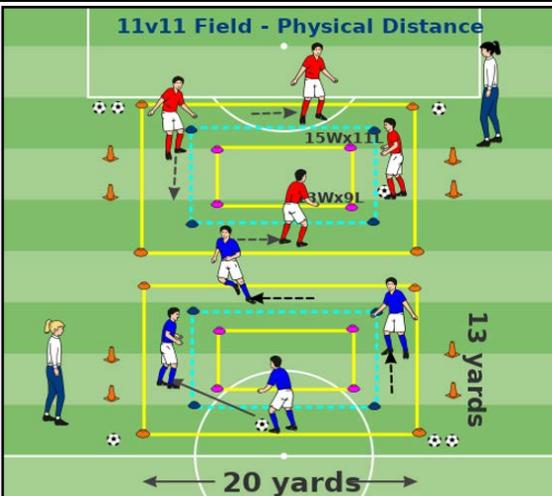


Spring 2020 13+ 11V11	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i>						
	GOAL:	Improving the technique of Passing and Receiving					
MOMENT	ATTACKING	DURATION	45 minutes	PLAYERS	8		

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: 4v0 – PASS, RECEIVE and MOVE **DURATION: 12 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min**



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

PLAYER ACTIONS: Pass the ball forward.

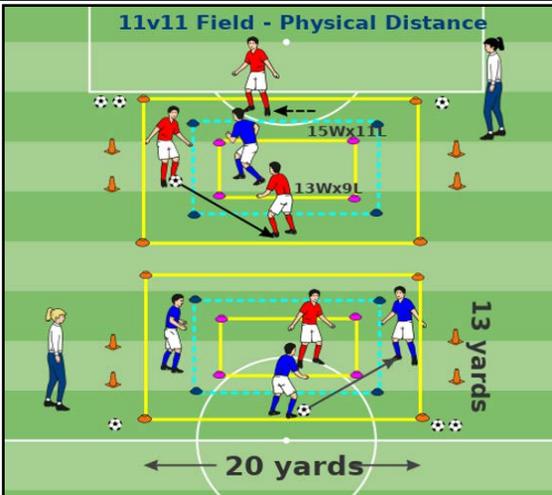
ORGANIZATION: Set up two 13Wx20L grids with two inner grids, one of 15Wx13L yards and a smaller one of 13Wx9L yards as show in the diagram. Place 4 players in each grid and have them compete for how many passes they can complete across the yellow rectangle in three minutes while they are moving and supporting each other. After every interval encourage the players to improve the number of passes by 1or 2.

KEY WORDS: Standing foot, Strike, Receive, Shape.

GUIDED QUESTIONS: 1. Where should the standing foot be to make the pass? 2. Where do we strike the ball? 3. What portion of the foot do we use to receive the ball? 4. What should be your receiving body shape?

ANSWERS: 1. About 6 inches to the side of the ball pointing to the target – 2. In the middle of the ball – 3. The inside of the foot. – 4. Sideways on facing the ball.

ACTIVITY 2: 3v1 PASSING and RECEIVING **DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 sec --REST: 30 sec**



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

PLAYER ACTIONS: Pass the ball forward.

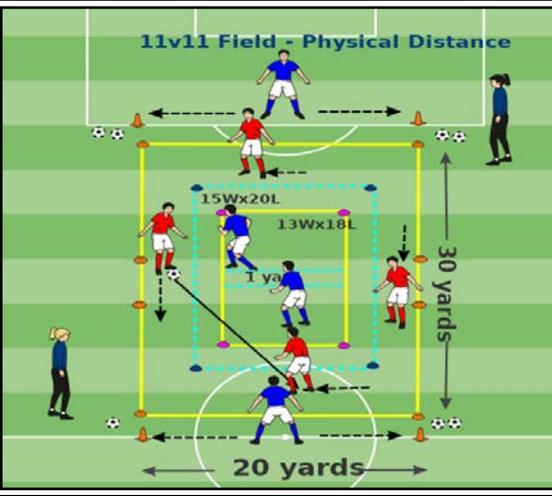
ORGANIZATION: Set up two 13Wx20L grids with two inner grids, one of 15Wx13L yards and a smaller one of 13Wx9L yards as show in the diagram with three passers, a defender and a mini goal at each end as shown in the diagram. The possession team tries to make as many passes through the smaller yellow rectangle in one interval. If the defender gets the ball, he/she can score by passing the ball through one of the two goals. Switch defenders every interval.

KEY WORDS: Triangle, Body shape, Angle,

GUIDED QUESTIONS: 1. Why do we need to make a triangle? 2. How should your body shape be? 3. Why should we be supporting in an angle? 4. What do we do if we lose the ball to the defender?

ANSWERS: 1. To have passing options to the right and left of the ball – 2. You should be facing the ball and the defender – 3. To create a diagonal passing lane – 4. Quickly get in front of the player with the ball.

ACTIVITY 3: 4v2 SPLIT the DEFENDERS **DURATION: 16 min -- INTERVALS: 8 --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: Now put the two grids together into a 20Wx30L grid with two inner grids, one of 15Wx20L yards and smaller one of 13Wx18L yards and four passers and two defenders with a target at each end as shown in the diagram. The possession team will try to split the defenders as many times as they can in one interval. If the defenders get the ball, they can pass to any of the two target players to score. Switch defenders or team every interval.

KEY WORDS: Faster, Split, First touch.

GUIDED QUESTIONS: 1. What can we do to move the ball faster to unbalance the two defenders? 2. When is a good time to split the defenders? 3. Where do we direct our first touch?

ANSWERS: 1. Put more pace on the ball – 2. When we created or found an opening between the two defenders. – 3. Toward the direction of our next pass.

FIVE ELEMENTS of 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>