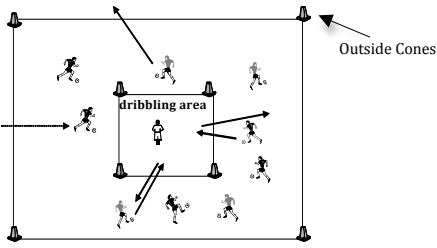
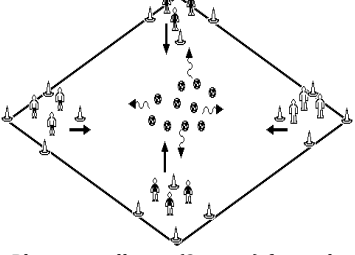


# U7/U8

## Week 4 Training Curriculum

Topic: **Turning with the Ball**



<p><b>10min Warm-Up:</b></p> <p>Get Outta Here!</p>	<p><b>Objective:</b> All players dribble their ball in a small, coned area (4yds x 4yds). Place 8-10 cones about 10yds surrounding the <i>dribbling area</i>. Coach calls out various moves (drag backs, outside/inside foot turns, toe taps, boxing the ball, etc.) while players try to avoid bumping into other players. After several preformed moves, coach yells "Get Out!" Players then quickly race to one of the several outside cones and circle around one then return back inside the dribbling area. If a player is already dribbling to or is at an outside cone, another player cannot go there and must find another one.</p>  <p>Variations: 1) Use alternate feet, once right foot next time try left foot. 2) Outside or inside foot turns around outside cones. 3) Drag back moves next to outside cones. 4) Chance slower players to the cones and back into the area.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Players should perform a proper move while keeping head up and avoiding other players.</li> <li>• Players should be in control of ball and <i>very close</i> to their feet at all times.</li> <li>• Players should be dribbling with their head up and as fast as they can around the outside cones.</li> <li>• <i>Encourage/Challenge</i> players to find the open space when returning back into the dribbling area.</li> </ul>
<p><b>10-15min Small Group Activity:</b></p> <p>Capture the Ball with Turning Through Gates</p>	<p><b>Objective:</b> Set up three or four "home bases"(squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls (<i>the more, the better</i>) in the center of the space between the home bases. On the coach's command, 1 player from each team leaves home base, gets a ball and returns it back to their home base. Players must completely stop the ball within their home base before another teammate can leave. Once a player touches a ball in the middle, it is theirs. Teams <i>CANNOT</i> steal balls from each other's home bases. Once all balls are gone, teams count how many they got.</p>  <p><i>Turning Variation:</i> Place a small gate (2 cones) for each team in between the opposing home bases. Before returning to home base with the ball, the player must dribble through the gate.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Players should be in control of ball and very close to their feet at all times.</li> <li>• Players should be dribbling with their head up and as fast as they can.</li> <li>• <i>Encourage/Challenge</i> players to not hit the cones but turn as close as they can between them.</li> </ul>
<p><b>25-30min Small-Sided Game:</b></p> <p>4v4 with no goal keepers</p>	<p><b>Objective:</b> Set up 2 teams to scrimmage. Coach should be in control of the ball. When out of play, coach serves ball <u>on the ground</u> to the player in the most open space within the field.</p> <p>Encourage dribbling and turning away from opposing players – <b>not passing!</b></p> <p><i>Very important – coaches must remain off the field and limit instruction at this time. Let the players play!</i></p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Don't make kids sit out. If an odd number, play 3v4 or 4v5 and adjust teams for equality.</li> <li>• Keep play continuous. Do not allow players to get distracted with "who kicked it out?" or "who scored?"</li> <li>• <i>Encourage/Challenge</i> players to dribble and not pass or simply kick the ball away.</li> </ul>