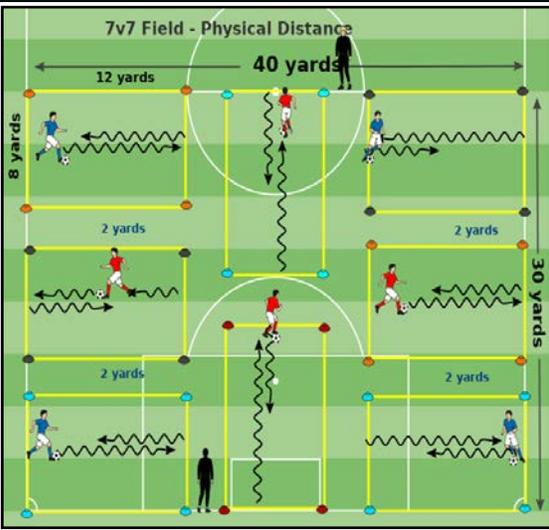


Spring 2020 U9-U10 7V7	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i>						
	GOAL:	Improving the techniques of Running with the Ball and Turning					
	MOMENT	ATTACKING	DURATION	45 minutes	PLAYERS	7 - 8	

SKILL ACQUISITION: Running with the ball: Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch – **Turning:** Position of the non-kicking foot, Surface of the foot, Surface of the ball to strike, pivot & accelerate.

ACTIVITY 1: RUNNING WITH THE BALL

DURATION: 12 min – INTERVALS :12 -- ACTIVITY: 40 sec--REST: 20 sec



OBJECTIVE: To dribble the ball forward.

PLAYER ACTIONS: Dribble the ball forward

ORGANIZATION: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side of the grid and back. Player should perform the following technical tasks:

1. Run to the other side; stop the ball, run back. *Three Intervals.*
2. Run to the other side, turn using two touches with the inside of the foot. *Three Intervals*
3. Run to the other side, turn using two touches with the outside of the foot. *Three Intervals.*
4. Run to the other side, turn using the sole of the foot. *Three Intervals.*

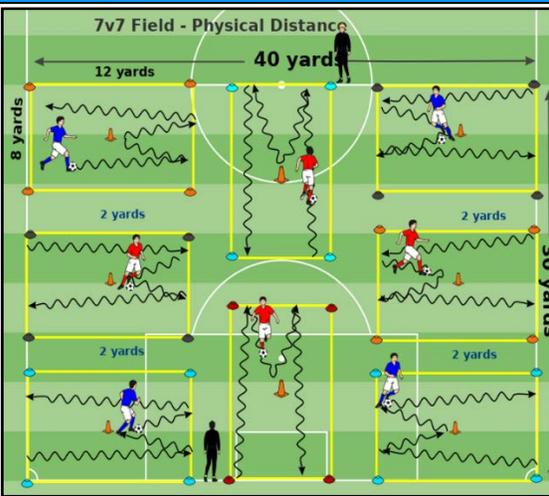
KEY WORDS: Head up, Surface, Big touch.

GUIDED QUESTIONS: 1. When you dribble, why do you want to have the head up? 2. What surface of the foot should you use to push the ball forward in front of you? 3. Why do we use big touches if we have space in front?

ANSWERS: 1. To look where to go with the ball – 2. We want to use the laces portion of the foot – 3. To run faster and get to the other side quickly.

ACTIVITY 2: 3 TURNS

DURATION: 15 min -- INTERVALS: 15 -- ACTIVITY: 45 sec --REST: 15 sec



OBJECTIVE: To dribble the ball forward and turning with the ball.

PLAYER ACTIONS: Dribble the ball forward.

ORGANIZATION: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side, turn and dribble to the central cone, turn and go to the end line, turn and run with the ball to the start line. Player should perform the following technical tasks:

1. Turn using the inside of the foot (inside cut). *Five Intervals.*
2. Turn using the outside of the foot (out of the foot hook). *Five Intervals.*
3. Turn using the sole of the foot. *Five Intervals.*

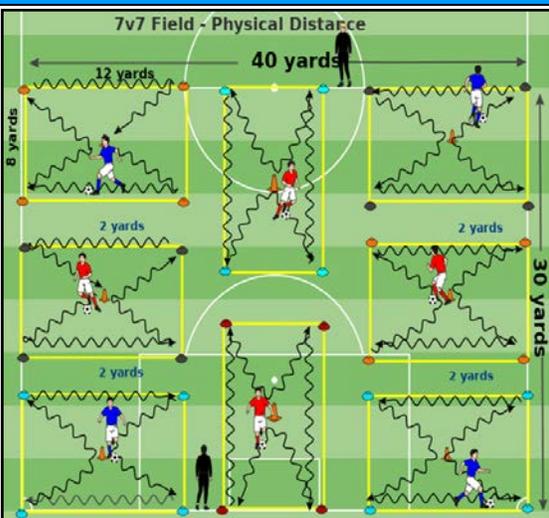
KEY WORDS: Control, Slow down, Shoulder.

GUIDED QUESTIONS: 1. How can you keep the ball under control? 2. When should you slow down with the ball? 3. Why do you need to get in the habit to look over the shoulder?

ANSWERS: 1. Push the ball in front of you with the laces – 2. Before you are going to execute the turn – 3. To get in the habit to know where the defenders are.

ACTIVITY 3: 6 TURNS

DURATION: 18 min -- INTERVALS: 18 -- ACTIVITY: 45 sec --REST: 15 sec



OBJECTIVE: To dribble the ball forward and turning with the ball.

PLAYER ACTIONS: Dribble the ball forward.

ORGANIZATION: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run with the ball and turn. Player should perform the following technical tasks:

1. Turn alternating the inside of the foot and the outside of the foot (inside cut). *Six Intervals.*
2. Turn alternating the outside of the foot and the sole of the foot (out of the foot hook). *Six Intervals.*
3. Turn alternating all 3 surfaces. *Six Intervals.*

KEY WORDS: Touches, Acceleration.

GUIDED QUESTIONS: 1. What determines the number of touches on the ball? 2. When should you accelerate with the ball?

ANSWERS: 1. The space and the speed we need to get to the other side – 2. Right after each turn.

FIVE ELEMENTS of a TRAINING EXERCISE <i>(Game-like in this environment will not be possible)</i>	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. Organized: Is the exercise organized in the right way?</p> <p>2. Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>3. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful).</p> <p>4. Coaching: Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>