

Turning



Whole Part Whole Session

Whole

Place children into 3v3 or 3v3 + GK mini-futsal games

RULES: No Throw-ins, re-start by playing pass into the game, Corners apply. If no GK, re-start from back-line with a pass. Children have 4 secs after placing ball in position to re-start play

YOUNGER GROUPS FOCUS

- Encourage players to try and hold onto possession when under pressure using dribbling or passing skills (passing skills not encouraged as an easy option if not so confident with dribbling)
- Use individual possession skills to try and manipulate out of pressure

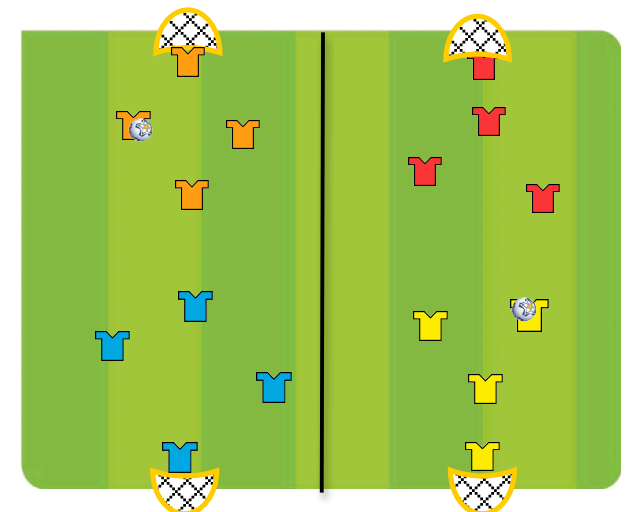
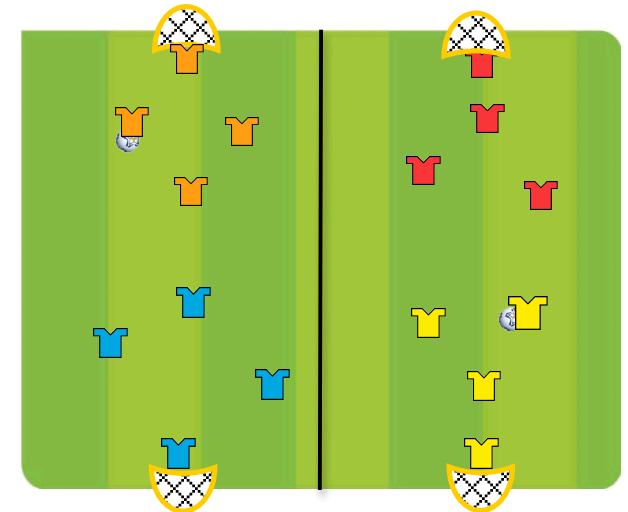
NB – Passing skills only encouraged if players already show confidence using dribbling skills to keep or manipulate out of pressure, passing skills not encouraged as an easy option if not so confident with dribbling

Whole

Place children into mini 3v3 + GK mini-futsal game or 5v5 full pitch with subs

OLDER GROUPS FOCUS

- Encourage players to try and hold onto possession when under pressure using pass or dribble techniques
- Use 1v1/2v1/2v2 etc skills to try and manipulate out of pressure



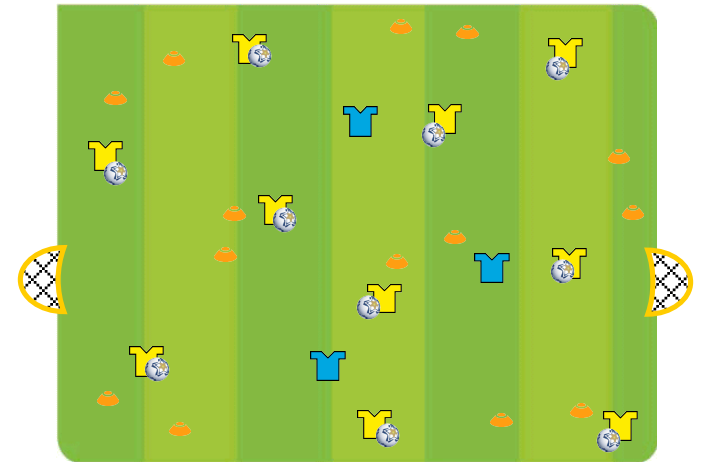
Part Practice

YOUNGER GROUPS – Ball Manipulation/Individual Possession

Each player with a ball, dribble through a gate, return back through the same gate to score a point. Players encouraged to turn through empty gates ONLY, if someone else going through the gate, can you turn moving to a different gate

Progression Ideas:

- Work on different TURNING techniques
 1. STOP TURN
 2. OUTSIDE/INSIDE HOOK
 3. DRAG BACK
 4. REVERSE L
- Add Defenders; 2-3 defs try and put their foot on the ball. If you get caught, hold ball in your hands waiting for someone to bring you back in the game by dribbling through your legs OR, return back into the game after practicing 2 different turns



Part Practice

OLDER GROUPS – Individual & Small Unit Possession Play

Similar to above practice using turning techniques but with more challenging progressions

Progression Ideas:

- Work on different TURNING techniques; Stop Turn, Outside/Inside Hook, Drag Back, Reverse L, Stepover Turn, Cryuff
- 3 players without a ball, keep your ball safe whilst trying to score by performing a TURN through a gate. If you get tackled can you steal ball off another player OR, 2-3 defs try and tackle attackers, if you can win the ball can you score in the goal
- ADD MAGIC PLAYER; use when in danger to help you look after the ball, if you pass to Magic player they will try and return pass back to you
- Allow players to work in 2's or 3's, can you perform a turn through a gate to score. If not on, can you use individual and small unit possession skills to keep the ball and create opportunities to score through a gate

