



North Star F.C.

Recreational Coaches Training Program **for the Receiving and Turning theme**

We are developing several booklets based on important themes we teach in the Recreational Program.

These are the themes we will focus on though this list is not

These are several training themes shown below which we encourage you to work on with your players.

These are to supplement your weekly plans, slightly more advanced ideas if you feel the players are ready to work on them.

- 1. Dribbling theme (22 Sessions)**
- 2. Passing, Control and Movement theme (16 Sessions)**
- 3. Shooting and Finishing theme (18 Sessions)**
- 4. Receiving and Turning theme (8 Sessions)**
- 5. Running with the ball theme (4 Sessions)**
- 6. Awareness Training (Scanning) theme (9 Sessions)**
- 7. Combination Movements theme (4 Sessions)**
- 8. Possession based Circle Training theme (3 Sessions)**
- 9. Defending theme (10 Sessions)**
- 10. Goalkeeper Training (3 Sessions)**

Start with some warm-up ideas

Warmups

Fast footwork, co-ordination and speed training

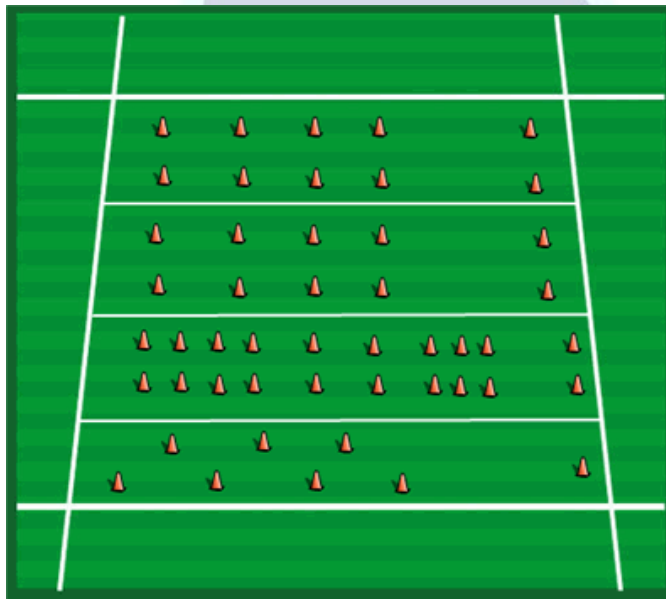
All training is specific to match play. Our work is based upon developing a balance between ball handling and functional running and sprinting in combination with jumping, stopping, and turning.

Quick feet, light feet, changing stride length exercises will be particularly important.

Repetition of the exercises is important throughout the season on a weekly basis to develop good and correct habits regarding co-ordination, comfort in running, awareness of the efficient use of arms and legs in running and the synchronization of limbs.

We are intending to develop a 6th sense in teaching the players to use the right techniques at the right times.

Quick feet, knees up: Forward and backward running. Concentrate on footwork and leg rhythm (Cones a half meter apart with a 5-meter sprint at the end). Players are racing in twos.



Side to side: Checking side to side between cones with fast feet then a sprint, practice forwards and backwards (defending movement).

High Frequency: long and short strides changing the stride length, adjusting the feet. Stepping between the cones.

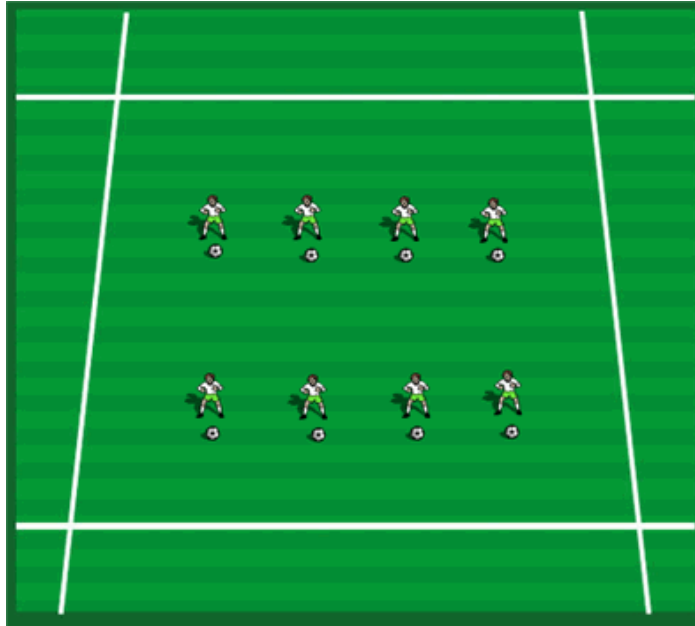
Checking and Dummying: Bouncing side to side in one movement, with feet wider apart, as fast as possible, throwing a dummy with the upper body, good for the dribbling movement dropping the shoulder one side and moving to the other side.

An introduction to improving touch on the ball.

Ball familiarity

1. Using different techniques to control the ball.

a) Simple juggling of the ball to improve foot control, how many times can they keep it up with BOTH feet? Make it a competition between the players.

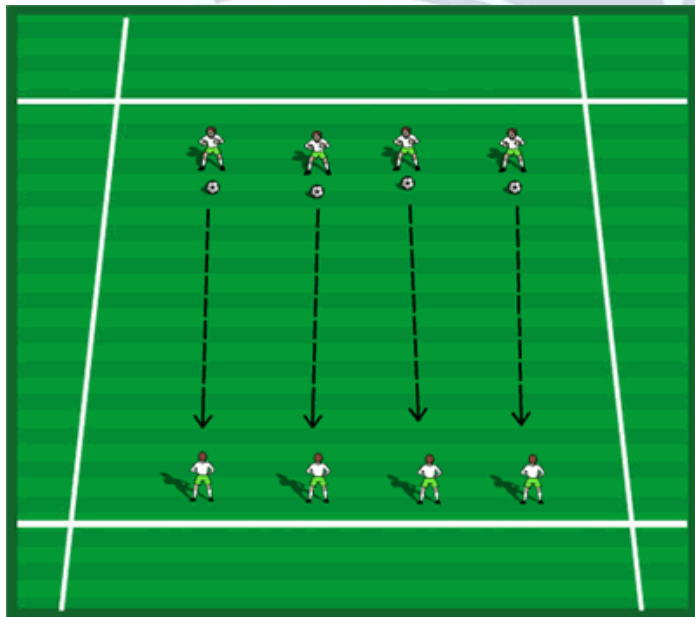


b) Using the inside and the outside of the feet and moving side to side. Move the ball with the inside of the foot then the outside to bring it back but with the same foot. Use a cutting motion.

c) Inside and outside of the foot, roll the ball to the outside (on top of the ball contact), cut it back with the inside and roll the ball to the inside and cut it back with the outside of the foot.

2. Moving a yard or so either side, back and forth maintaining control of the ball, this is great for acquiring a good touch on the ball and improving co-ordination.

3. Remind them to keep their head up not just looking at the ball all the time, even asking them to look around the area when they are doing this, or the coach can hold up so many fingers and they must call the number out as they work.



1, Simple passing in two's back and forth, first two touches, then one touch where possible. The coach can dictate the distance between them.

2. Ask the players to look to "each other's eyes" as they pass and NOT at the ball to see if they can keep possession between them.

