

2020  
U8

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



**GOAL**

**Improve the technique of dribble a soccer ball**

**MOMENT**

**Attacking**

**DURATION**

**45 minutes**

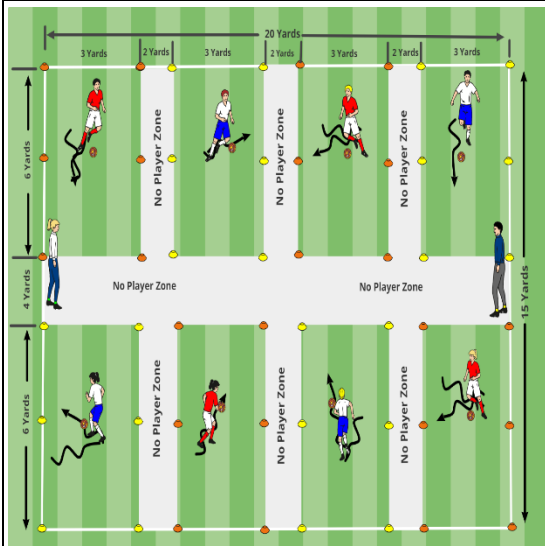
**PLAYERS**

**8**

**SKILL ACQUISITION: Dribbling:** Surface of the foot and ball, quality of the touch — **Shooting:** Surface of the foot and ball, Pace and accuracy

**Activity 1: 6 Surfaces Dribbling**

**15 min.-10 intervals-1 min. 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. The players try to use the following 6 surfaces in 1 fluid motion & in order: Outside of the foot (pinky toe), inside of the foot (big toe), laces, bottom (sole), toe & heel. Once they have turned with heel, try to repeat the pattern with their other foot. Once the players understand the pattern, try to do it faster; still in the limited space. Remember to account for minimum space requirements for social distancing.

**KEY WORDS:** Outside, inside, laces, bottom, toe, heel

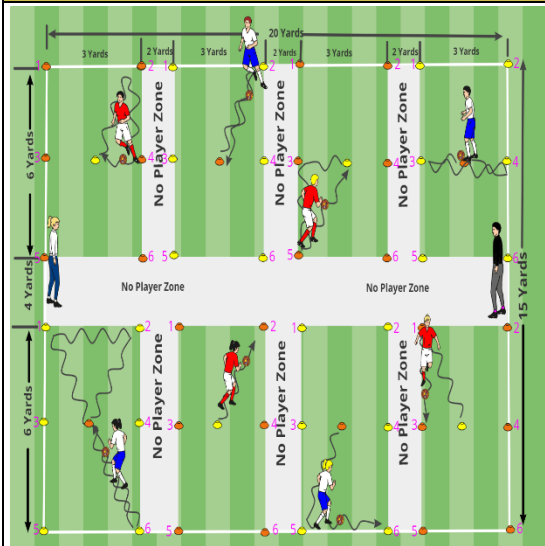
**GUIDED QUESTIONS:** When you are ready to move forward, what are some actions you will do before you strike the ball? What do you have to do with your foot if you want your laces to hit the ball?

**ANSWERS:** Look up to see where you are going. As you get closer to the ball, put your head back down & watch your foot hit the ball. Point your toe down toward the ground so your laces are facing the ball. Now, hit the ball with your laces.

**Note:** To allow for ease of learning, introduce the 6 surfaces -2 surfaces at a time then layer in 1 at a time. Challenge the players to perform this "really hard task." Once they realize they can complete the challenge they will be ready for the next surface.

**Activity 2: Pattern Dribbling**

**15 min.-15 intervals-30 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. Within each grid, place 1 cone in the center & number the cones on the perimeter; if you have 4 cones, numbers 1-4. The players start & end at the center cone. The coach will call out a number, all players must dribble to the cone which corresponds to the number then back to their center cone. If the coach calls out multiple numbers, the players will dribble to each numbered cone, in order, then back to their center cone. The first player to stop their soccer ball at their center cone wins a point.

**KEY WORDS:** Find the next cone, speed up, turn

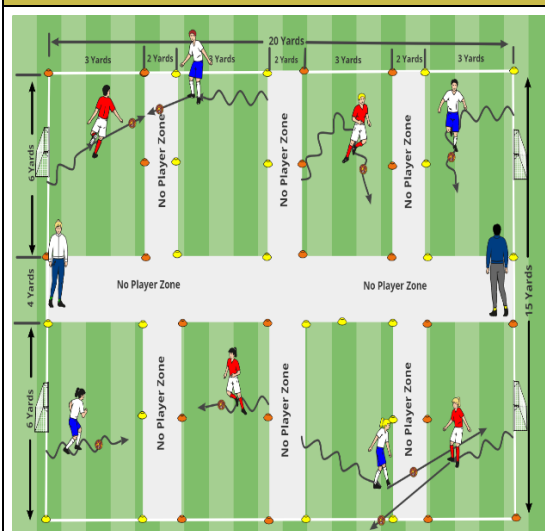
**GUIDED QUESTIONS:** As you approach the numbered cone, what should you think about before you get there? Once you have made your turn, how can you increase your speed?

**ANSWERS:** As you approach the cone, check your shoulder to confirm your next turn. Move the soccer ball closer to foot which you intend to turn with. Push the ball further in front of you so you can begin to take bigger steps to run onto the ball.

**Note:** If you call out more numbered cones, the players may take longer to complete the task. Adjust the rest time if work time takes longer than expected.

**Activity 3: 1v1 in Zones**

**15 min.-12 intervals-30 sec. play-45 sec. rest**



**OBJECTIVE:** Move the ball toward

**PLAYER ACTIONS:** Dribble forward, shoot

**ORGANIZATION:** In a 20W x 30L field, set up 3W x 13L lanes with 2 small goals on each end line (as shown in the picture.) A minimum of 2 yards between each lane. Each player start with a soccer ball & plays in their own lane. If the ball goes out, quickly retrieve it and come back to your space. Players from 2 lanes are playing against each other. 1 player is attacking a small goal. Their opponent is defending the small goal. The attacking player must dribble & find an opening to shoot & score. The opponent will dribble toward them & can only block the shots with their soccer ball (pass their soccer ball to hit the shooter's ball.) If the shooter's ball is hit, a goal is scored or both balls leave the lanes, the game over, play again. The attacker get 4 rounds to score then, switch sides & roles. Dribbling, passing and/or shooting must come from your own lane.

**KEY WORDS:** look for space, try something new, go for goal

**GUIDED QUESTIONS:** Why is it important to play with your head up? What can you do to create an opening? Once you have an opening, what next?

**ANSWERS:** Head of to find openings to the goal. Try to make a move. Use the touches or moves we used earlier. If you see an opening, shoot for the goal.

**Note:** remember to keep players a safe distance apart even when collecting their soccer ball.

**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?**