

## Change of Direction & Intro to Passing

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble, Pass options

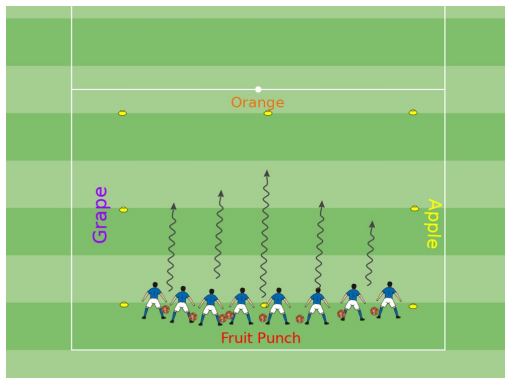
KEY QUALITIES: Read game/make decisions, Optimal technical, Optimal physical

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AGE: U7-U8 / 4v4 / 10 players

MOMENT: Attacking

DURATION: 30 min



### Juice Box

OBJECTIVE: Introduce Change of Direction w/ Speed Dribbling

ORGANIZATION: Mark out 20 x 16 grid. Ask players to label each side of the grid with a different kid of juice. Every player has a ball at feet and starts in the middle of grid.

KEY WORDS: Control. Close. Speed. Head Up. Space. Turn. Laces. Inside. Outside. Sole

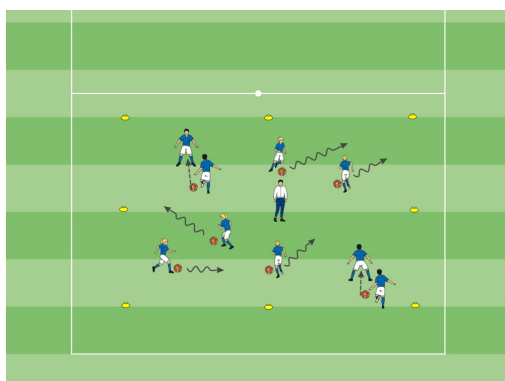
GUIDED QUESTIONS: 1) What parts of the foot can we use to change direction? 2) When should we perform change of direction moves? 3) What should we do after we perform COD move? 4) What part of the foot do we use for control/speed dribbling?

ANSWERS: 1) Inside. Outside & Sole. 2) When coach calls new side. When a defender is trying to steal the ball. 3) Speed Dribble away! Get head up so you don't run into each other! 4) Inside & Sole for control. Laces & outside for Speed!

NOTES: Start by calling one kind of juice at a time so players can get familiar with the labels for each side, allowing for all players to get to one side before a new juice is called.

PROGRESSION: call new juice before players arrive at side, forcing COD moves.

PROGRESSION: Add defender



### Stuck in the Mud

OBJECTIVE: Dribble past defenders & introduce passing

ORGANIZATION: Set 16 x 20 yard grid. All players in the grid have a ball. Coaches start as "catchers". Progress to 2-3 players as catchers.

KEY WORDS: Dribble. Pass. Openings. Head Up. Quick. Close. Touches. Control.

GUIDED QUESTIONS: 1) What are we looking for while we dribble? 2) What type of touches should we take on the ball to keep good control? 3) What part of the foot do we use for accurate passing? 4) How do we know where the catchers are?

ANSWERS: 1) Space/Openings. Defenders (catchers). Teammates (who are stuck). 2) Close quick touches! 3) Inside of the foot! 4) Dribble with head up. Look, Talk to teammates!

NOTES: Pay attention to how challenging it is. If too difficult & game ends quickly, make space bigger. If too easy, make area smaller. Rotate catchers! When player is knocked out they return to area with ball over head & gets back in when teammate passes through their legs.

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?