3. This will be difficult at first, but it helps to teach them to look up and not down at the ball during games and hence helping their "Awareness" development as players.

4. They should be able to see their ball in the "peripheral vision".

5. Using both feet to pass the ball.

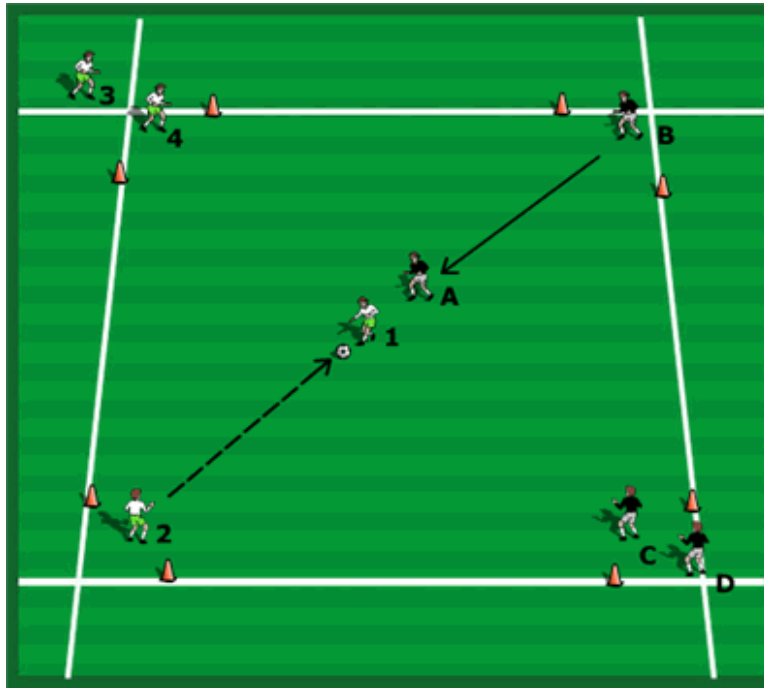
6. Competitive: Count how many

passes they can get in between them during a given time.

Receiving and Turning Sessions

For small-sided game situations emphasizing Receiving and Turning see the SSG section.

SESSION 1: ONE v ONE RECEIVING AND TURNING



1. Receiving and turning to attack and scoring in the defender (A)'s goal. (2) Passes the ball into (1) who must receive and turn and beat (A) and score a goal. Have the attacker run the ball into the goal to score or shoot it in.

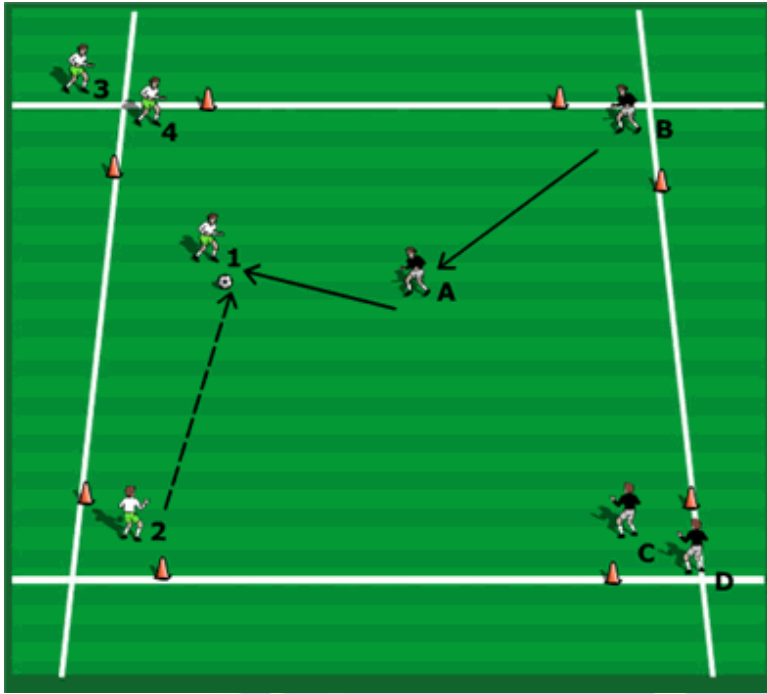
2. Coaching Points in Receiving and Turning:

- a) Support in a diagonal position not in a straight line (off at an angle).
- b. Receiver face the player with the ball (eye contact) so they know the receiver is ready.
- c. Receiver moves to the ball to avoid anticipation of a defender intercepting or away to create space to come back into.
- d. Receiver be aware of where

the space is to turn. The body position half turned to receive moving the ball on the first touch (changing direction). Use your upper body to create an element of surprise or disguise. Get your body between the ball and your opponent (screen the ball).

e. On receiving and changing direction with the first touch change pace (away from a defender). Use your arms to protect yourself and keep your knees bent for good balance.

3. Progression: Have two pairs working in the same area to develop awareness of the player's positions and space.

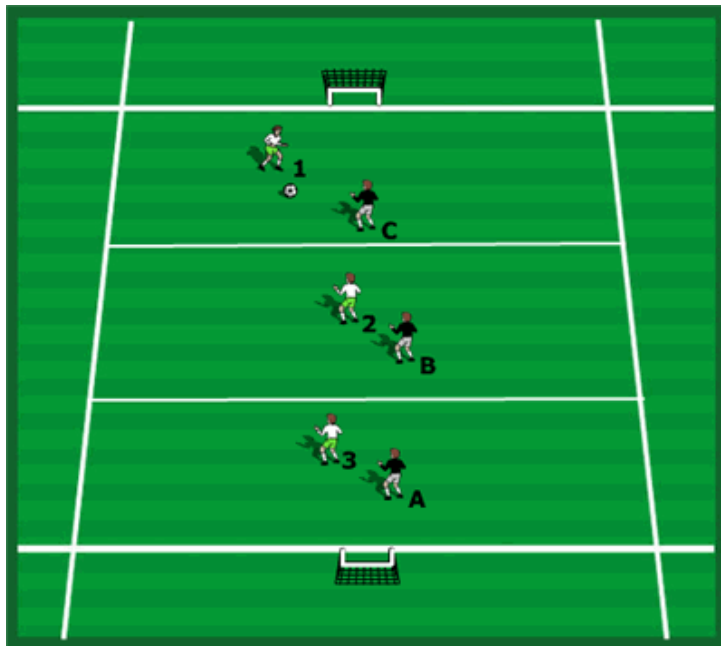


Methods of Turning:

- a) Check off, receive, and turn inside and face up to defender in one movement off first touch.
- b) Receiver backs into defender and receives ball to feet, spin defender using their body as a screen and using the inside or outside of either foot.
- c) Turn away with outside / inside of each foot.
- d) Turning without the ball pull defender short creating space behind, spin quickly and receive the ball behind the defender
- e) Play 1-2 and go.
- f) Run defender off and away from the ball then check back into space you have created to receive and turn in one touch to face your opponent.

