

## Phase 1 “Return to Play” Activities and suggested format

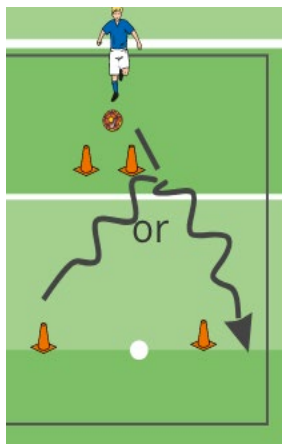
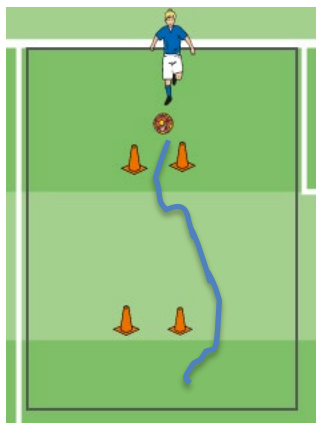
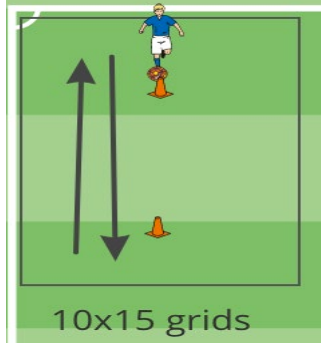
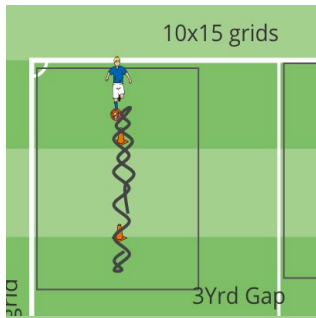
### Reasons for this Format

- \* Maintains Social distancing
- \* Allows for dribbling, passing finishing activities
- \* Third row of grids allows for easy transition to two players, three players in passing activities.
- \* Grid sizes can be varied but “gaps” should be maintained to allow for “social distancing”
- \* Putting varying (as many as 15 grids in play allows for variability while maintaining “SD”
- \* These could be set up on a half field.



### Reasons for “Activities”

- \* Allows planning for technical functions that can be carried out in trainings of variable times with periodization.
- \* These are variable in intensity level, time and can be varied individually or in series.
- \* The activities that I will give examples of in following slide are meant for the beginning phase of Return to Play. They are guides.
- \* Use US Soccer
- \* Create your own **but keep US Soccer Play On protocol in the picture.**



## DRIBBLE ACTIVITIES (10-15 min. each)

### Activity 1 (each 1min x3)

- Dribble around cones (50%)
- Dribble figure 8s around cones
- vary touches and turns at cones
- Stretches between sets
- Count fig. 8s/30 sec (Twice)

### Activity 2 (per time or sets)

- Move past cone and accelerate
- Vary right and left
- focus on acceleration (70%)
- Use feint or move and same
- (4 each at pace -rest between sets)

### Activity 3

- Fake, dribble/nutmeg, dribble past
- Fake and go around
- Change fakes, pace

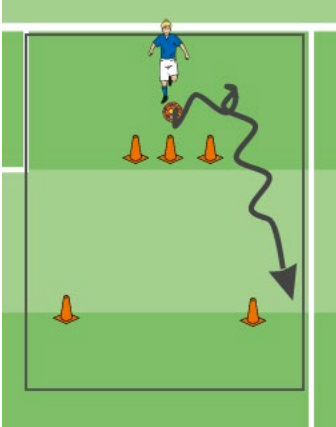
Recovery vary move and go back in set of 4 with a longer rest depending on fitness level.

### Activity 4

Apply visual cue as player "attacks" cones to go right or left after getting past.

Focus on change of pace and agile direction change.

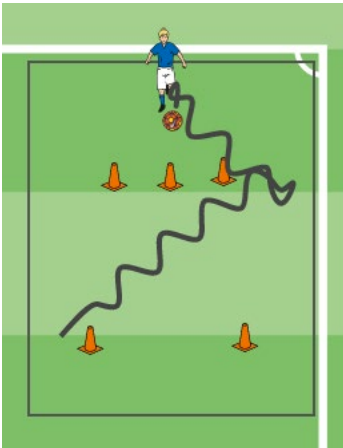
Recover after each action x 5  
3 sets maximum



### Activity 5

Double fake around a wider space and accelerate.

