



Ela Rec 1-4 Dribbling/Turning (1)

AGE: / players

TEAM FUNCTION:

OBJECTIVE:

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



 min

Turning Away from Pressure

Sharks and Minnows

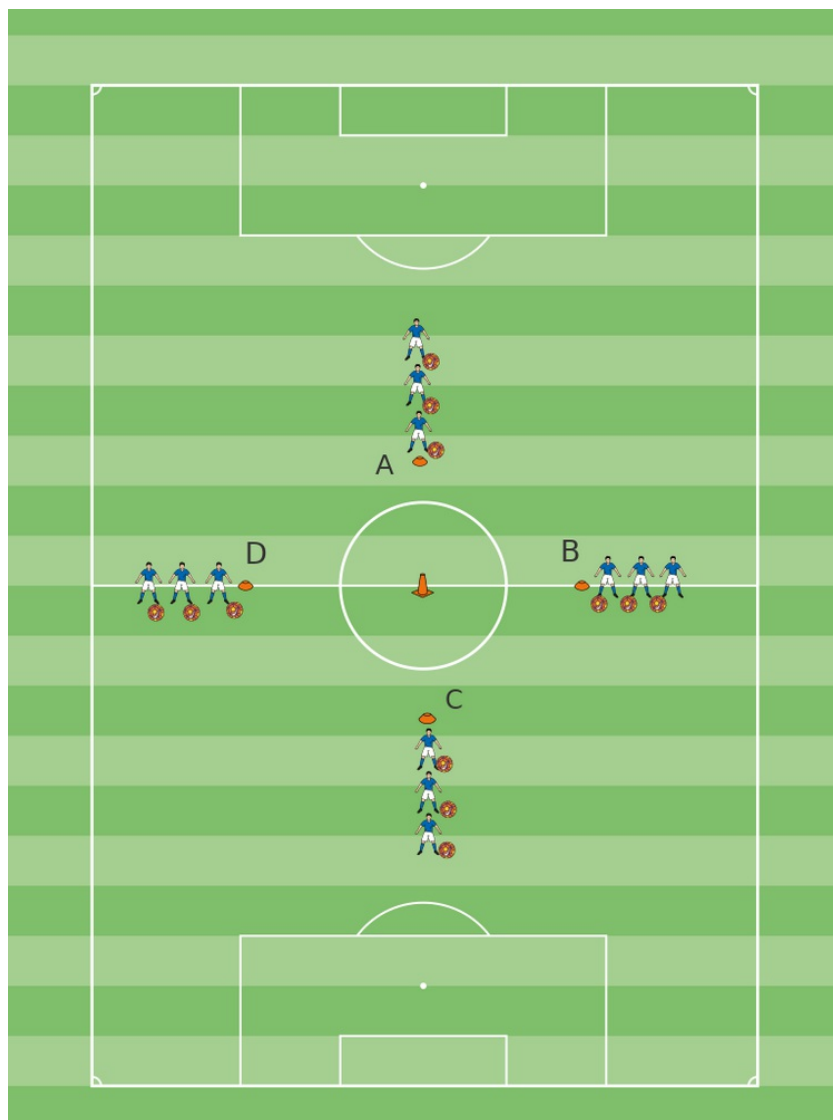
2v2 with Turning Emphasis

Turning Away from Pressure

OBJECTIVE: Improve the players' ability to execute various turns with the ball

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. Players at lines A and C dribble toward the center cone at the same time. Before the players reach the cone they should perform the turn being practiced, and then dribble back to the end of the same line. Once the players turn, the player at lines B and D may begin.

