

“Burn, Turn and Return”

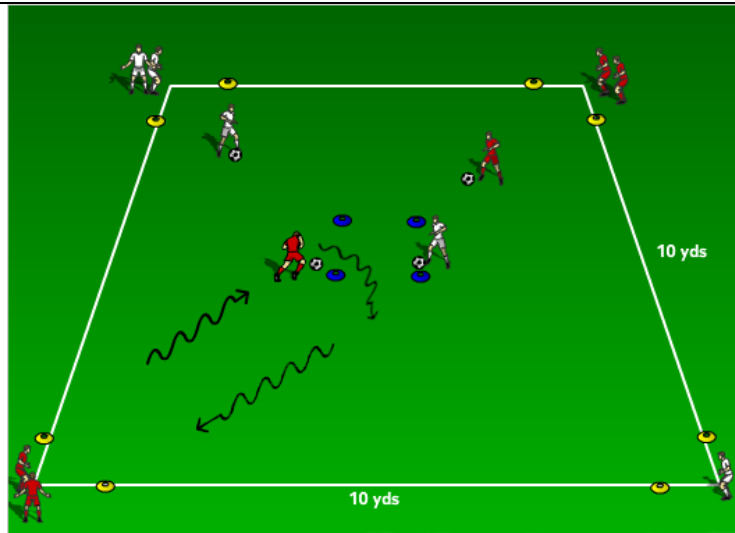
East Central Soccer District Academy Curriculum

Curriculum Topic: Ball Control and Turning

Primary Objective: To build speed and confidence in dribbling, turning and trapping

Duration: 10 minutes

The Basics



Organization

10 yard square grid, with cone gates at each corner, 4 more cones in a square in the middle, approx 2 yds apart.

Divide group into teams of at least 2 at each corner, one ball per team. (It's more important to have 2+ players per team than to have 4 teams.)

Activity

At the coach's start, 1st player on each team dribbles ball to the middle cones, performs a move to get around the nearest middle cone, then turns to go back to his team's line, passing the ball to the next teammate as he runs toward his team.

Players count out each iteration loudly. Team with most iterations after 1 minute wins!

**Add modifications below to add trapping and complexity to the activity.*

Coach Pts

- Waiting player must be behind cone gate until ball is passed to him, then he should run through the gate to meet the ball and make a positive first touch.

Mods

- 1st player, after making turn around cone, picks ball up with hands and tosses in the air toward his team's cone gate. 2nd player runs through gate to trap/1st touch ball forward and continue. (1st player returns to back of line)
- Same-direction traps: 1st player begins when 2nd player tosses ball over 1st player's head, toward middle cones. 1st player traps and dribbles to cone to make move. When 1st player returns, 2nd player steps up and 1st player circles around back of 2nd player, tosses ball over 2nd player's head, toward middle cones, and the process continues.

Require progression of move difficulty around middle cone: cut, feint-cut, step-over, scissors, Cruyff.