

“Midfield Turn”

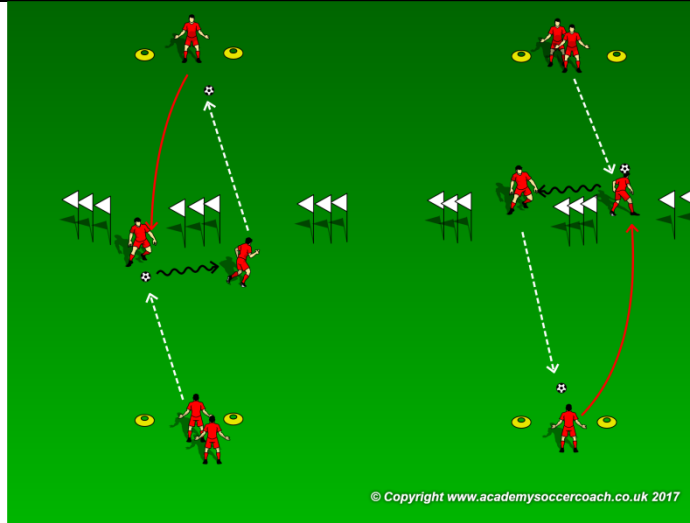
East Central Soccer District Academy Curriculum

Curriculum Topic: Ball Control & Turning

Primary Objective: To improve receipt of difficult balls, spatial awareness, turning and passing under pressure.

Duration: 15 minutes

The Basics



Organization

4 gates separated side-to-side by 15yds, top to bottom by 20 yds
 Clusters of flags spread laterally across the middle of the area to simulate opposing players
 Players separated into groups of 4, with 2 players from each group at top gate, 2 players at bottom gate
 1 ball per 4-person group

Activity

At coach’s signal, 1st player at gate checks to the player at the other gate with the ball; when the checking player clears the flags, ball is passed. Checking player receives the ball with a 1-touch turn around the nearest cluster of flags, then sends a pass to the remaining player at her original gate (and then returns to the gate herself and goes to the back of the line). The 1st player at the opposite then checks to the player that now has the ball, and the process repeats.

Coach Pts

1st touch of receipt of ball should be in the direction the player wants to go and of the proper weight (power). Encourage players to receive balls with both feet, and with the insides and outsides of both feet. Players should be partially turned in the direction they intend to go when they receive the ball, and not square to the passer.
 Older/more advanced players should check over their shoulder to spot their passing target just before they receive the pass.
 Older/more advanced players should indicate with their hand(s) where they want the ball delivered and call for the ball.

Mods

None

Prog

Instead of passing the ball to the checking player, the ball is tossed, with receiving player trapping the ball in the direction they want to go.
 Checking player clears flags and 1-touches the ball back to the passer, then runs back behind the flags then through again between different flags, receives/turns, then delivers pass to player waiting at original gate.