

Spring 2020
U6

PHYSICAL DISTANCING TRAINING SESSION *(In accordance with the COVID 19 Guidelines)*



GOAL

Improve the technique of dribble and passing a soccer ball

MOMENT

Attacking

DURATION

45 minutes

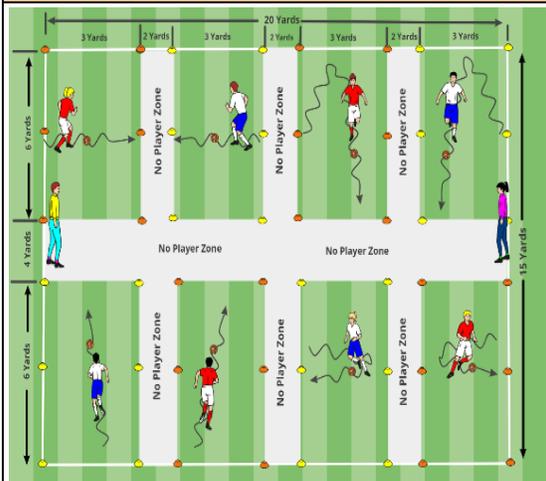
PLAYERS

8

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

Activity 1: Mirror Dribbling

10 min.-8 intervals-45 sec. play-30 sec. rest



OBJECTIVE: Improve the player's ability to maneuver the ball with different surfaces of the foot

PLAYER ACTIONS: Dribble forward

ORGANIZATION: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Each player starts with a ball and will partner with the player in the grid next to their grid. 1 player starts as the leader, the dribble forward, backward, side to side or can make moves. Their partner must copy their movements. After each interval, switch who the leader is and who is copying them (mirror).

KEY WORDS: Copy your partner, move the ball

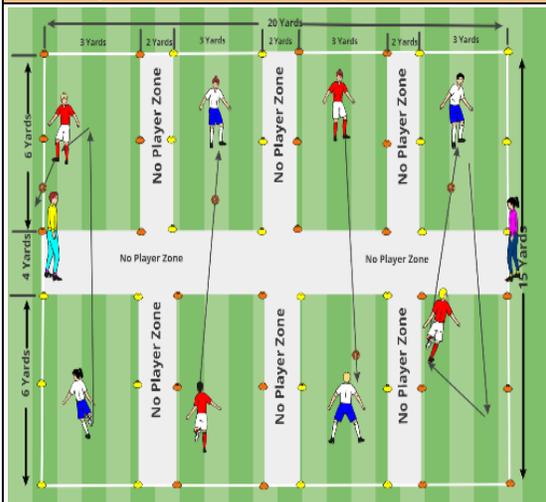
GUIDED QUESTIONS: Who can tell me what happens when you look in the mirror? If your partner was your image in the mirror, what would he/she have to do every time you move? So if you move the ball to the side, what does your partner have to do?

ANSWERS: If you look in the mirror, whatever you do, the reflection in the mirror copies you. My partner would have to do everything I do the same way I do it. My partner will have to move his/her ball the same direction I move my ball.

NOTES: It may be helpful to play 1 round without a soccer ball so the players can practice moving together. Then introduce slow soccer ball movements. Finish with the leader trying to go as fast as they can and their partner copies.

Activity 2: Partner Passing

15 min.-6 intervals-90 sec. play-30 sec. rest



OBJECTIVE: Improve the techniques of passing & receiving

PLAYER ACTIONS: Pass forward

ORGANIZATION: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Each player partners with the player across from them. The 2 players will pass the ball back and forth to each other. Count how many passes you can make in 90 seconds. If the ball doesn't make it into their partner's space, the 2 players have to start counting over again.

Variations: Ask the players to receive the ball with one foot and pass it to their partner with the other.

KEY WORDS: Turn with the ball, stop the ball

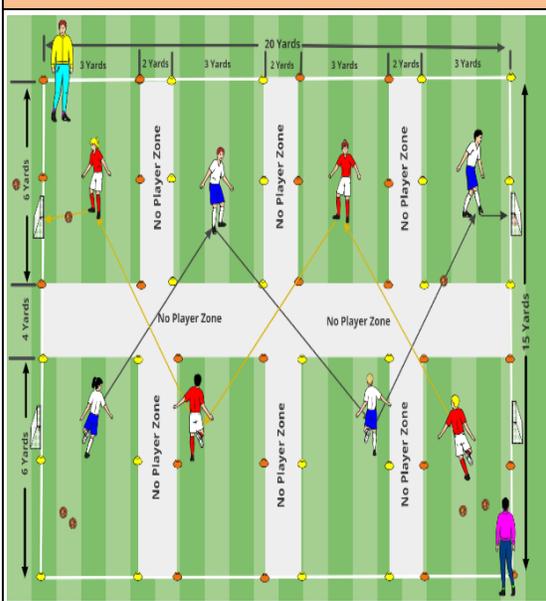
GUIDED QUESTIONS: Where should you go when the ball is traveling to your space? What should you do when you receive the ball?

ANSWERS: Move to put your body in line with the ball. Try to make a little pass to yourself and close to foot you want to kick the ball with. Then make a big kick to your partner.

NOTES: Avoid asking the players to play 1 touch. Instead, encourage 2-3 touches if they can and a 4th if they have to. 1 touch to receive the ball, 1 touch to set themselves up & 1 touch to go back to their partner.

Activity 3: Passing & Scoring Challenge

20 min.-8 intervals-90 sec. play-1 min. rest



OBJECTIVE: Improve the technique of passing & shooting

PLAYER ACTIONS: Pass forward, shoot

ORGANIZATION: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. At both ends of the field, there are 2 goals placed on the end line. The players are set up as shown in the diagram. The red team only passes to the red players and the white team does the same. The object is to pass the ball diagonally to all players on your team. The white team plays toward 1 end line & the red team plays toward the other. The player who receives the final pass scores in the goal closest to them. Each team will have 4 soccer balls to play 1 at a time. Challenge the players to see which team scores the most goals in the fastest time. If a ball is played outside of one of teammate's grids, that ball is out of play and cannot be scored; play the next ball. After all soccer balls have been played, tally the score. The player who was shooting last round will be starting the passing in the next round. Once the soccer balls have been safely reloaded at one end, coach can start the next round.

Variation: Players can defend the opponent's passes and try to intercept them as long as they do not leave their space. The still must be ready for any passes coming from their teammates.

KEY WORDS: Use 2 touches (at least), turn toward your teammate

GUIDED QUESTIONS: How can using 2-3 touches help you play faster? Why do you want to face the teammate you are passing to?

ANSWERS: Controlling the ball & using a touch to set yourself up will help make your passes more accurate. If you turn your body toward your teammate, they know you are planning to pass to them and can get ready for the ball.

NOTES: Using more touches to pass will help the players to be more accurate with their passes which in turn will give them more success moving the ball to goal.

FOUR ELEMENTS of TRAINING EXERCISE
(Game-like in this environment will not be possible)

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. Organized:** Is the exercise organized in the right way?
- 2. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 3. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 4. Coaching:** Is there the proper coaching based on the age/level of the players?

- 1. Did you achieve your goals of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**