 x 30yds**

**Set Up –** Place a number of gates around the grid, 'Dribble Thru gates'. All players with a ball.



**Action –** Players have to dribble their ball thru as many different gates as possible. After one minute, introduce 2-3 defenders (Gatekeepers) to the game to block the gates. If the Gatekeeper blocks the gate, player has to perform a turn and dribble thru an open gate. Change Gatekeepers every 30-45 seconds. Gatekeepers can only block to start off with, no tackling.

**Coaching Points –**

- Same as previous exercise.
- Show awareness of open space
- Perform a good technical turn at the right time

**Variation –**

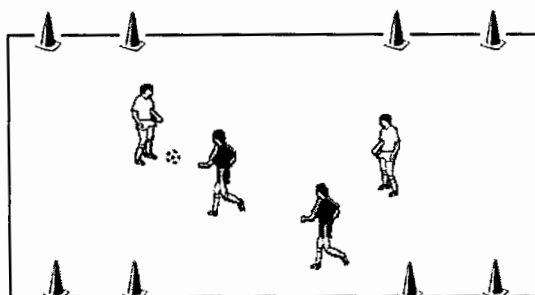
Add a time limit to the game – how many gates can you dribble thru in 30 seconds? Next time can they beat their highest score.

Defenders can tackle dribblers.

**OPPOSED 10:20 – 10:35am**

**Size of Area - 15 x 10yds**

**Set Up – “2v2” .** Have 2 teams play against each other. Each team defends two goals and attacks their opponent's goals..



**Action –** Team in possession score goals by dribbling through one of their opponents goals. Once a goal is scored the team in possession immediately attack the goals on the opposite line.

**Coaching Points –**

- Get to the ball quickly
- Have a look to see where the defender is
- Attitude – if you get chance to score a goal do so
- Accelerate away from the defender

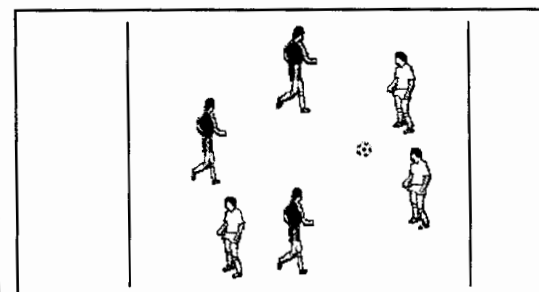
**Variation –**

If players having difficulty scoring go to 2 v 1

**CONDITIONED GAME 10:35 – 10:55am**

**Size of Area – 2 x 20x30yd fields**

**Set Up –** Play two 3v3 or 4v4 games next to each other in a tournament style format. Name each field (e.g. Wembley Stadium and Fratton Park). Play winner stays on (the Champions field being Wembley of course!). Use end zones for goals.



**Action –** Players have to dribble into end zone with ball under control to score a point. Defenders can't enter their own end zone. Encourage 1v1 play at every opportunity and turns at the correct time (e.g. close to touchlines, away from pressure etc). If the ball goes out of the end zone, the re-start can be with a player dribbling back in. Rotate teams after 5-minute games.

**Coaching Points –**

- Can players play with their heads up?
- How is their spacing (triangle shape)
- Attack any open space with a dribble

**Variation –** Have a goal at the back of both end zones. Same as before but players have to dribble into end zone before shooting.