

2v2 Turning Drill



TURN AND SHOOT

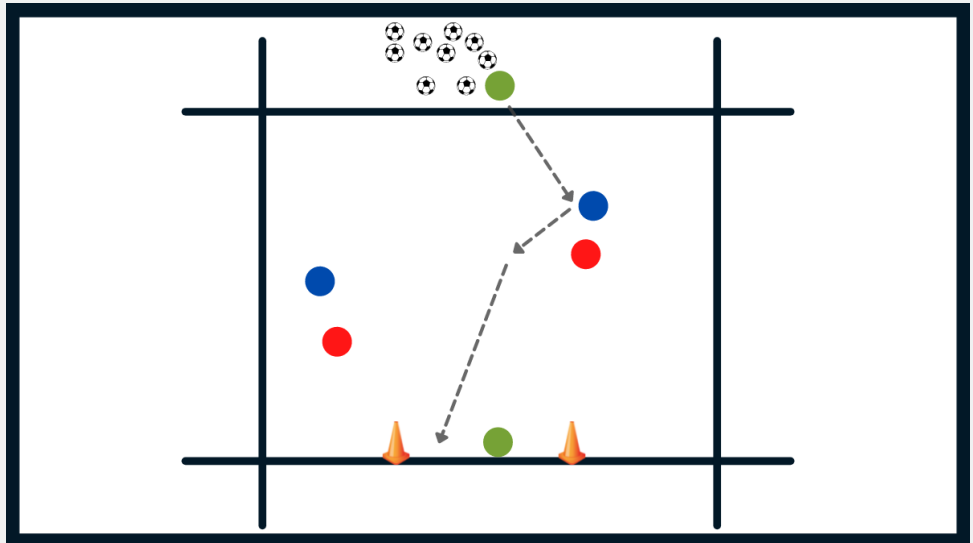


Age: 8-11 Years

Players: 12

Topic: Shielding and Turning

Duration: 20 Mins



Set Up The Drill:

For every 6 players, set up a 15x25 yard grid using small cones. Create a 6-yard goal on one side of the grid using tall cones. Repeat to accommodate all players. Have a supply of approximately 6 balls per grid.

Instructions:

Split the players up into groups of six. Divide each group into teams of two. Two of the teams play a 2v2 game in the middle of the grid. One of the remaining two players is the goalkeeper and the other one is the 'server'.

Defenders should choose a player each to mark. Then, the server plays the ball to one of the attackers, and as soon as he/she touches the ball, the game begins. Attackers should try and turn and shoot. If a goal is scored, or the ball is kicked out, the sequence starts again. After some time, players switch roles. The team with the most goals at the end is the winner.

Variation:

Have the server throw the ball in so the attackers are receiving the ball from the air.

Coaching Points:

- Initial shielding technique when holding off the defender.
- Can the player use their favorite turn to beat the defender whilst keeping their body in between the defender and the ball?
- Once an attacker has turned their defender they should accelerate away or quickly try and combine with their teammate to score.