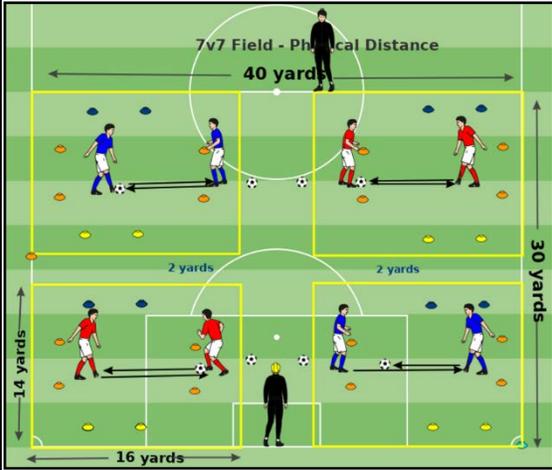


Spring 2020 U9-U10 7V7	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i>						
	GOAL:	Improve the techniques of passing and receiving the soccer ball 2					
	MOMENT	ATTACKING	DURATION	45 minutes	PLAYERS	8	

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: THREE GATES 1 *DURATION: 12 min -- INTERVALS: 3 -- ACTIVITY: 3 min --REST: 1min*



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

PLAYER ACTIONS: Pass the ball forward.

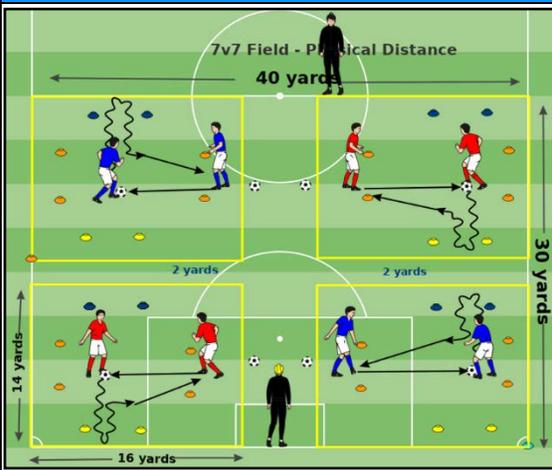
ORGANIZATION: In a half field (30Wx40L), create four 14Wx16L working areas, set up three 2 yard gates as shown in the diagram. Place the receiver between the three gates and the passer between two cones in front of the receiver. The passer will pass the ball and call a number (1, 2, or 3) the receiver will pass the ball in that amount of touches. Players will switch every interval.

KEY WORDS: Standing foot, Ankle, Receiving.

GUIDED QUESTIONS: 1. Where should the standing foot be to make the pass? 2. What do you do with the passing foot ankle before striking the ball? 3. Where do we strike the ball? 4. Where should you position yourself to receive the ball easily?

ANSWERS: About 6 inches to the side of the ball pointing to the target – 2. Lock the ankle by curling the toes up. 3. In the middle of the ball – 4. Get in line with the ball.

ACTIVITY 2: MAN ON, RIGHT or LEFT *DURATION: 18 min -- INTERVALS: 6 -- ACTIVITY: 2.5 min --REST: 30 sec*



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

PLAYER ACTIONS: Pass the ball forward.

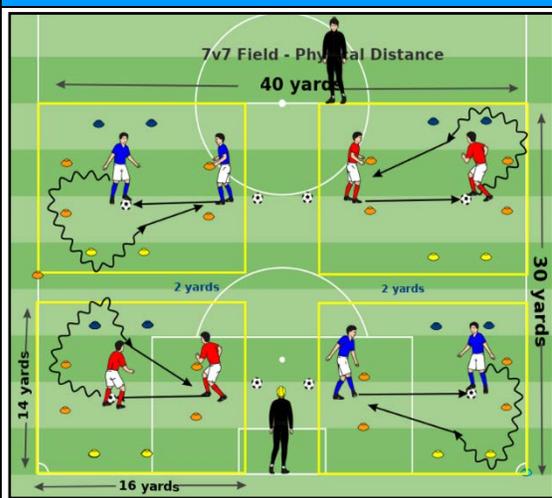
ORGANIZATION: In a half field (30Wx40L), create four 14Wx16L working areas, set up three 2 yard gates as shown in the diagram. Place the receiver between the three gates and the passer between two cones in front of the receiver. The passer will pass the ball and say "Man on", the receiver will pass the ball back. "Right or Left" the receiver will receive the ball, dribble through the respective gate, turn and pass the ball. Players will switch every interval.

KEY WORDS: On the ball, Surfaces, Balance, and Contact.

GUIDED QUESTIONS: 1. Why do I need to have eyes on the ball? 2. What surface do I use for my first touch? 3. How do we keep a good balance when passing the ball? 4. Where do we make contact with the ball?

ANSWERS: 1. To see the direction of the ball and get behind it – 2. The outside or inside of the foot – 3. We keep the head still – 4. In the middle of the ball.

ACTIVITY 3: MAN ON, TURN, RIGHT/LEFT *DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 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 (30Wx40L), create four 14Wx16L working areas, set up three 2 yard gates as shown in the diagram. Place the receiver between the three gates and the passer between two cones in front of the receiver. The passer will pass the ball and say "Turn", the receiver will turn, dribble through the orange gate and any other gate to pass the ball. The passer still says "Man on", "Right", or "Left".

KEY WORDS: On the ball, Surfaces, Balance, and Contact.

GUIDED QUESTIONS: 1. Why do I need to have eyes on the ball? 2. What surface do I use for my first touch? 3. How do we keep a good balance when passing the ball? 4. Where do we make contact with the ball?

ANSWERS: 1. The see the direction of the ball and get behind it – 2. The outside or inside of the foot – 3. We keep the head still – 4. In the middle of the ball.

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>