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**

 **AGE:**
U5 / U12

 **PLAYERS:**
1

 **DURATION:**
10:0 min (8 x 0:45 min, 0:30 min rest)

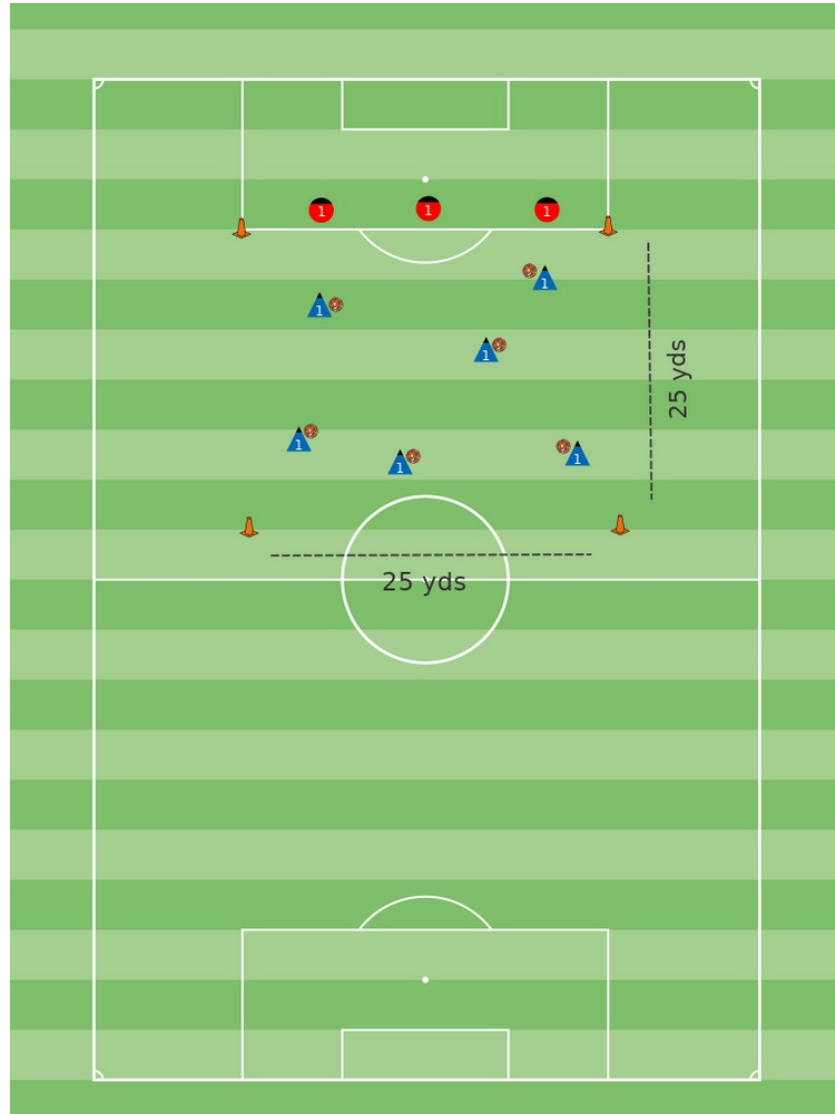
 **INTENSITY:**
Very Light

Sharks and Minnows

OBJECTIVE: Improve the individual player's ability to control the ball dribbling

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. The 3 circles are the "sharks" and are without a ball. The triangles in the middle are the "minnows" and each minnow has a ball. When the coach says "go!" the sharks try to steal the minnows ball and kick the ball outside of the grid. If a minnows ball is kicked out of the grid the minnow becomes a shark. Play until there is only one minnow left with a ball...this minnow is the winner! Rotate the sharks and play again.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Attacking

 **AGE:**
U5 / U8

 **PLAYERS:**
6 vs 3

 **DURATION:**
7:0 min (4 x 1:0 min, 1:0 min rest)

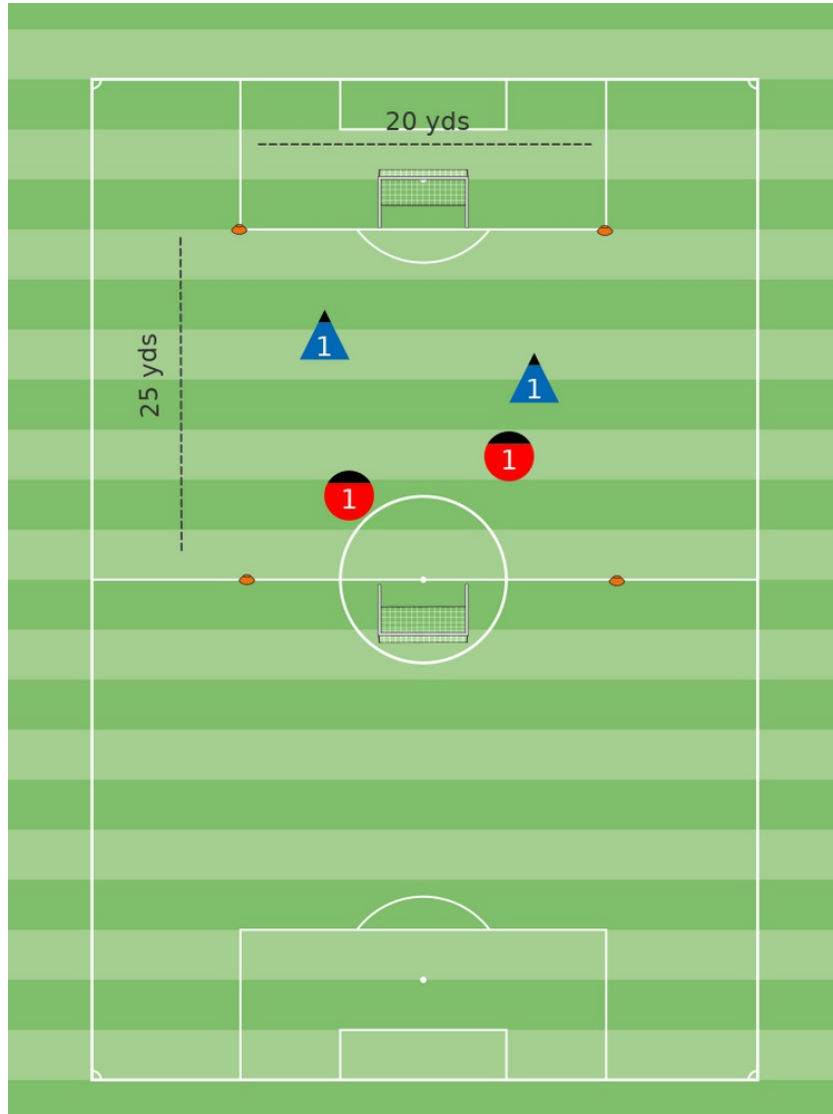
 **INTENSITY:**
Hard

2v2 with Turning Emphasis

OBJECTIVE: To improve the players' ability to identify moments to turn away from pressure in game situations and execut...

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. Teams play 2v2 (create multiple fields if possible). Scoring a goal counts as 1. If a player with the ball successfully turns away from an opponent and keeps possession it counts as 3. Play 3 minute games and then rotate match ups (2 minute games if team(s) sitting off).

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

 **TEAM FUNCTION:**

 **AGE:**
U7 / U12

 **PLAYERS:**
2 vs 2

 **DURATION:**
11:0 min (3 x 3:0 min, 1:0 min rest)

 **INTENSITY:**
Very Very Hard

Ela Rec 1-4 Dribbling/Turning (1)

OBJECTIVE:

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

AGE: / players

TEAM FUNCTION:

DURATION: min

Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: