

Training Topics

Speed Training

Agility Training

Core Training

Stretching/Flexibility

Injury Prevention

Fitness Training

Science of Soccer

Balance Training

Youth Soccer

Program Design

Psychology of Soccer

Nutrition

Testing

Warm-up

Rest/Recovery

Plyometrics

Strength/Power

Player Development

Ball Control

Passing

Shooting

Heading

Dribbling

Keepers

Soccer Tactics

3-5-2 System

4-4-2 System

4-3-3 System

4-5-1 System

5-3-2 System

3-4-3 System

Offense

Defense

Possession

Set Plays

Small Sided Games

Coaching Soccer

Soccer Fandom

3 Basic Turns-for U6+ by Martin Roberts

[Coaching Training](#)

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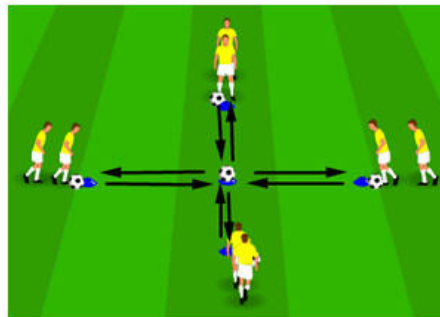
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Keeping possession is one of the key factors we are taught at an early age in the Academies in England, the ability to keep the ball away from the opponent only has positive end results. I always tell my players:

“If the other team doesn’t have the ball, they can’t score; if they can’t score, they can’t win”

Many times during a game our players will push forward and will always encounter resistance, more often than not they will attempt to go past the player without knowing the moves to fake the player out or without looking to see if there is further resistance behind them.

Many players also don’t understand that sometimes, to go forward you have to go back. We coach players 6 basic turns, and here are 3 of them. Here is the drill setup:



5 cones create a cross, 10 yards from the middle cone.

Teams at the outer stations, dribble into the middle, turn and accelerate back without knocking the centre ball off.

The coaching points to a turn are exactly the same; it’s the technique of the turn that differs,

Coaching points

- Slow down before reaching the defender
- Get down low (lower center of gravity makes quicker turning)
- Look over your shoulder (see there is no opponent behind you)
- Perform the turn
- Accelerate away (so the defender cannot catch you)

1. ‘Drag Back’

Best Soccer Goals

Soccer Tricks

Soccer Bloopers

Everything Goalkeepers

Street Soccer

Soccer Commercials

Great Soccer Players

Best Soccer Moves

Great Soccer Moments

Everything Else

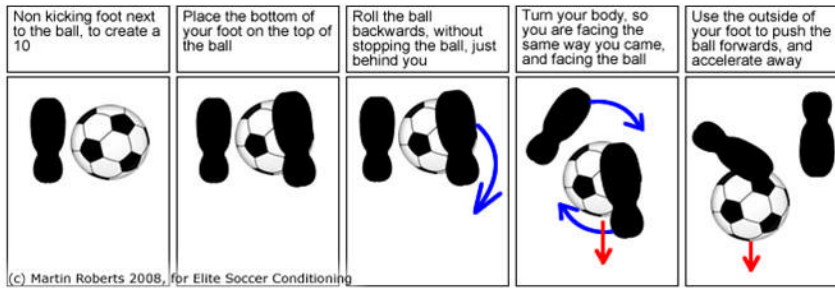
Soccer Headlines/News



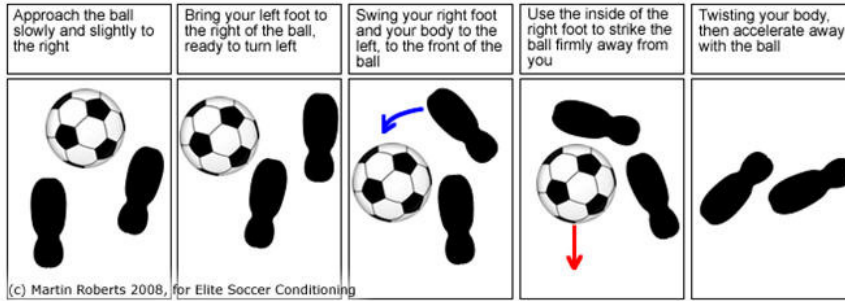
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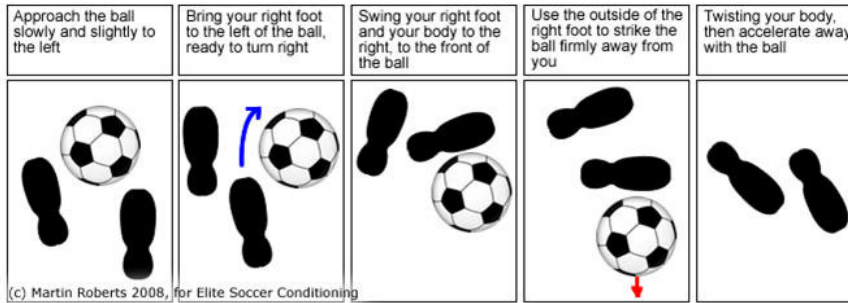
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2. Inside Hook



3. Outside Hook



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