



GRP Curriculum: Dribbling and Changing Direction

Category: Technical: Turning
Difficulty: Moderate

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Individual-Young Member

Description

60 Minute session on changing direction and turning basics/

Warm Up (10 mins)

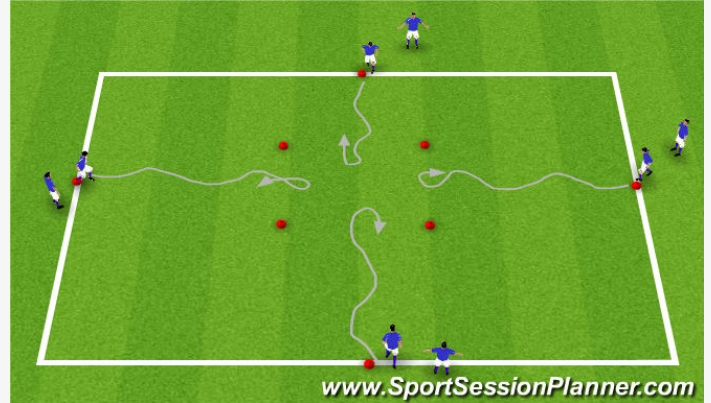
Instructions:

Player dribbles into zone. Once breaking line, quickly change direction.

1. Outside turn
2. Inside turn
3. stop turn
4. step over turn

Coaching Points:

Accelerating
Body shape
Playable touch
Messi Touches.



Activity 1: 2v2 Change of Direction (15 mins)

Instructions:

Coach plays the ball across, pressure on first touch.
Attacking team scores in either goal. Must dribble through to score on 2 goals

Coaching Points:

Protecting the ball
Recognize the space
First touch



Activity 2: Cross the River (15 mins)

Cross the River

Players go from shore to shore - making sure they do not get eaten by Piranhas

If player is tagged they become a piranha

Coaching Points:

Speed dribble into open space
Movement - Head up
Use top part of foot

Progressions:

Piranhas - just use feet to get the ball



Final Game (20 mins)

Organization:

Match 4v4

Coach have soccer balls close to speed up play

Play 1-2-1

Instructions:

35 x 25 field - NO - Use GK older group/ Puggs for younger group

Free Play

Dribble in if goes out of bounds

Look for movement into space

