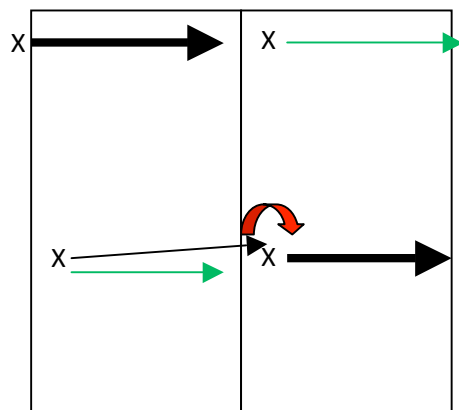


BFSC U11-U12 Training Session #10: Turning.

<u>Exercise</u>	<u>Environment</u>
Touches and turning	26x26 yard grid



Carolina turning series (I)	12x20 yard grids
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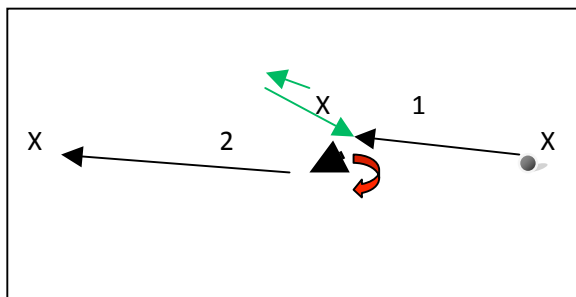
Description / Coach

Players work in pairs with one ball. The grid should be divided in half to create a pair of thirteen yard wide grids. One partner, with the ball, stands on the edge of the grid. The other partner stands where the grids meet (see diagram). There are two variations of this exercise, the first of which is a warm-up and the second of which introduces the turning topic.

1. The player with the ball dribbles toward the center of the grid taking one touch for every step. This player should work hard and work fast to get to the center. Her partner backpedals to the edge of the grid on her side. When the dribbling player gets to the center, she passes the ball to her partner and their roles reverse. Play for two minutes.
2. In the second variation, the player with the ball passes immediately to her partner in the middle of the grid. As she plays, she instructs her partner to, "Turn!" The receiving player gets "shoulder on" (turn one shoulder to point at the passing player. In this way, she is already half-turned) and receives the ball with the inside of the foot farthest from the server. She then turns and dribbles to the edge of the grid. Meanwhile, her partner sprints to the middle of the grid and their roles reverse. Instruct players that the running player who is checking to receive should time her run so that she is not waiting for the ball when it is played. Also, the turning player should alternate the shoulder she turns to the passer so that she can practice receiving with either foot. Play for three minutes.

Players work in groups of three with one soccer ball. There are many variations of what is often called the "Carolina turning series." Here, the purpose is to introduce the basic format and simple turns for players learning to make good decisions in possession. The three turns are outlined below. Here, the moves are performed without pressure. The working player needs to be instructed to check her space throughout the series. This is accomplished by taking a sharp look over her shoulder during the checking run. Each player should take a turn in the middle practicing each turn for two minutes.

1. Front foot turn. This is the turn outlined in the warm-up exercise. Here the player decides that there is no pressure, gets shoulder on and receives with the inside of



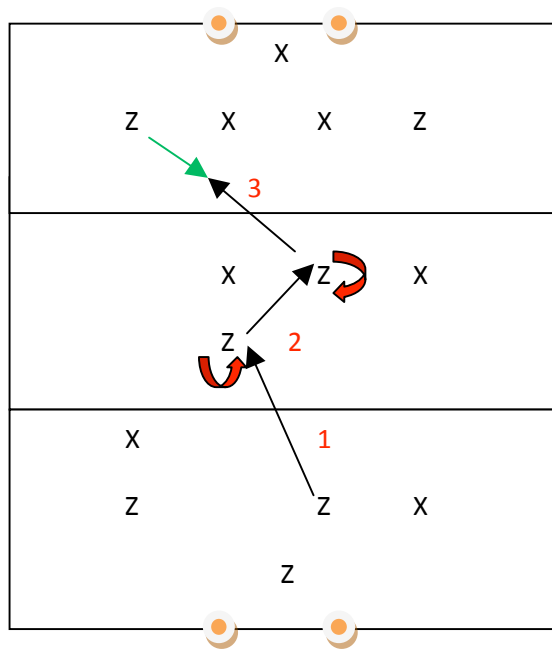
3 zone game

25x45 yard field

the foot farthest from the server. Once turned, she takes a dribbling touch and delivers the ball to the third player on the far end of the grid. The endline players need to be consistent in making the early command: “Turn!” Require the working player to alternate the receiving foot.

2. Man on. In this case, the receiving player is operating under the pretense of pressure. Therefore, in making the checking run to the ball, she prepares to receive the ball with the outside of the foot *nearest* to the server. This touch puts the working player into a shielding position with her first touch. The passer hollers, “Man on!” with each serve. Once the working player has controlled the ball, the passer hollers, “Back!”. At this signal, the working player passes the ball back to the server. Note: The passer should get into the habit of changing the angle of the back pass by sliding left or right while calling the ball back. This adjustment will serve the players well when they get into this situation on the big field in that the change of angle requires the defense to adjust their pressuring runs, and new passing angles are created immediately for the team in possession. Note: For this “turn” only, a second ball is required (that is, each of the endline players has a ball).
3. Self-pass. Here the working player again operates under the pretense of pressure. Instead of shielding and back-passing, though, the working player “self-passes.” In essence, this amounts to the working player getting into a shielding position, but instead of a shielding touch, she uses the outside of the foot closest to the server to take a longer touch (typically about a yard or a bit longer). The purpose of this touch is to create separation from the defender. The working player then runs sharply back around the ball to face up with the defender and takes a couple of touches before delivering the ball to the endline player on the far end of the grid. This turn is extremely useful in particular for quick, agile players (often on the flank) who can use their speed to get separation from the defender and then face up to create favorable 1v1 dueling situations. Instruct players to alternate the foot they use to make the self-pass.

Play 6 vs. 6 on a field divided into three 15x25 yard zones (see diagram). This game can be played to full-sized goals or to small goals, depending upon the numbers available. The teams place two defenders (and a goalkeeper if possible) in their defensive third; two midfielders in the middle third and two forwards in the front third. Explain to the players that for the first part of the game, they are locked into the zones where they are placed. This restriction is designed to compel players to play the ball forward, creating



situations where the players can practice both the communication and technical execution of the turns introduced above. The coach will need to encourage target players in the zones ahead of the ball to avoid lingering at the near edge of their zone, waiting for the ball. Instead, they need to be disciplined about creating space by remaining well away from the ball and then checking in to receive when supporting players are prepared to play to them. The other important coaching point that often needs emphasis here is the advantage gained by checking in at an angle to the ball. A player checking in at an angle is a much easier target to find and play accurately to than a player coming straight on to the ball.

After ten minutes, introduce a new rule: Allow a player who makes a successful pass into the zone directly ahead to join the attack in that zone. This will help build possession as teams can get an advantage in numbers by playing intelligently. Also, point out to players that they can play back to the zone behind them if they receive the ball under pressure and in this way the team can organize possession and create more service to target players in the next zone. Note: When possession is lost, any players who have worked their way forward must return to their original zone. Remove the zone limits for the final ten minutes of the scrimmage and let the players play.