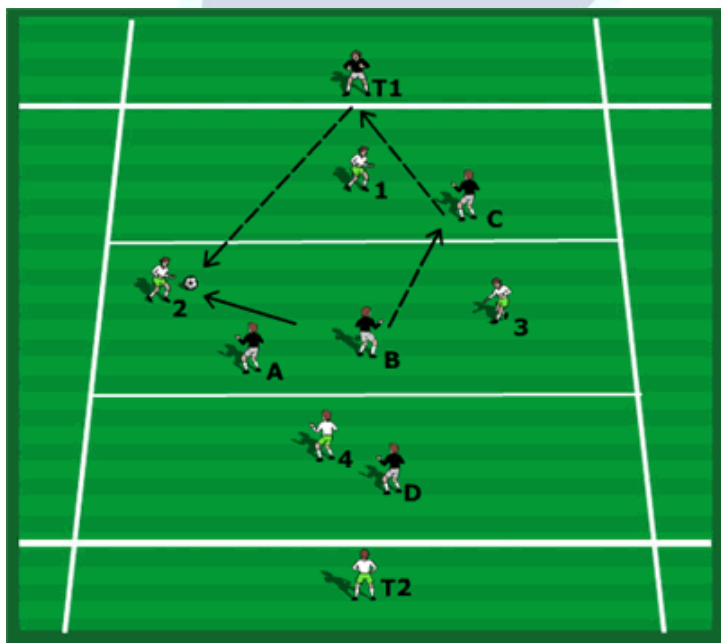
Above, attacker (1) checks off at an angle to receive and turn and faces up to defender (A) in a much better position now to attack them in a 1 v 1.

RECEIVING AND TURNING THROUGH THE THIRDS IN An SSG



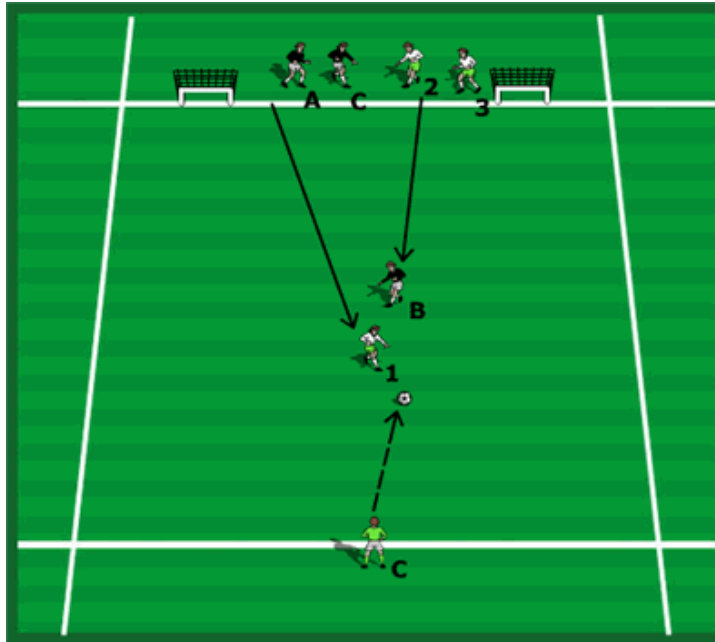
1. Players stay in their own third in a 1 v 1 situation in each. In the middle and attacking thirds they need to receive and turn to pass the ball forward or in the striker's case, score a goal. Introduce keepers if you have them available.
2. You can also stay with the targets to play to, so the game is more continuous. Numbers can vary according to how many players you have playing so it may be a 2 v 2 in each third or a 2 v 1 somewhere. Rotate the players through each position.

1. Here we have a 2 v 2 in the middle and targets to play it (it could be the coach and assistant coach as targets). Numbered team must get the ball to T2 to score, once T2 has the ball they need to pass to the lettered team to start their attack off.



2. **Progression:** Let the game go free but maintain the balance through the thirds with players interchanging. They will always be in positions when receiving and turning with the ball is necessary so there will be lots of chances to practice these techniques. Here (C) scores and (2) moves into space to receive and turn to attack the other way.

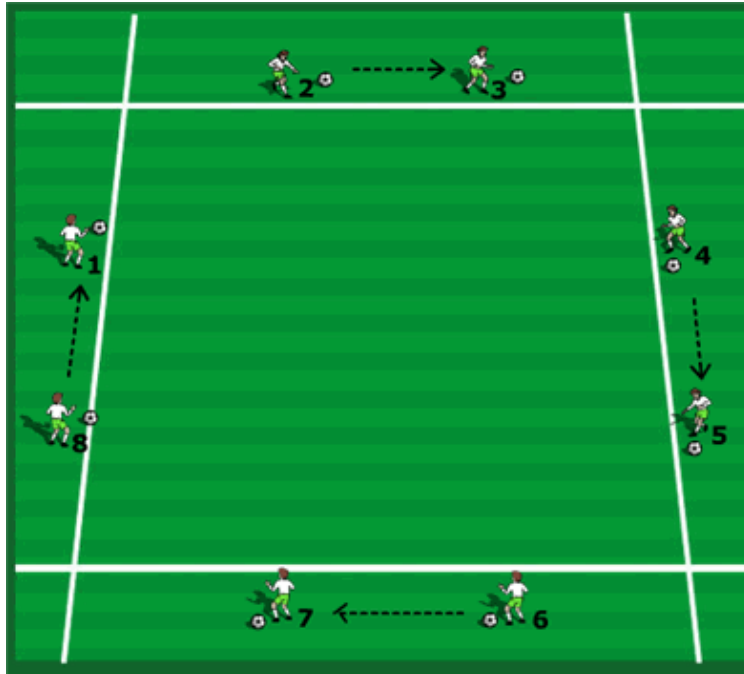
RECEIVING AND TURNING IN 1 v 1 ATTACKING SITUATIONS



1. The attacker (1) must receive and turn and try to score in either goal, defender (A) must try to win possession and then can do the same.

2. Passive defending begins; until some success is found then gradually increase the pressure, by first a delayed run by the defender to give the attacker a little more time, to full pressure where both players go together and there is little time for the attacker with the defender having the opportunity to get tight.

SESSION 2: INDIVIDUAL TURNING SKILLS



1. **Develop** – Have each group stand opposite one another 10 to 20 yards apart with a ball each. They must move towards each other on a call (everyone in unison) and make the turn back away from each other as they get close. Does it slow to begin and build up the pace as they become competent? Once they get the turn in against each other they stop and turn and go again on the next call. Do many repetitions with this to have them practice in this semi-passive way.

2. This is a good way to get many players working on the same skill in a small area with lots of work on the ball. Focus on one skill at a time and spend time on it to keep improving the technique of

each player. Turns to try could be the “Step - over”, the Cruyff, drag back, Inside Cut, Outside Cut. Try to get good at a couple of them, rather than be average at several.

TECHNICAL DETAIL OF TURNING

1. **Coaching points**

- a) Tight close control.
- b) Skill to use body to dummy and feint.
- c) Skill in changing direction and pace.
- d) A positive attitude.

2. Work on improving ball control with quickening movement. Teaching a turn, focus on one turn a session to make sure they can do it efficiently and consistently. Here the step-over turn is practiced.

3. **STEPOVER** – Feint to pass the ball with the inside of the foot, instead step over the ball outside to inside, pivot on that foot, spin back around from where you came and accelerate away from the turn with the ball with the other foot, a big touch out of your feet if space is available to run into so it is easier to get into your stride. Begin with players in a straight line, show them the turn, slowly breaking each part down. Have them practice together. Have them then run to a line 5 yards away, make the turn then run back, as a race. Then go up and down twice making three turns in the process. They can then dribble and practice the turn in their own time within their training area (see below).

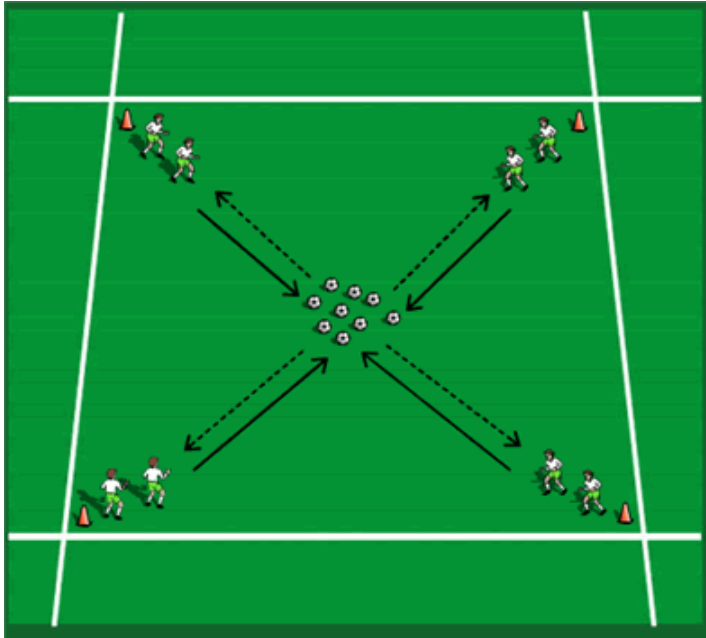
4. Introduce small goals for the players to work with. They must dribble to different goals and run through them then perform the turn coming back through the goal. Awareness of where other players are ensures they do not turn and run into another player, so they look behind them before they turn.

5. **Competitive**: Ask them to count the numbers of goals they score in each period. Have them do it a few times and look to beat their “own” score each time to show improvement in technique and the speed of getting around the field and making turns. A

more game - like tempo is achieved. This is a good anaerobic and aerobic conditioner depending on how long each time is.

6. Throughout the session have them focus on the same step –over so they get lots of practice with this one turn to try to master it, in noncompetitive building up to competitive situations.

SESSION 3: A FUN GAME WITH THE BALL INCORPORATING RUNNING, DRIBBLING AND TURNING



1. On the coach's command one player from each group must run and get a ball from the middle and take it back to their group then the next player does the same until the first group, to get 3 balls back, are the winners. Have them carry the ball back to practice the movement first, then they must use their feet.

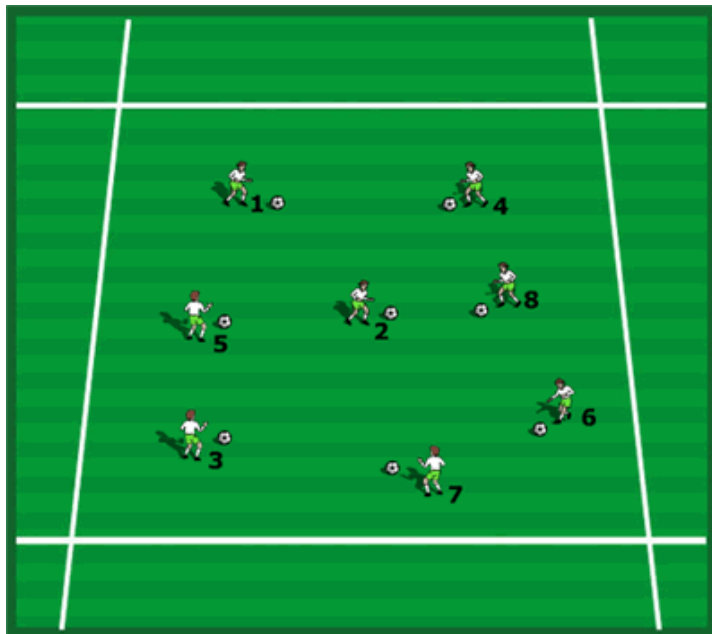
2. When there are no balls left to take from the middle, they can steal them from other groups. You can apply this to dribbling, running with the ball, or passing and moving (where you allow the player once they get the ball to pass it back not run it back).

3. Also good for speed work, fitness,

and control (when they get back to their group and must stop the ball dead with good control).

4. Do several games and have the first team to win 2 or 3 individual games as the winners (depending how long it takes).

SESSION 4: IMPROVING TURNING WITH THE BALL



1. Practicing, for example, the step-over turn. The balls are static, and players address the ball and do the step over without touching the ball.
2. This is a great introduction to the skill to gain success easily.
3. Players jog around and do the step-over at each ball.
4. They get lots of opportunities to practice the skill in a very relaxed noncompetitive environment.
5. The same method of introduction to the moves can be done with several dribbles and turns.

TURNS

A) **DRAG BACK** – Running forward with the ball put your foot on the top of the ball and pull it back with the sole of the foot, turn quickly through 180 degrees and accelerate away.

B) **OUTSIDE HOOK** – Take a long stride, reach, and hook the ball with the outside of the foot in the opposite direction, accelerate away.

C) **INSIDE HOOK** – Take a long stride, reach, and hook the ball with the inside of the foot in the opposite direction, accelerate away.

D) **STEPOVER** – Feint to pass the ball with the inside of the foot, instead step over the ball, pivot on that foot, spin back around from where you came and accelerate away from the turn with the ball with the other foot.

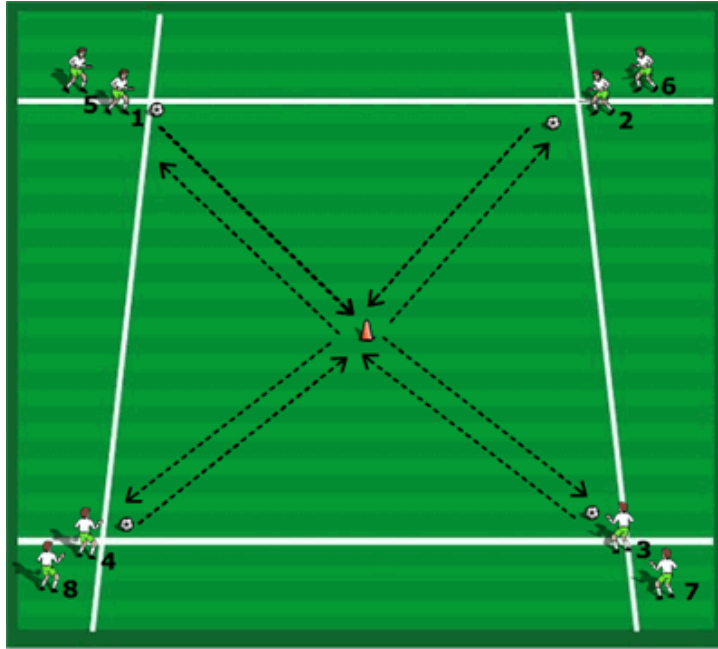
E) **CRUYFF** – Feint to kick the ball in an exaggerated fashion, if with the right foot, pivot on the left foot and flick the ball back behind your left foot at an angle away from the defender and behind, accelerate away.

