

# St. Mary's SOCCER

## U08/09 Academy Session 7

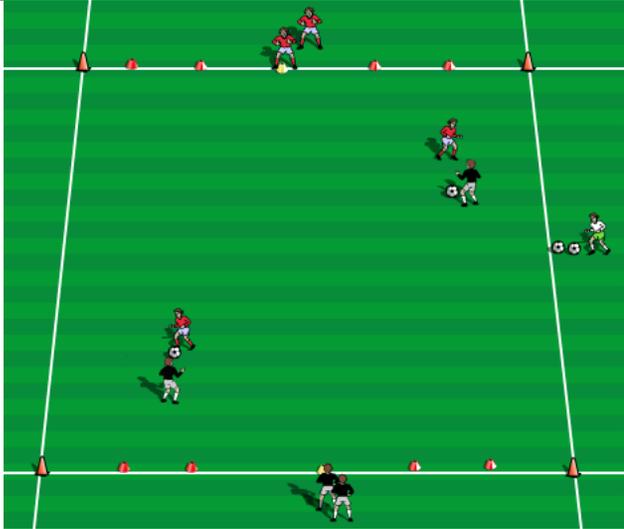
### Main Topic: Change of Direction

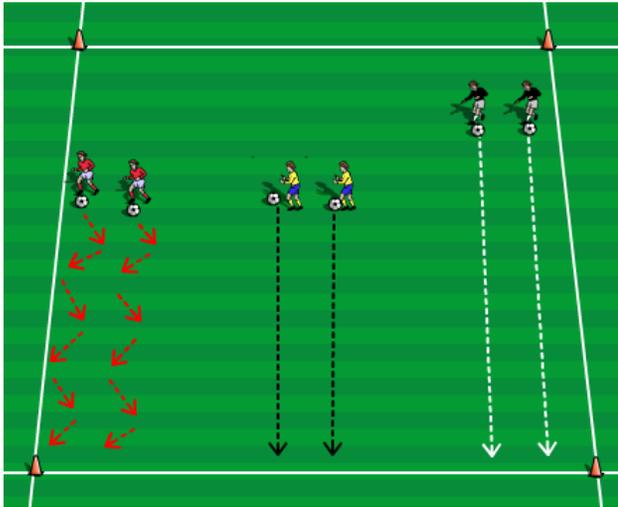
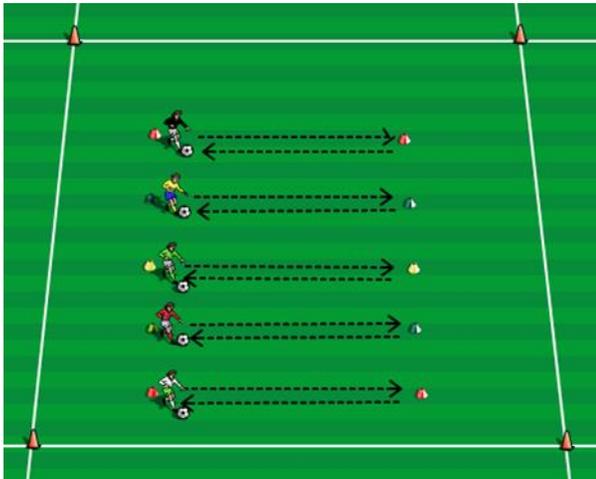
In this session we introduce three change of direction moves. Change of directions moves are used when a player cannot go forward because of a defender to the front of them or a field boundary won't allow them to continue forward. These moves allow them to turn 180 degrees and protect the ball by putting their body between the ball and the defender.

**Pullback:** A change of direction move that is executed by placing the bottom of the foot on the ball, rolling it backward, and turning with it. Teaching young players to keep their eye on the ball while they turn and to keep the ball close to them after they make the turn will help them complete the pullback properly.

**Full Zico:** To perform a Full Zico, the player will do a stepover move with one foot, then turn and take away with the opposite foot.

**Half Zico:** To perform a Half Zico, the player will do a stepover move with one foot, then turn and take away with the same foot.

Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
<p><b>1<sup>st</sup> Activity – 1v1 Warmup</b></p> <p>Easy warmup activity while you wait for your players to arrive.</p> <p>Set up two cone goals (gates) at each end of the grid. The gates are two cones placed 4 to 6 feet apart.</p> <p>Once two players arrive, have them start playing 1v1 where they score by dribbling through one of the cone goals.</p> <p>If a player uses a move to beat a player (such as the step over), they get 3 points.</p>		<p>1v1 is the basis for all of soccer. We want our players to develop the confidence to beat any player when they are in a 1v1 situation.</p> <p>The reason for having two gates is to discourage the defender from just standing in front of one goal. It also gives the attacker an option if one goal is being guarded by the defender.</p> <p>More than 1v1 can be going on at the same time.</p>

<p><b>2<sup>nd</sup> Activity –4 Surface Dribbling</b></p> <p>This is a review of the 4 primary surfaces of the foot to use when dribbling. Outside (pinky toe), inside (big toe), laces and bottom (sole).</p> <p>We will start having the players dribble the soccer ball from one side of the grid to the other.</p> <p><b>REVIEW: The step over move is an attacking move that has the player fake a pass using the inside of their foot and then take the ball away using the outside of the same foot.</b></p>		<p>For the outside (and inside) of the foot, have them take two small touches with one foot, then two small touches with the other foot alternating across the grid. The ball will not go straight across the grid but move at ~45 degree angles moving back and forth as they cross the grid.</p> <p>For the sole/laces the players should use one foot going across the grid and then switch to the other foot returning across the grid.</p>
<p><b>3<sup>rd</sup> Activity – Large group activity</b></p> <p>The site/field coordinator will gather all players around one of the team grids</p>	<p>Optional activity for the SITE/FIELD COORDINATOR to demo an activity from this session.</p>	<p>The site coordinator will demo the pullback, zico, and half zico moves.</p>
<p><b>4<sup>th</sup> Activity – Change of Direction Moves</b></p> <p>Set up several pairs of cones approximately 15-20 feet apart.</p> <p>Ideally you will have two cones for each player but you can have a couple players in each line if needed.</p> <p>Players will dribble down to the far cone, perform a change of direction move and dribble back.</p>		<ol style="list-style-type: none"> <li>1. Pullback: A change of direction move that is executed by placing the bottom of the foot on the ball, rolling it backward, and turning with it.</li> <li>2. Full Zico: A stepover move with one foot, then turn and take away with the opposite foot.</li> <li>3. Half Zico: A stepover move with one foot, then turn and take away with the same foot.</li> </ol>

### 5<sup>th</sup> Activity – Gate Dribbling

Two cones are placed approximately 2 ft apart as gates all over the playing area (try to have as many gates as you have players).

Same activity as in previous sessions except the player will dribble the ball to the gate and perform a change of direction move instead of dribbling through the gate.



Have the players dribble around the grid trying to see how many gates they can get to and perform a change of direction move.

Once they understand the activity time them for 30-60 seconds to see how many they can do.

Repeat seeing if they can do more than they did the previous time.

### 6<sup>th</sup> Activity - Capture the Ball

Set up 3 home bases in the corners of the grid. Divide the players equally among the bases. All soccer balls are in the center of the grid.

On coach's command, all players try to retrieve as many soccer balls as they can to their home base. Players can only capture one ball at a time.

Teams can steal balls from other bases.

Team with most balls after 30-60 seconds wins the round.



This activity will work on players' decision making by allowing players to decide how to get the most soccer balls, steal soccer balls from other home bases and how to defend your home base.

Encourage the players to use their change of direction moves to quickly get a ball from the center and back to their home base.

<p><b>7<sup>th</sup> Activity – Steal the Bacon</b></p> <p>Similar to activity #6 but the players will start with the bacon (balls) in their home base.</p>		<p>Develop decision making and team work.</p> <p>The coach commands “start” and “stop”. Teams try to collect as many balls into their area as possible.</p> <p>See if they can use a change of direction move to keep the ball from an opposing player.</p>
<p><b>8<sup>th</sup> Activity – Bandit</b></p> <p>All but 2 players dribble their ball. The 2 without soccer balls are bandits.</p> <p>When the coach say, “Watch Out for Bandits”, the bandits try to steal the other player’s soccer ball.</p> <p>Once they steal a soccer ball, they try to keep it and are no longer a bandit.</p>		<p>If a player loses their soccer ball, they become the bandit and attempt to steal any soccer ball (doesn’t have to be their soccer ball).</p> <p>If a soccer ball is kicked out of the grid, it cannot be brought back in.</p> <p>At the end of each round, 30-40 seconds each player with a ball gets 1 point.</p>
<p><b>Cool Down</b></p>		
<p><b>Cool Down - Juggling</b></p>	<p>Work towards players being able to juggle a ball a few times using either foot, without it touching the ground. See if players can beat their # of juggles each week.</p>	