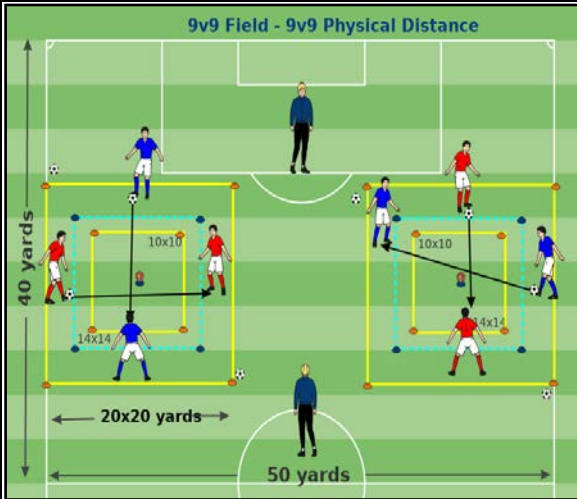


Spring 2020 U11-U12 9V9	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i>						
	GOAL	Improve the techniques of Passing and Receiving the Soccer Ball 2					
	MOMENT	ATTACKING	DURATION	45	PLAYERS	8	

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: HIT the BALL **DURATION: 12 min -- INTERVALS: 3 --ACTIVITY: 3 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 two 20x20 grids with two inner grids, one of 14x14 yards and smaller one of 10x10 yards with a ball in the middle and 4 players as shown in the diagram. The red and blue players are to hit the ball with their ball. The first team that gets to 5 hits wins. Play for the best of 6.

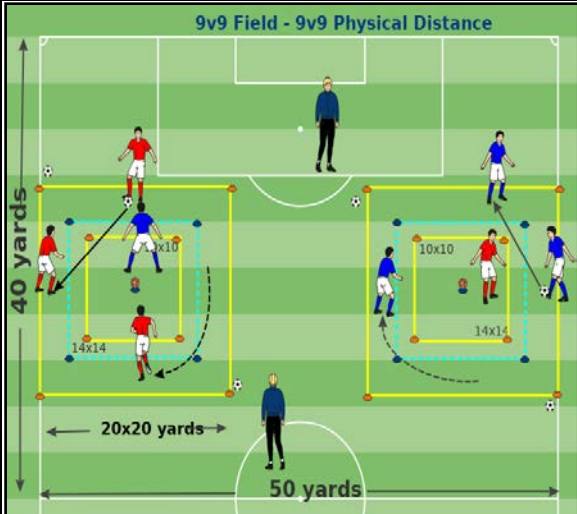
SKILL ACQUISITION: Passing and Receiving

KEY WORDS: Standing leg, Standing foot, Strike.

GUIDED QUESTIONS: 1. What do we do with the knee of the standing leg? 2. Where should the standing foot be to make the pass? 3. Where do we strike the ball? 4. What portion of the foot do we use to receive the ball?

ANSWERS: 1. We bend it slightly – 2. About 6 inches to the side of the ball pointing to the target – 3. In the middle of the ball – 4. The inside of the foot.

ACTIVITY 2: 3v1 HIT the BALL **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: In a half field (50Wx40L), create two 20x20 grids with two inner grids, one of 14x14 yards and a smaller one of 10x10 yards with a ball in the middle, three passers and a defender as shown in the diagram. The possession team tries to find a way to move the defenders to hit the ball inside the 10x10 grid. If they hit the ball, the defender stays in one more time. If the possession team completed 10 passes and were unable to hit the ball, switch defenders. Switch defenders every interval. Attackers play with 3 to 4 touches max.

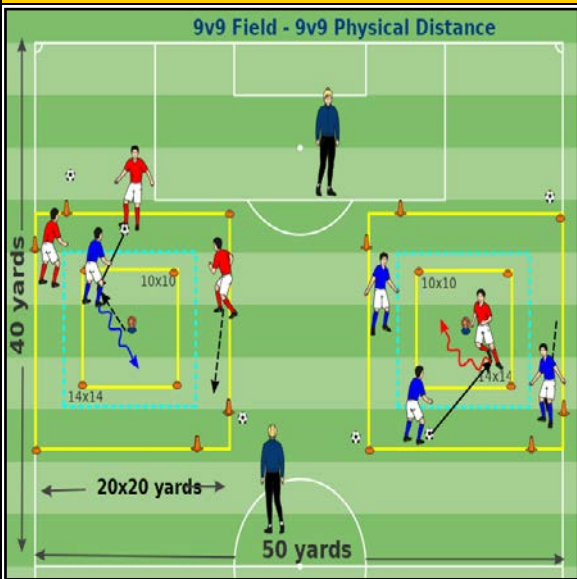
SKILL ACQUISITION: Passing and Receiving.

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?

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.

ACTIVITY 3: 3v1 HIT the BALL or COUNTER **DURATION: 18 min -- INTERVALS: 6 --ACTIVITY: 2 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 two 20x20 grids with two inner grids, one of 14x14 yards and a smaller one of 10x10 yards with a ball in the middle, three passers and a defender as shown in the diagram. The possession team tries to find a way to move the defenders to hit the ball inside the 10x10 grid. If they hit the ball, the defender stays in one more time. If the possession team completed 10 passes and were unable to hit the ball, switch defenders. Switch defenders every interval. Attackers play with 3 to 4 touches max. The defenders have 3-4 touches to pass through one of the goals.

SKILL ACQUISITION: Passing and Receiving.

KEY WORDS: Faster, Triangle, Body shape, Angle,

GUIDED QUESTIONS: 1. What can we do to move the ball faster to unbalance the defender? 2. Why do you need to make a triangle? 3. How should your body shape be? 4. What do we do if we lose the ball to the defender?

ANSWERS: 1. Put more pace on the ball – 2. To have passing options to the right and left of the ball – 2. You should be facing the ball and the defender – 3. One player quickly protect the goal or intercept the pass to the goal.

FIVE ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible)	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>