



BU10 Bolts Week 3

Category: Technical: Turning
Skill: U11

Pro-Club: Red Bulls New York Academy
Stiven Valencia, White Plains, United States of America

JUGGLING (10 mins)

B U11x 1

Organization:

In a 30x40 yard grid, each Player with a ball.

Instructions:

"The one Bounce Juggling Challenge": Player starts the juggle with 1 bounce, then takes 1 touch; then lets the ball bounce again, then takes 2 touches; then let's it bounce once again, then takes 3 touches, etc. If the player messes up the sequence, then they start again at 1. Challenge players to set their own new record.

Coaching Points:

Players try to improve their touches (suppleness, control and foot-eye coordination) by juggling with different surfaces of their feet & body.

PROGRESSIONS:

P1 : Competition by team: First team getting on the shaded pitch is winner.



WARM UP : TURNING TECHNICAL REPETITION (20 mins)

Organization:

1. Two grids split in half (Half size: 10x15)
2. Each player with a ball
3. Teams as shown.

Instructions:

1. Players dribble towards halfway line perform turning technique then take a touch and perform turning technique the opposite way.
 - Inside/Outside chop
 - Drag Back
 - Hook
2. Next player starts when previous player reaches opposite end line

Coaching Points:

1. Messi touches (Outside of foot-Short & quick touches)
2. Slow down right before performing turn.
3. Turn body with turning technique = One motion
4. Due to performing double turn- sell (fake) acceleration of first turn right before performing 2nd turn.
5. After 2nd turn accelerate into open space with Ronaldo touches (Laces-Long-3 steps away)

Progressions:

1. Competition: 1st team to arrive in opposite line - takes a knee - WINS!
- 2-3 rounds
2. Xavi turning- Johan Cruiff Technical to turn.



MAIN THEME: SEMI OPPOSED (20 mins)

Organization:

1. 12 Players
2. 8 cones and 2 goals
3. Blue cones are 5x2
4. Space from red cones to blue cones is 5 yds.

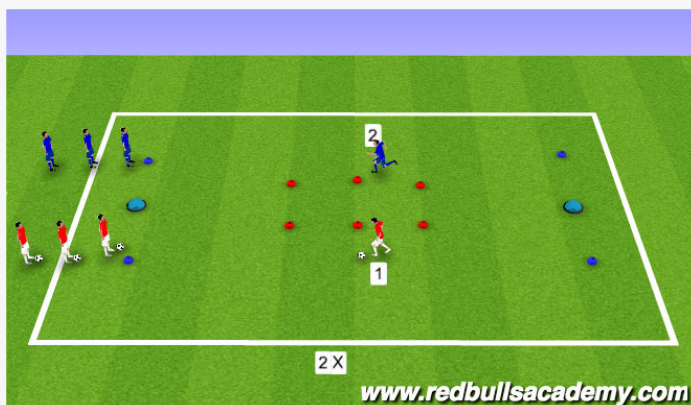
Instructions:

The pair splits up getting in a line behind the red cones
 1 must dribble next to the blue cones where 2 must shadow the ball.
 2 can only steal the ball once 1 steps outside the blue cones.

Coaching Points:

1. Be aware of position of defender.
2. Close control touches while in turning zone
3. Use body movements and turning moves eg: Outside/Inside chop - Hook - Drag back
4. Accelerate when attempting to dribble through orange gates

Progression:



1. Both players with a ball

MAIN THEME : OPPOSED (20 mins)

Organization:

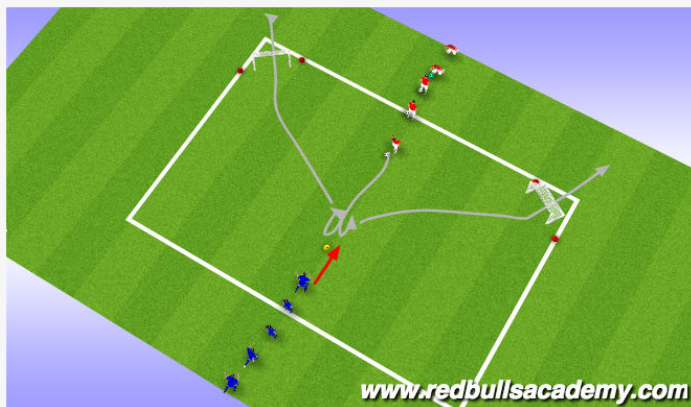
1. Area as shown (15x20)
2. Two teams of 6 (depending on #'s make two fields)

Instructions:

1. Red player dribbles towards yellow cone (12 yds away)
2. Once Red player arrives at cone, Blue player attempts to win the ball
3. If Blue player wins the ball they must score on wide pugg goals.
4. Rotate after 2 min.

Coaching Points:

1. Same as previous activity
2. Look behind shoulder - extend arm to recognize where pressure is coming from



FREE GAME (20 mins)

FREE GAME :30 Minutes.

Organization:

- 12 players.
- 2x15x20 yards of area.
- 4 pugg goals.
- 4v4 (find a good balance) in each field.

Instructions:

Have fun , pleasure to play.

Coaching Points:

- Free Flowing game
- Minimum coaching point.
- Observing the creative players.