F) **THE INIESTA TWIST OFF** – Run with the ball, reach, and cut the ball tightly with the outside of the foot, turn and accelerate away. You can do this with the inside of the foot also. You can go a quarter, half, three-quarters, or full circle depending on where the opponent is and which direction you want to go.

Choose 2 or 3 of these to work on with each player, starting slowly building up to half pace and then full pace ensuring the players execute the technique correctly before moving to full pace.

I believe that at these ages we need to focus on building technical skills in the players which entails developing the techniques of dribbling and turning, making them comfortable on the ball. Awareness training (using the book “Recognizing the Moment to play”) takes this to the next level working on their psychological development and linking it to the WHEN and WHERE to use these techniques in a game situation.

SESSION 5: TECHNICAL DEVELOPMENT: DRIBBLES AND TURNS



1. Practicing turns in the middle of the cone, four players working together. Have them in pairs and whilst one works, one rests, so they all get lots of work with the ball.

2. Each player must do so many turns then pass to their teammate, the coach can determine how many and what type, perhaps a different turn each time. It is noncompetitive to begin then take it into a race when the players can perform the turns well.

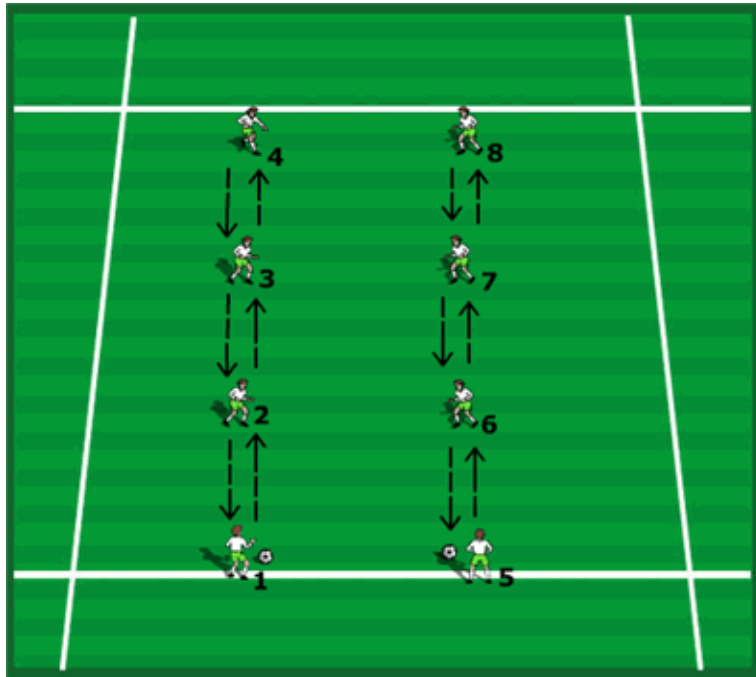
3. Coaching Points:

- a) Observation / Awareness: Play with their head up
- b) Running with the ball under control
- c) Quality of Turn
- d) Quality of pass (weight,

accuracy, timing and pace so it is easy for the next player to take forward with a good first touch)

SESSION 6: PRACTICING TURNING WITH THE BALL AT PACE

RECEIVING AND TURNING RELAY EXERCISE



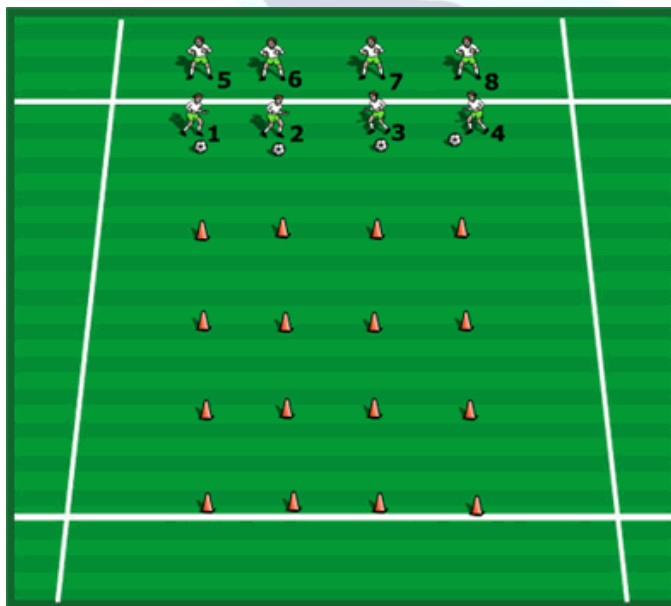
1. This practice is designed to improve the techniques of receiving and turning at speed. You can vary the number of players per line and vary the distance.

2. Condition the relay to one or two touches by the outside player and two touches by the inside players. Have the ball passed through the middle players to the end players and back to the starting players four times in a race. Passing the ball quickly and accurately is the key. Usual key points apply when getting in a side on position to receive.

The way to receive and turn is to control the ball with the furthest foot keeping the ball within a couple of feet on the first touch and pass with the nearest foot to where it came from.

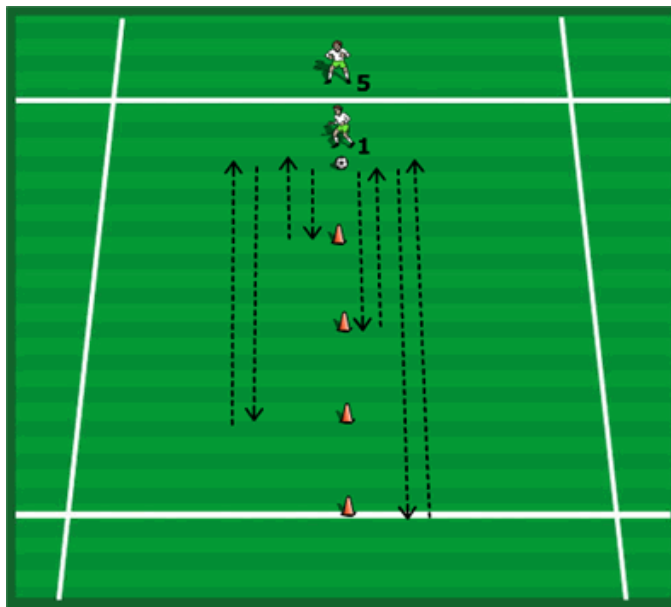
RELAY RACES FOR TURNING AND RUNNING WITH THE BALL

1. These are great to bring a competitive element to running with the ball or dribbling with the ball and turning with the ball, all under pressure in a competitive environment.



2. Avoid too many players on each station as you need them to practice this as much as possible.

3. Better four groups of two racing than two groups of four as they get twice as much work in. You can vary the things they have to do; they can do it purely as a fitness exercise without the ball or as a skill and fitness exercise with the ball.

