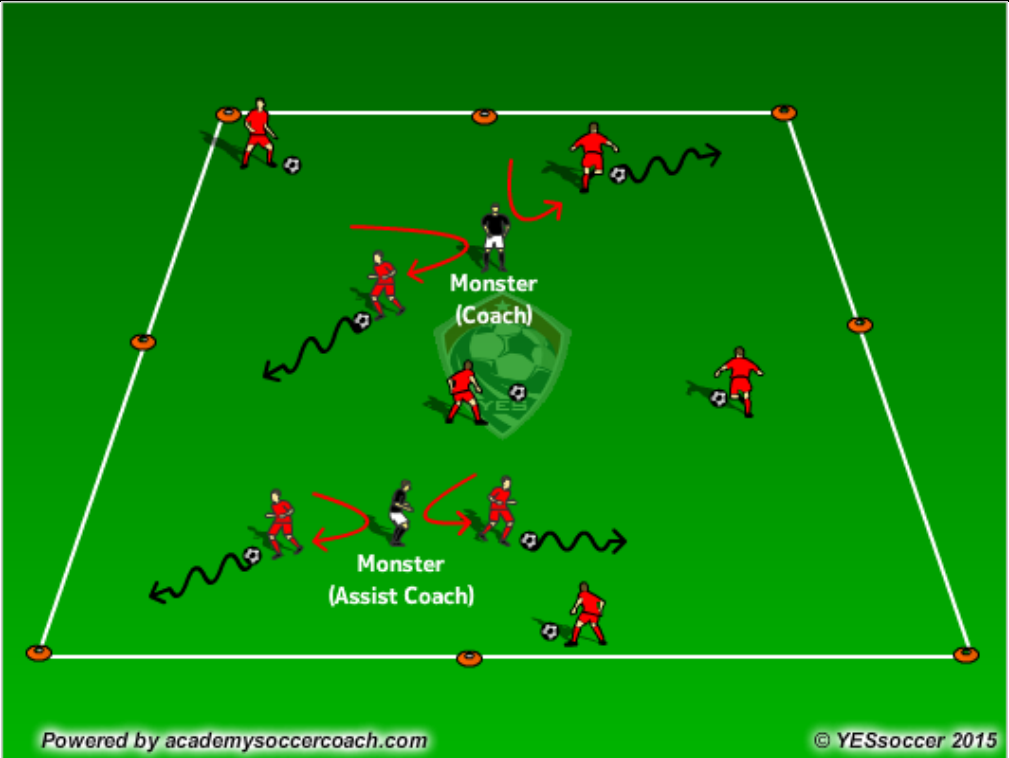




BWSA Under 6 Program
Week 3: Ball Mastery and Turning



Station One: 'Monster Turnaround'	Instructions	
	Field Set Up:	
	<ol style="list-style-type: none"> 1. Set up a square or rectangle space on the field that is big enough for players to dribble around. 	
	Player Preparation:	
	<ol style="list-style-type: none"> a. Coach nominates 2 players to be monsters 	
	Station Rules	
	<ol style="list-style-type: none"> 1. Players start by dribbling around with a ball. 2. Two monsters (coaches) are moving around the area as well. 3. Players get a point for dribbling at the monsters and executing a turn without being tagged by a monster. 4. Player should aim to use the sole, inside, outside of the foot to turn. 	
Progressions	Key Coaching Points	
<ul style="list-style-type: none"> • (Easier): Monsters have to dribble ball as well as tag players. • (Harder): More Monsters. • State which part of foot they can use to turn • When Coach shouts 'STOP', players perform ball mastery actions. For Example.. <ol style="list-style-type: none"> i. Tick Tocks ii. Toe Taps iii. Take Stops: Push with outside of foot (to the side) and stop with sole of foot. iv. Drag back and Push: Drag back with sole of foot, then push forward with laces just in front. v. Half Vs: Drag back with sole of foot, then push forward with inside of foot. vi. Full Vs: Drag back with sole of foot, then push forward with inside of foot, so ball is in front of opposite foot. Repeat process. 	<ul style="list-style-type: none"> • Keep ball close to feet • Slow down to perform turn . • Check shoulder for space to turn into. • Be creative with Turns • Select part of the foot to turn with (Inside, Outside, Laces?) • How many touch turns? (1 touch, 2 touch etc) • Play the ball out of feet as player turns with first touch (Don't get stuck under feet). • Accelerate away after turn. 	



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Station Two: "American's Got Soccer Turns"



Instructions

Field Set Up:

1. Set up 2x square, with a smaller one inside the other.
2. The smaller square must be larger enough for players to dribble freely.

Player Preparation: All players start in the middle square.

Station Rules:

1. The players start dribbling inside the small square.
2. After a certain period of time, the coach nominates a player to audition a turn. (If the player doesn't know any turns, the coach can show him or her a simple turn like 'Stop Turn' to show the group).
3. The player called dribbles from the middle square to the outer square. When this player reaches the 'Outer Square', he/she performs a turn (without going out of bounds) and dribbles back into the middle square.
4. This player becomes a judge (with the coach) to select the best 3 players performing that turn.
5. The rest players dribble from the middle square to the outer square, perform the designated turn and come back into the middle square. They continue to do this until the 3 best players are picked.
6. The coach then pick a new player to show a turn and the process repeats.

