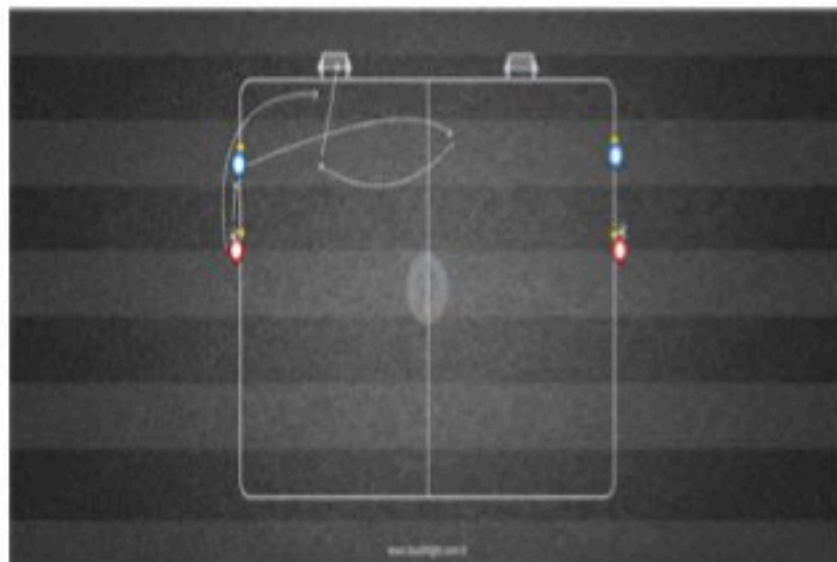
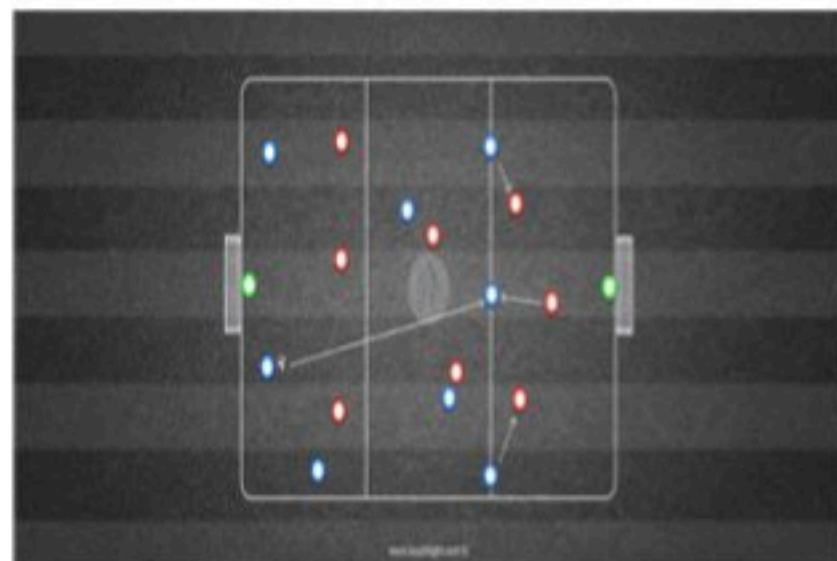


Dribbling, RWTB & Turning 2

1



2



Session Set-Up

10x20 grid	4 Goals 2 Small	Supply of footballs	Bibs 8 blue 8 red 2 green
50/60 x 30/40 grid	2 Big 4 Cones		

Session Detail

1SD; red player who is defender starts off the practice by passing the ball to blue attacker who runs around the back of the attacker to protect the goals.

2SSG; blue player looking to play into ST to turn and finish at goal. Can be built through the thirds looking to score too.

Competition Motivation

For the pressing team in the SSG goals and points can be awarded

Individual Challenge

Try to turn as quick as you can to score in practice 1

Unit/Team Challenge

Try to press the ball to score more goals

Try to stay compact as a defending team

Key Questions

Have I taken a big touch so I can escape the defender and look to turn effectively in practice 1?

Progressions

Swap roles - roles for all - practice 1

After players regain the ball they can look to counter and score within 6 seconds

4 Corners | Coaching Points

1. Execution of turn(s)
2. Disguise with body
3. Combinations to turn

1. Deciding on when, where how to turn and why
2. Awareness of defender and ball

1. Speed of dribbling and turning
2. Quick change of direction

1. Communication throughout - **VITAL**