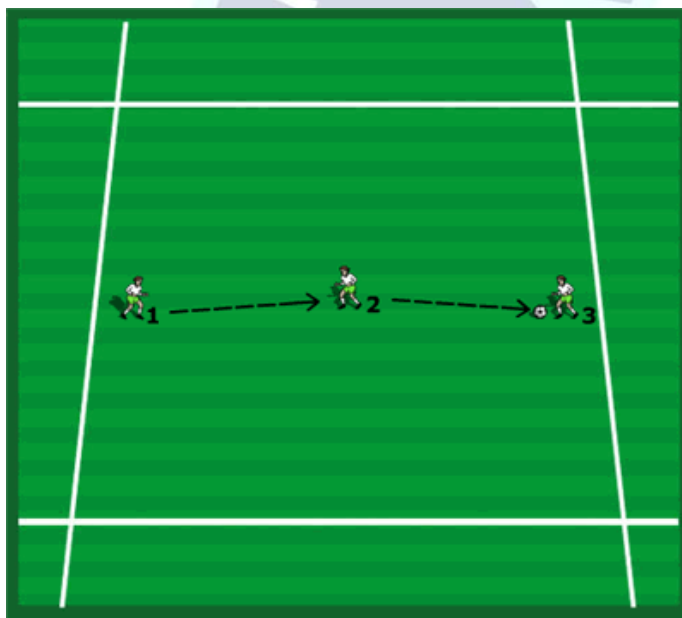


1. Using one group as an example they run to each cone and turn back, four runs in total over differing distances. Two ideas of routines above.

2. Progressions:

- a) Insist on different types of turn at each station (you may have practiced four different ones for example).
- b) Vary which cones they run to it, maybe 8 runs to just the first cone for a shorter and sharper more anaerobic workout. It may be too just the long one for a longer distance aerobic workout
- c) Introduce complete circle turns (twist or spin turns) halfway along each run so they are getting twice as many turns in to help their co-ordination.

SESSION 7: PRACTICING AND IMPROVING RECEIVING, CONTROLLING AND TURNING WITH THE BALL IN 3'S AND 4'S



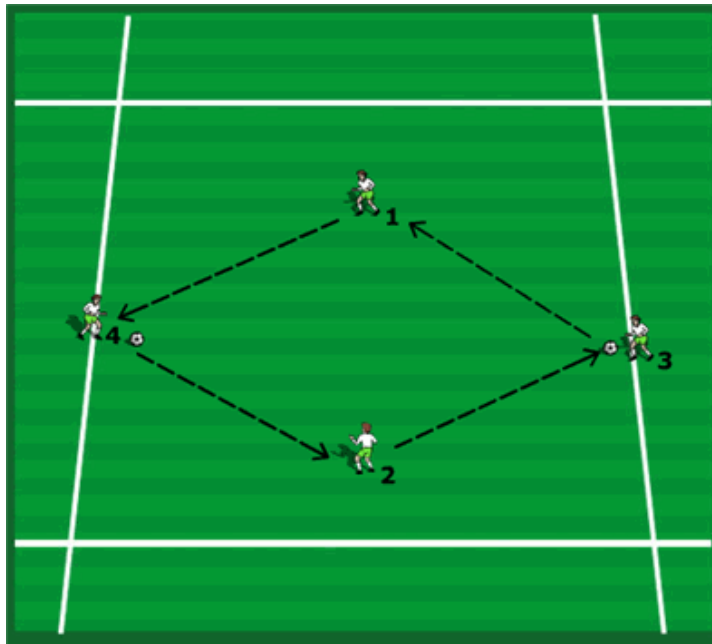
- 1. Begin by passing the ball from (1) to (2) to (3) and back.
- (2) Receives, turns, and passes. Passing must be sharp and accurate, one or two touches.
- 2. You can receive with the furthest foot away from the passer and pass it with the nearest foot or save a touch and move it one touch with the inside of the nearest foot or the outside of the furthest foot. Let the weight of the pass determine this, let it run across your body and move it one touch.
- 3. The player in the middle must open their body stance up by going side on so they can see what is behind them and it makes it easier to receive and pass the ball on.

- 4. Look over your shoulder to see what's behind it, do this before receiving the ball, not after.
- 5. Position in the middle off at an angle to receive, this makes a triangular support position and opens the field of vision. Once the ball has been passed on the middle player moves to the other side off at an angle again (can use cones to run to both sides). This forces the players to receive and pass with both feet.

1. Two balls going at once. (2) Receives from (4) and passes to (3), at the same time (1) receives from (3) and passes to (4). The players switch to the other side and work the other way. This is a continuous movement exercise, and the players must get a rhythm

going to make it work effectively. Use the previous coaching points in the three-player set up.

IN FOURS



1. Two balls going at the same time. Players must maintain the rhythm of the movement.

2. Once they pass the ball the middle players switch sides to receive the ball back again and continue the transition. Ensure they use both feet to transfer the ball.

3. Same idea as the awareness session in threes only we are going both ways at the same time with four players working. Rotate the players.

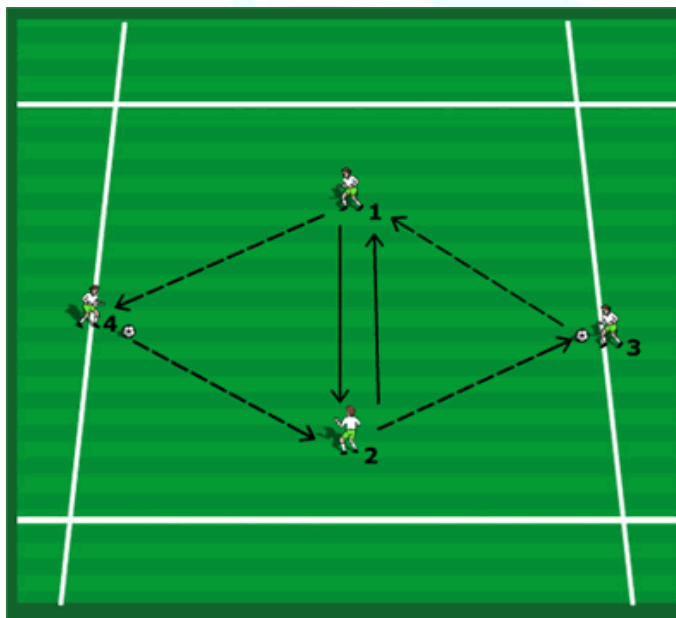
4. Make it competitive, ask the players to count how many successful passes they make each time. Same build up as the awareness in three sessions, use that information as a reference.

5. Once you have gone through the

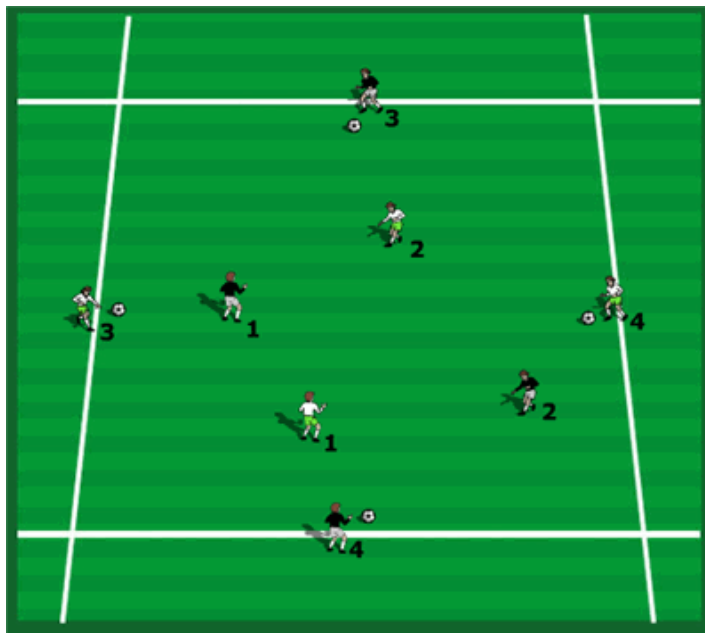
progressions make the game competitive with a 1 v 1 in the middle. Have a knockout where the players who won each group play off to have a winner. Count the successful passes made each time again.

