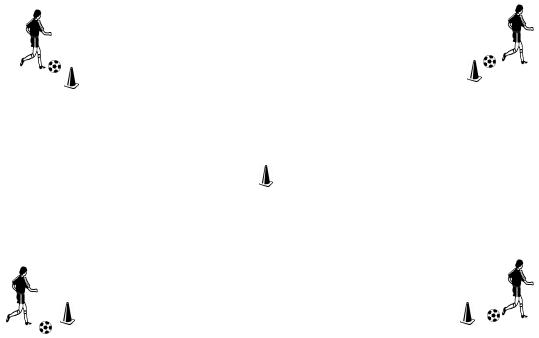
Club:	Weyburn Soccer Association
Session:	6
Team:	U14
Session Topic:	Turning: Changing of Direction

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes

Field Demo



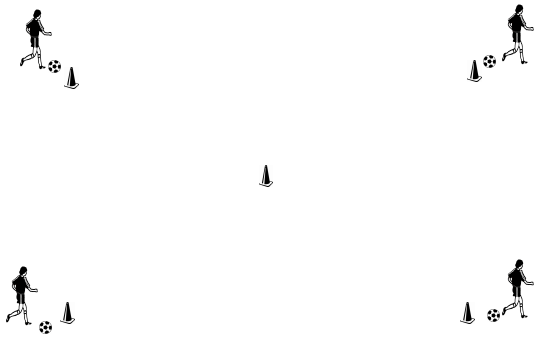
Implementation – Players dribble from the corners, into the middle cone and perform a turn and return to start.
Make player perform various turns (I will demonstrate turns to you in person): Cruyff turn, inside foot turn, outside foot turn, step over turn, drag back turn etc. If you are struggling, ask players to show you a turn they know.

Coaching Points

- Slow into turn when approaching the cone
- Arms out, spin
- Accelerate away from cone/turn
- Ask players where this could be useful?

Stage 2: Opposed 7 Minutes

Field Demo



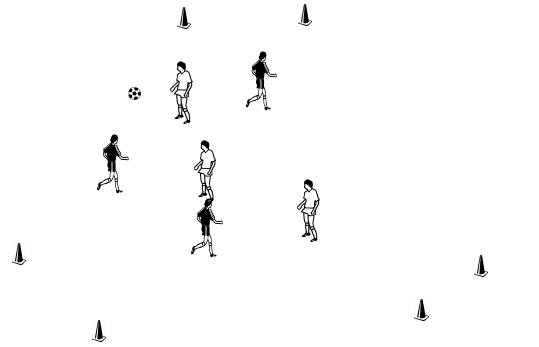
Implementation – Same as previous, however 2 defenders are now in the middle, they must stay close to the cone. They can not challenge for the ball but if a player gets too close they may knock the ball away.

Coaching Points

- Slow into turn when approaching the cone
- Arms out, spin
- Accelerate away from cone/turn
- Good pace when dribbling into defender
- Turning at correct moment

Stage 3: Fun Game/Game Related 10 Minutes

Field Demo



Implementation – Players are split into 2 teams and play against each other. Both teams can score into any of the 3 goals but can not score into the same goal twice. Encourage changes of direction, our theme of the night. Make the playing area bigger as required.

Coaching Points

- Short, sharp turns to open up space of attack
- Be aware of open space
- Using correct turning technique to allow for further attacking options

Game Time