

Milton YS -- 2nd Grade: Week 5

Category: Technical: Dribbling and RWB

Skill: U8

Move of the Week: L-Turn



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Ball Manipulation (10 mins)

Warm Up:

Ball each dribbling around the area, use a range of commands to practice ball mastery-

- stop, go, change speed/direction
- left foot only / right foot only
- outside of feet only / inside feet only.
- combine inside and out sides together to move the ball

Competition - Who can get the most touches on the ball each time

Competition 2 - take a couple of balls away and have these players be defenders. If the defender wins the ball, they keep it and swaps roles with the player they won the ball off, who needs to go after a different player.

3 moves to work on -

- **Sole roll** - Using sole of foot, roll ball across and in front of body - right foot moves the ball to the left, left foot to the right - across the body keep the ball close and under control. Practice with both feet
- **L-Turn** - Sole of foot on top of ball, roll the ball back past your standing leg. Using the inside of same foot, kick the ball behind the standing leg to make an 'L' shape around the standing leg. Practices on both sides with both feet
- **Shoulder drop** - Lean to the left (drop the left shoulder) push ball away with the outside of the right foot. Likewise, lean to the right (drop the right shoulder) and push the ball away with the outside of the left foot.

Aim:

Improve ball manipulation
Increase space awareness

Coaching Points:

- Head up, see field feel ball.
- Close control in traffic
- Change of speed and direction
- Different surfaces of feet.



Shadow

2 cones - 10 Yards apart

Players have a ball each at either side of their 2 cones, facing each other and starting in the middle.

Player 'A' is in charge first (almost like a leader) they perform a skill/move and their partner ('B') copies them (like a shadow), only moving from side to side between/just behind their line/cones.

After every 30 seconds (or however long the coach designates) the roles change over with the players remaining on their own side.

Diagram 1) Competition - Both Players have a ball.

If 'A' is the leader their role is to try and lose their shadow. 'A' will move the ball along the line, changing direction multiple times and then exploding towards one of their cones before their shadow can get to the cone. Swap roles every 30 seconds, giving each player multiple chances to be the leader.



Diagram 2) Progression - Only use one ball. The leader has the

ball ('A') but will now find it harder to lose their shadow as the shadow ('B') does not have a ball to control when moving.

Player with the ball is just trying to beat the player with the ball to the cone - they are not trying to win the ball from their partner.

Coaching Points -

- Close control
- Communication - When shadowing each other's moves at the start - As the leader, their communication should be clear on concise in order for their partner to take instruction easily.
- Move with speed
- Always keep the ball moving - if it stays still/ not moving it is easy for the defender to follow/get

1v1 to Gates

Set Up:

2 gates - 10/12 yards apart

2 lines opposite of each other

Player A passes into Player B's feet

Once player B touches the ball, Player A closes down with speed and forces players to either direction

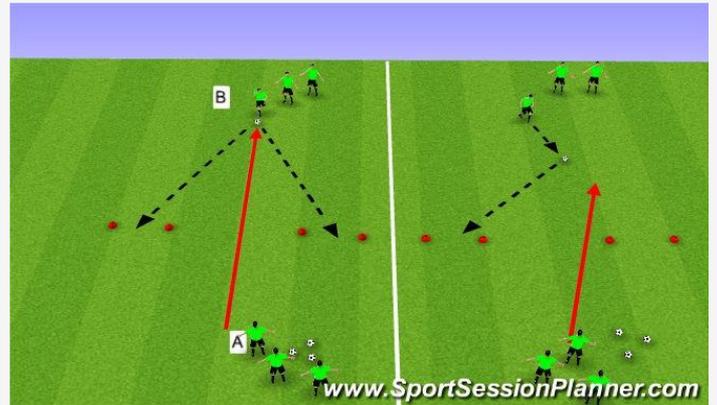
Player B tries to dribble through either of the 2 gates to score

Coaching points -

Understand the basics of 1v1 attacking with speed

Keep away from the defender - constantly moving the ball

Come and meet the ball, do not wait for it to come to you



Scrimmage

2 teams play no more than 6v6

Ideally no goal keepers due to covid

Referees are in charge of decisions

Players retract to half way if it goes out and if 'goalies ball'/defending teams ball.