6. Whichever player has the ball in the middle works with both outside players until they lose the ball then the other player works with the two outside players.

Develop – Outside players can pass to each other bypassing the inside player who can link up on the other side following the pass.

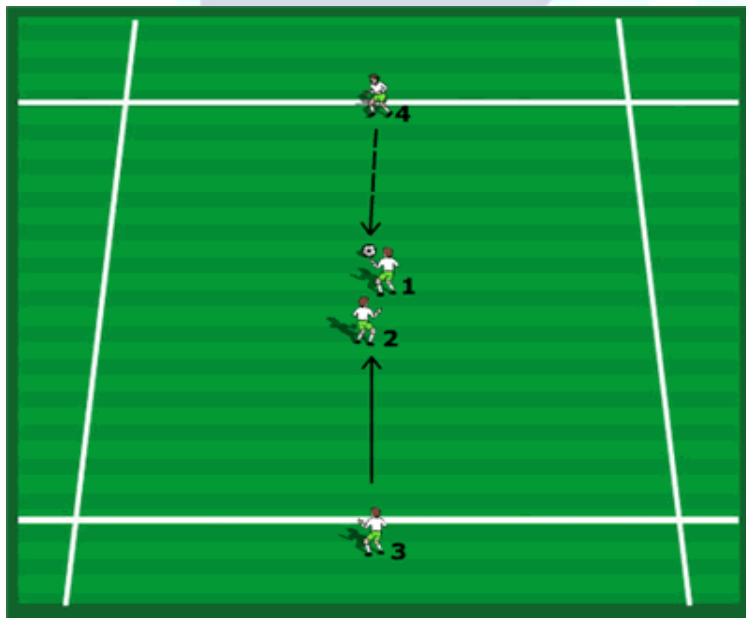


IN EIGHTS



1. Inside the player receives from one outside player and passes to another free outside player.
2. Outside player moves the ball side to side to keep working until a pass is on. Rotate. Use different turns incorporating all coaching points. Determine touches on the ball for quickness of turn.
3. Have 1 v 1 and 2 v 2 but passive defending lets them turn and pass, but presence should be enough for pressure.
4. Could have 3 teams and rotate a passing team from the outside, receiving team on the inside, and defending team against them.

SESSION 8: RECEIVING CONTROLLING AND TURNING WITH THE BALL



Coaching Points

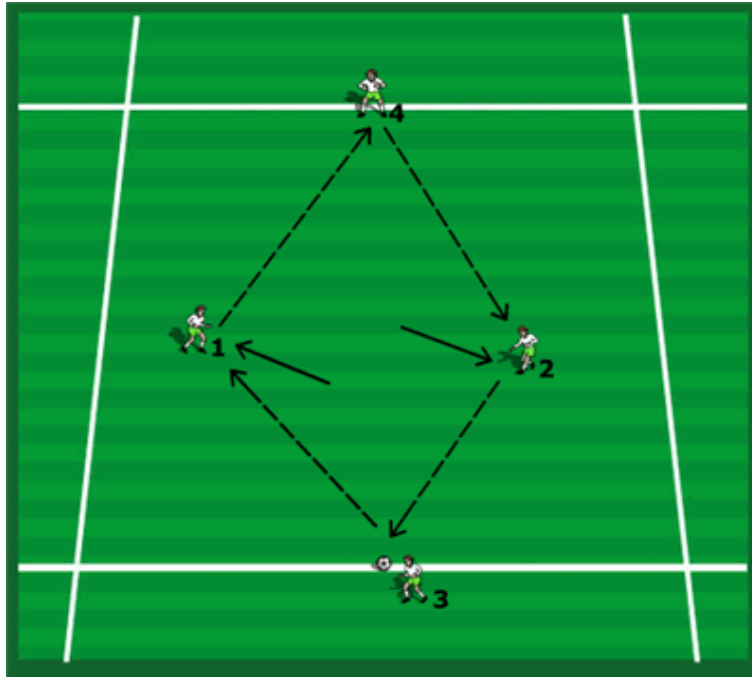
1. Support in a diagonal position not in a straight line (off at an angle).
2. The Receiver faces the player with the ball (eye contact) so they know the receiver is ready.
3. Receiver moves to the ball to avoid anticipation of a defender intercepting or away to create space to come back into.
4. Receiver is aware of where the space is to turn. Body position half turned to receive moving the ball on the first touch (changing direction). Use your upper body to create an element of surprise or disguise. Get your body between the ball and your

opponent (screen the ball).

5. On receiving and changing direction with the first touch change pace (away from a defender). Use your arms to protect yourself and keep your knees bent for good balance.
6. No opposition to begin. (4) Passes to (2) who receives controls and passes to (3). (1) Receives from (3), turns and passes to (4) and so on. Rotate the players in the middle. Have the other player in the middle be a passive defender. Middle players can switch

sides to receive and turn. Turning inside and turning outside using inside and outside of the foot (practicing with both feet).

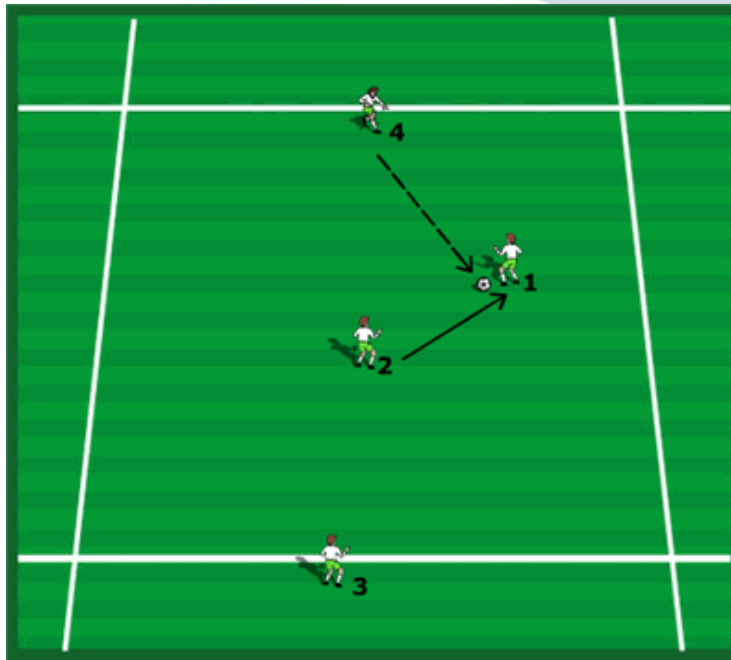
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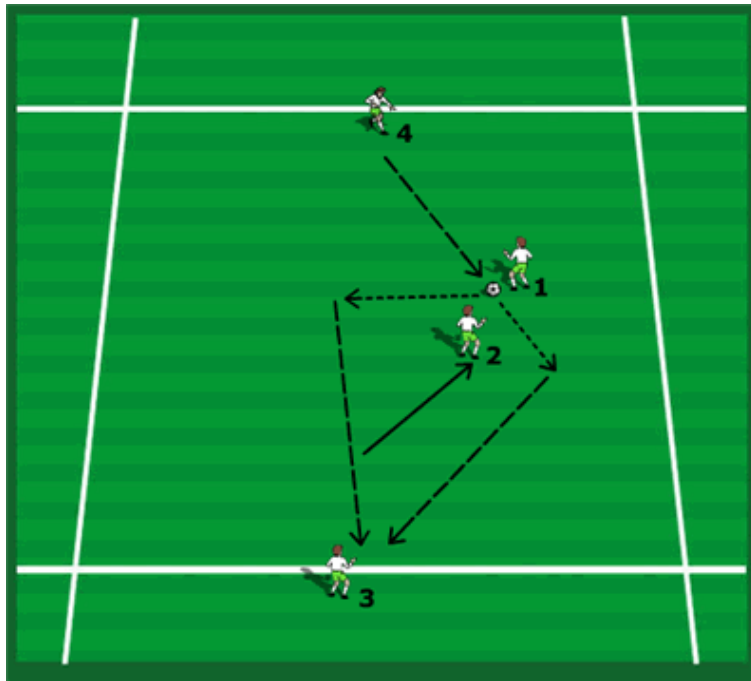