Progressions

- (Harder/Easier) Bigger or smaller area.
- Harder: Players must perform 2 turns.
- (Harder) Add 1 or 2 defenders inside the big square which the players must avoid while dribbling.
- When Coach shouts 'STOP', players perform ball mastery actions:
 - Tick Tocks
 - Toe Taps
 - Take Stops: Push with the outside of foot (to the side) and stop with sole of foot.
 - Drag back and Push: Drag back with sole of foot, then push forward laces just in front.
 - Half Vs: Drag back with sole of foot, then push forward with inside of foot.
 - Full Vs: Drag back with sole of foot, then push forward with inside of foot, so ball is in front of opposite foot. Repeat process.

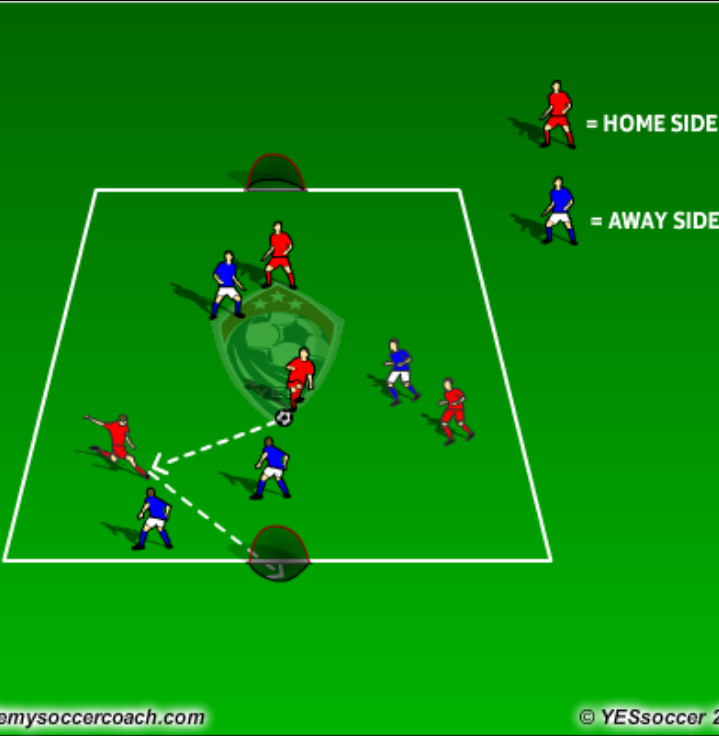
Key Coaching Points

- Keep ball close to feet
- Slow down to perform turn.
- Check shoulder for space to turn into.
- Be creative with turns
- Select part of the foot to turn with (Inside, Outside, Laces?)
- How many touch turns? (1 touch, 2 touch etc)
- Play the ball out of feet as player turns with first touch (Don't get stuck under feet).
- Accelerate away after turn.



BWSA Under 6 Program
Week 3: Ball Mastery and Turning



Station Three: "Small Sided Game"	Instructions
	<p>Field Set Up:</p> <ol style="list-style-type: none"> 1. Set up a large enough area for two teams play a small-sided game. <p>Player Preparation:</p> <ol style="list-style-type: none"> 1. Split players into two teams. 2. Name teams either 'Home' Or 'Away'. 3. Each team has either 3,4 or 5 players on the pitch at any time. <p>Station Rules:</p> <ol style="list-style-type: none"> 1. Teams player a normal small-sided game, by aiming to score in the opposite team's goal. 2. No Goalkeepers. 3. Each team has a minimum of 3 players or maximum of 5 players on the pitch at any given time. 4. Coaches rotate every 2-3 minutes. 5. On the rotation whistle (or signal): <ul style="list-style-type: none"> ○ The 'Home' side become the new 'Away' Side. ○ The 'Away' Side move onto Station One. ○ The new 'Home' Side, is the team rotating from 'Station Two'.
Progressions	Key Coaching Points
<ol style="list-style-type: none"> 1. Bigger or Small goals. 2. Add more small goals. 3. 'End Line' Game: Remove the goals to leave a small pitch without goals. Players score by dribbling the ball beyond the opposite team's End Line. 4. 'Accuracy Game': Remove goals and replace with 6 soccer balls on top of a cone (3 on each side). A goal is scored by accurately knocking one of the opposite teams soccer balls. 	<ul style="list-style-type: none"> • Ball out of feet (but close and in control) • Head Up (Look for free space) • Move with ball by being on TIP TOES • Use all different parts of foot (Mostly laces to keep a natural running position, BUT DONT USE TOE) • Small touches when moving with the ball, but out of feet (small touches = Tap, Tap, Tap) • Use both feet to dribble • Dribble into space • Change of Pace • Always be moving