RedBull

a Pro-Club: Red Bulls New York Academy

Session: Technical - Turning - U10G, U12G, U14G, U17G - Westfield Anthony Flores, Waldwick, United States of America

Warm Up



Organization:

- -40 x 20 yard area
- -12 players (2 groups of 6)
- -Each player with ball

Instructions:

- -Objective is to perform turning techniques on each side
- -Players dribble in a zig-zag pattern to opposite side
- -Once player gets close to the end turn outside tow ards sideline, dribble into the dribbling channel (b/w tall cones and disc cones)
- -Challenge players to create a sense of 'flow' to their movement by staying connected with dribble, before and after, a turning technique
- Create a duplicate drill on the other side to have two going simultaneously

Coaching Points:

(Inside Cut, Outside Cut & Step Over)

- -A directional touch with the proper surface of the foot and weight
- -Eyes look forward towards angle and space in which to attack
- -To maximize optimal performance create strong athletic stance by keeping one hip in front of the other and low ering center of gravity to
- -Pivot and explode off plant foot
- -Drop shoulder, add feints

Psychosocial Development:

- -Self Control
- -Decision/Determination
- -Concentration
- -Self Confidence

Physical Development:

- --Explosive Strength
- -Aerobic Capacity
- -Reaction
- -Acceleration/Agility
- -Flexibility & Mobility
- -Basic motor skills
- -Perception & Aw areness

Progression: Advance players, look to run with the ball throughout the entire drill without disconnecting from the dribble and breaking stride

Main Theme I



Organization:

- -10 x 15 yard area
- -12 players (4 teams of 3 per group)
- -Extra balls on both side of the lines

Instructions:

- -Player A passes to player B and applies passive pressure (not looking to w in ball; shadow only)
- -Player B dribbles forward on an angle then performs two turns to create space and separation; then passes to player C
- -Play C then repeats

Coaching Points:

- -Dribble at angle
- -Speed of executions
- -Protect ball with body positioned between ball and defender

Psychosocial Development:

- -Self Control
- -Decision/Determination
- -Concentration
- -Self Confidence

Physical Development:

- -Explosive Strength
- -Aerobic Capacity
- -Reaction
- -Acceleration/Agility
- -Flexibility & Mobility
- -Basic motor skills
- -Perception & Aw areness

Main Theme II



Organization:

- -10 x 15 yard area
- -12 players (4 teams of 3 per group)
- -All balls on attacking side

Instructions:

- -Player A passes to player B w ho attempts to score on either small goal
- -Attackers must be inside shaded area to score to reinforce close control of dribble
- -Players rotate lines after every turn

Coaching Points:

- -First touch needs to be positive towards open side awareness
- -Draw the defender in before turning quickly in a new direction
- -Protect the ball with the body between the ball and the defender
- -Check at an angle to receive the ball on the back foot
- -Engage the defender and play with the outside of the foot to hide ball and disguise move

Psychosocial Development: [""] Physical Development: [""]

Main Theme III



Organization:

- -20 x 10 yard area
- -4 to 6 players per group
- -1 ball per group

Instructions:

- -Player A passes to player B
- -Player B passes to player C and then applies pressure (not looking to w in the ball only shadow)
- -Player C combines with player D
- -Player C then continue to go 1v1 against player A
- -Rotate players up after each turn
- -Player C has the option to combine with player D

Coaching Points:

- -Check at an angle to receive the ball on the back foot
- -Engage the defender and play with the outside of the foot for disguise when combining
- -Decision making when to combine, when to dribble

Psychosocial Development: [""] Physical Development: [""]

Progression:

-Provide Full pressure

Conditioned Game



Organization:

30 x 30 yard area

4v4 with GK's

Instructions:

- -1 team resting
- -3 minute per game
- -Messi and Xavi Rules: Players are not permitted to pass the ball forward
- -Resting team assigned to evaluate player and count the number of Xavi and/or Messi
- -Messi (Dribbles), Xavi (Turns)
- *Lift conditioned after a set time or intervals

Coaching Points:

- -Coaching the mindset of the players intelligence and analytical competency
- -Player should be aw are of team shape
- -Mobility of players to maintain team shape
- -Allow play to flow, players can problem solve inside the 3-minute game
- -Confidence and Creativity

Psychosocial Development: [""] Physical Development: [""]