1. **Progression:** Move to a full pressure 1 v 1 in the middle, each 1 v 1 lasting 2 minutes. Players count the number of goals they score.
2. Here (1) works with both end players (3) and (4) and must try to keep possession of the ball. Receiving and turning and successfully passing to the other target player is a goal scored.
3. Each player counts the number of goals they score in 2 minutes time then we rotate the players so (3) and (4) play against each other. 2 minutes is long enough time in this set up if the players work hard enough.
4. If you have three groups of 4, make it a competition to see who the winner will be out of

everyone, or just rotate players so they play against different people each time. Keep it competitive.

5. The next page will offer ideas on how to receive and turn.



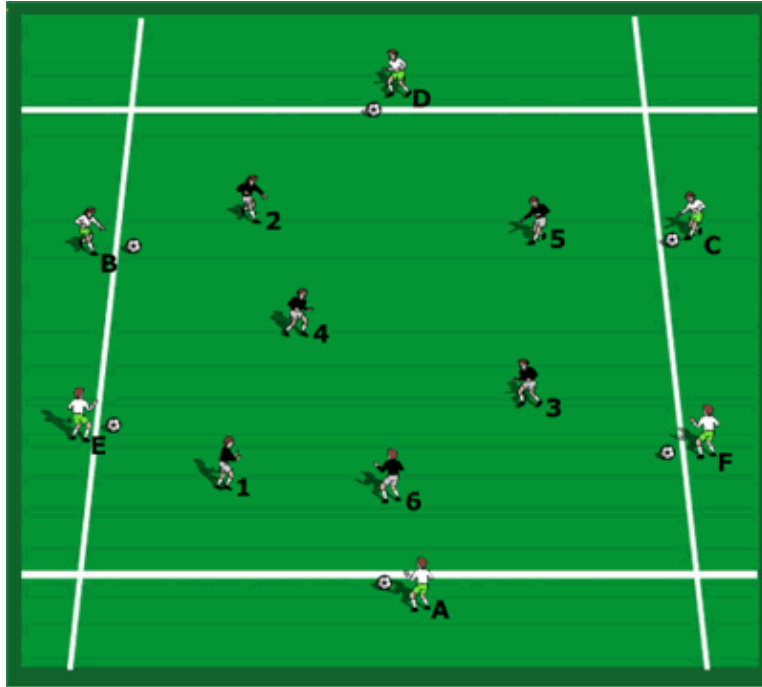


1. **Introduce a defender** (1) must receive and turn and pass to (3) (2) tries to stop the play. I can pass back and move again. Do both ways.

2. **Methods of Turning:**

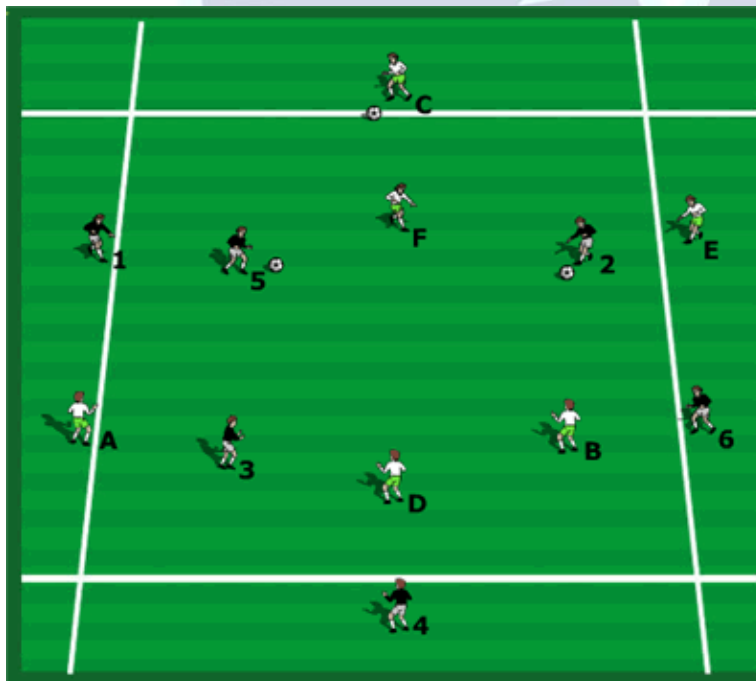
- a) Check off, receive, and turn inside and face up to defender in one movement off first touch.
- b) Receiver backs into defender and receives ball to feet, spin defender using their body as a screen and using the inside or outside of either foot.
- c) Turn away with outside / inside of each foot.
- d) Turning without the ball pull defender short creating space behind, spin quickly and receive the ball behind the defender
- e) Play 1-2 and go.
- f) Run defender off and away from the ball then check back into space you have created to receive and turn in one touch to face your opponent.

RECEIVING CONTROLLING AND TURNING



1. One team inside, one team outside. A ball is with each outside player to begin.
2. Pass to an inside player who receives, turns, and finds another outside free player with a pass. Then look to receive from another outside player.
3. The outside player receives and moves the ball side to side until another inside player is free to receive a pass. This ensures all the players are working both inside the grid and outside it.
4. Change the practice to all soccer balls starting with the inside players. These players now look to pass and receive a give and go from an outside player.

5. Rotate the players so both teams have the chance to play in the middle of the grid.
6. Move both teams to the middle; divide the grid into two with each team passing to their own team within their own grid area keeping teams separate to begin.



1. Introduce 2 teams into the area. Numbered teams can only pass to numbered players on the outside. The Letters teams the same only passing to lettered players on the outside.
2. Play one v ones in the middle. Have it passive to begin the defending players shadow the attacking players as they receive, turn, and move.
3. Make it competitive. A lot of receiving and turning under pressure can occur now in the playing area.
4. **Develop:** Have a 3 v 3 small-sided game in the middle.
5. Rotate the players.