
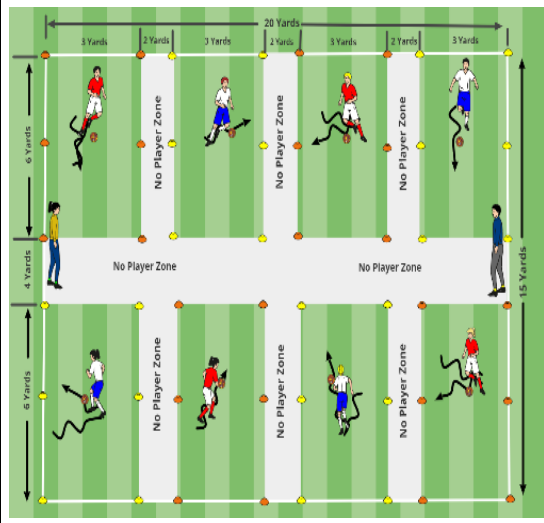


Spring 2020 U6	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID 19 Guidelines)</i>					
	GOAL	Improve the technique of dribble a soccer ball				
	MOMENT	Attacking	DURATION	45 minutes	PLAYERS	

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch

Activity 1: 4 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 4 surfaces in 1 fluid motion & in order: Outside of the foot (pinky toe), inside of the foot (big toe), laces & bottom (sole). Once they have stopped it with the bottom of their foot, 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

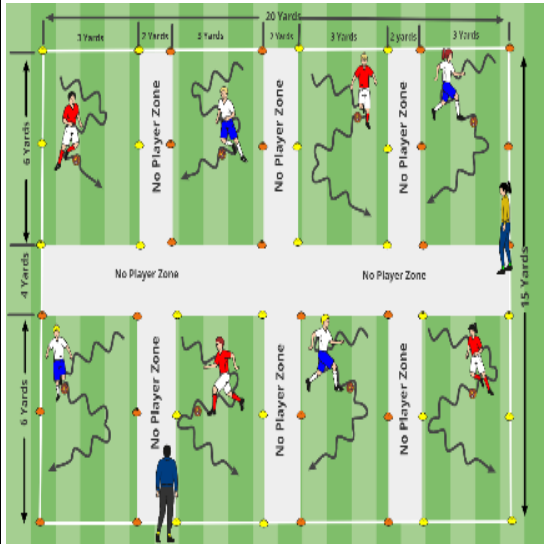
GUIDED QUESTIONS: What should you do before you move side to side? What do you have to do with your foot if you want your laces to hit the ball?

ANSWERS: Check both shoulders to see where on the field you are. Point your toe down toward the ground so your laces are facing the ball. Now, hit the ball with your laces.

Note: Now that the players have practiced this activity for the 2nd time, challenge them complete the 4 surfaces in even faster with both feet. Mistakes will occur. If the players are trying to work at faster speeds, mistakes will happen. Encourage the players to adjust their speed to improve to go fast while still improving the quality.

Activity 2: "Simon Says"

15 min.-5 intervals-2.5 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 coach will call out "Simon Says!" then a dribbling commands and the players try to follow. For example "Simon Says dribble fast." The players must dribble fast. If they do not follow the command, the ball leaves their grid or the coach doesn't say "Simon Says" before the task & the players perform the task they get a letter. The letters are S-O-C-C-E-R. If a player spells out soccer, they must do 5 toe taps on top of the ball. Coach starts a new game (all players can do the toe taps if they want.) Coach can vary the tempo of the commands if needed to challenge the players.

KEY WORDS: Look & listen, stay in your space

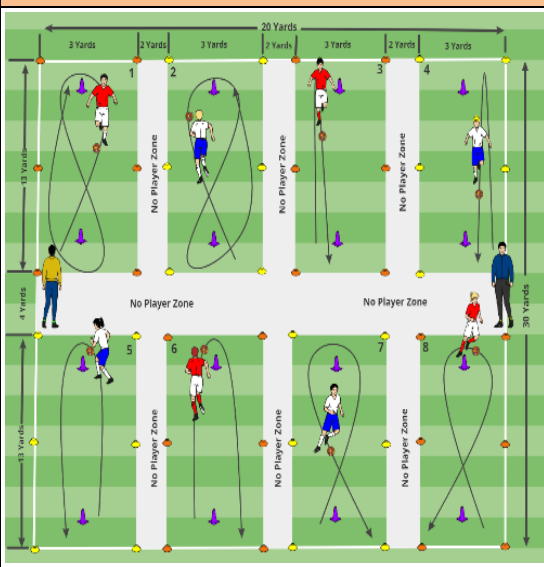
GUIDED QUESTIONS: If Simon Says STOP, what part of your foot can you use to stop your ball? Even if Simon doesn't say turn, why would you still turn with the ball?

ANSWERS: Listen to the coach and if he/she calls out "stop," stop the ball using a soft touch with the bottom of your foot? If you see you are getting close to a sideline, you will need to turn the ball in order to stay in the space.

Note: Remember the space is limited so remind the players they must stay in their grid. Your commands can help. Some commands can include slower movements, turning or stopping the ball. This can also provide some rest.

Activity 3: Drag Racing

15 min.-10 intervals-45 sec. play-45 sec. rest



OBJECTIVE: Move the ball toward

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 20W x 30L field, set up 3W x 13L lanes with a minimum of 2 yards between each lane & a 4 yard "no player zone" in the middle. Within each lane, set up 2 tall cones in the middle & 10 yards apart. The player in lane 1 races the player in lane 2; 3v4, 5v6 & 7v8 (lanes are marked in the graphic.) All players run the same race. The graphic shows different patterns to run in the races. Each player starts with a soccer ball & plays in their own lane. The coach will have 1 player show the pattern. When he/she returns and is set, the coach tells the players to start their engines to get ready and go to start the race. Depending on the number of laps, the races can last 10 seconds and should not exceed 45 seconds. After each race (interval), allow the players time to rest then either rerun the same pattern or introduce a new one.

KEY WORDS: Laces (to go forward), bottom of the foot (to stop), outside/little toe or inside/big toe (to turn)

GUIDED QUESTIONS: What should your first touch look like after the coach says go? What happens if you go to fast around the turns? So, what should you do when you get close to a turn?

ANSWERS: Use a big kick (touch) to get the ball further in front of you so you can run faster. The ball may get away from so you cannot race as fast. Therefore, slow down a little in the turns.

Note: Start with simple patterns. If most of the players are successful in the pattern, introduce a pattern that is more complex.

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?**