

Spring 2020  
U11-U12  
9V9

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



<b>GOAL</b>	Improve the techniques of Passing and Receiving the Soccer Ball 1				
<b>MOMENT</b>	ATTACKING	<b>DURATION</b>	45	<b>PLAYERS</b>	9

**SKILL ACQUISITION:** **Passing** - Accuracy, Pace, Weight, Position of the non-kicking foot, Surface of the Foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow Through. **Receiving** - Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction.

**ACTIVITY 1: RECEIVE, PASS and MOVE I**

**DURATION: 12 min -- INTERVALS: 6 --ACTIVITY: 1.5 min --REST: 30 sec**



**OBJECTIVE:** To improve the technique of passing and receiving the ball.

**PLAYER ACTIONS:** Pass the ball forward.

**ORGANIZATION:** In a half field (50Wx40L), create three 16Wx18L yard grids as shown in the diagram. Divide the grid with a central 2 yard neutral zone. Place a receiver in one end and two passers with a soccer ball each in the opposite end. The activity starts with one pass to the receiver controlling and passing the ball back, then moving to support the other passer to receive and pass the ball back. Switch players every interval.

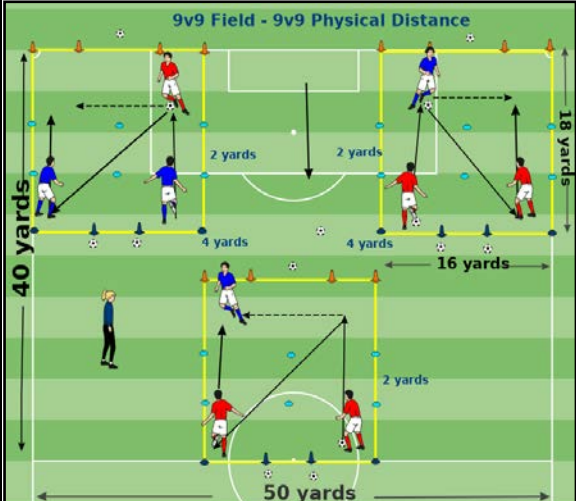
**KEY WORDS:** Position to receive, Surface, First touch, Strike the ball.

**GUIDED QUESTIONS:** 1. Where should you position yourself to receive the ball easily? 2. What surface of the foot do we use receive the ball? 3. Where should we direct the first touch? 4. Where do we strike the ball?

**ANSWERS:** 1. Get in line with the ball – 2. We use the inside of the foot – 3. Right in front to step into the pass – 4. In the middle of the ball.

**ACTIVITY 2: RECEIVE, PASS and MOVE II**

**DURATION: 15 min -- INTERVALS: 6 --ACTIVITY: 1.5 min --REST: 1 min**



**OBJECTIVE:** To improve the technique of passing and receiving the ball.

**PLAYER ACTIONS:** Pass the ball forward.

**ORGANIZATION:** In a half field (50Wx40L), create three 16Wx18L yard grids as shown in the diagram. Divide the grid with a central 2 yard neutral zone. Place a receiver at one end and two passers with a soccer ball each at the opposite end. The activity starts with one pass to the receiver controlling and passing the ball back diagonal to the other player, then moving to support passer to receive and pass diagonally to the other side. Switch players every interval.

**KEY WORDS:** First touch, Contact, Follow through.

**GUIDED QUESTIONS:** 1. Where do we direct our first touch? 2. What surface of the foot do we use to strike the ball? 3. Why do we need to follow through?

**ANSWERS:** 1. Toward the direction of our next pass – 2. The inside of the foot – 3. To transfer power to the ball.

**ACTIVITY 3:**

**DURATION: 18 min -- INTERVALS: 12 --ACTIVITY: 1 min --REST: 30 sec.**



**OBJECTIVE:** To improve the technique of passing and receiving the ball.

**PLAYER ACTIONS:** Pass the ball forward.

**ORGANIZATION:** In a half field (50Wx40L), create three 16Wx18L yard grids with two cone goals at one end and one at the other end as shown in the diagram. Divide the grid with a central 2 yard neutral zone. The defender starts the activity by passing to one of the attackers. The attacker tries to score by passing the ball through one of the cone goals. If the defender intercepts the ball, he/she can score in the opposite central goal. Both players must stay in their grid. Switch defenders every interval.

**KEY WORDS:** Opening and Possess.

**GUIDED QUESTIONS:** 1. What do we do if we have an opening? 2. When do we keep possession of the ball?

**ANSWERS:** 1. We pass the ball forward – 2. We keep possession of the ball when the defender is in front of it by passing to the other attacker.

<b>FIVE ELEMENTS of TRAINING EXERCISE</b> <b>(Game-like in this environment will not be possible)</b>	<b>TRAINING SESSION SELF-REFLECTION QUESTIONS</b>
<p>1. <b>Organized:</b> Is the exercise organized in the right way?</p> <p>2. <b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</p> <p>3. <b>Challenging:</b> Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>4. <b>Coaching:</b> 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>