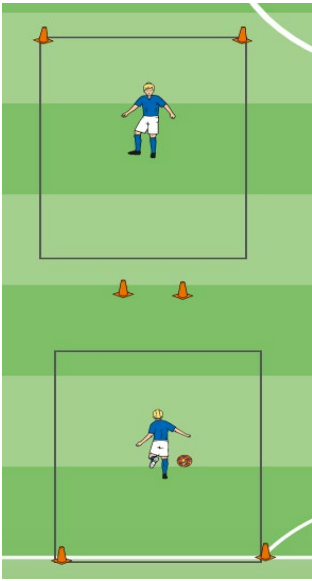
- Focus on transition from the lateral movement to forward acceleration.
- Recover after each action.
- Increase reps. to fit fitness.



### Activity 6

Add cue to switch direction or not after movement.

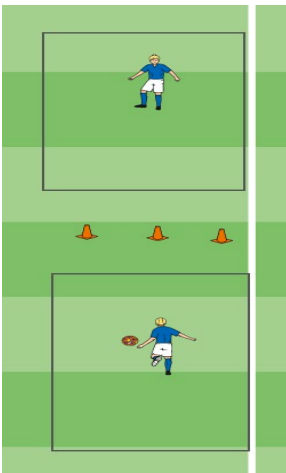
- Focus on transition from the lateral movement to forward acceleration.
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## Passing Activities

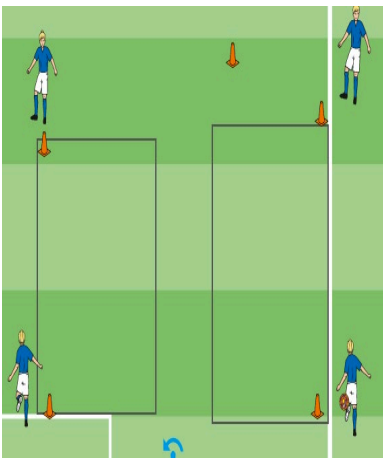
### Passing 1

- Players pass back and forth rapidly through cones.
- Players pass 1 touch as above
- Players pass 2 touch and run to cone behind and return or next pass.
- >vary distance to increase difficulty
- > use short (20 sec.) intervals with equal rest (stretching if used as WU.
- \*focus on form, accuracy, and pace (keep on ground)



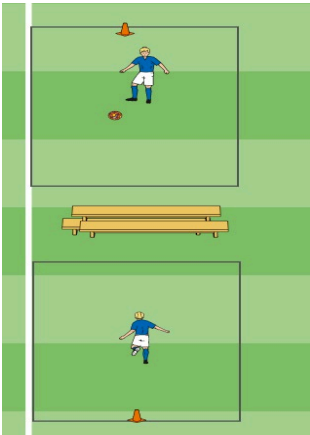
### Passing 2

- Players pass and receive so as to set up pass through other cone gap. (Play 2 touch if possible) add fake.
- receive to move left, fake pass and move back right to pass
- Count number of completed passes per 20-35 sec.
- add runs to sides after passes to increase physical training effect.



### Passing 3

- players pass outside of cones and receive opening up for next pass (ideally 2 touch) reverse direction.
- player passing follows pass (maintain Social distance)
- with 3 players; pass and sprint to open corner (opposite pass direction)
- sets of 30-60 sec. with rest between
- \* count passes completed and compare groups.

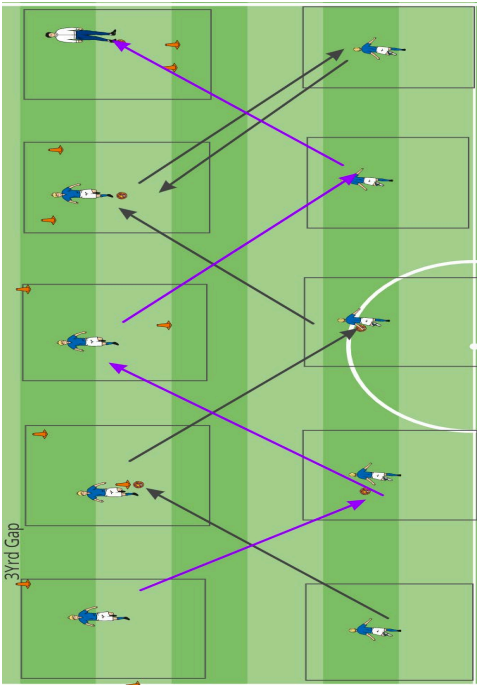


#### Passing 4

- Chip ball over obstacle (bench, small goal, etc.) and down for partner - limit touches as possible

-same, but receive, turn and move around cone and then chip over on the move

> count completed passes for 30-45 sec.



#### Passing 5

-Pass as shown to diagonal partner until at end grid; then reverse direction (attempt to play two touch)

-Same but run to two corners of the grid after pass before side complete

-Time the complete circuit or race the groups.

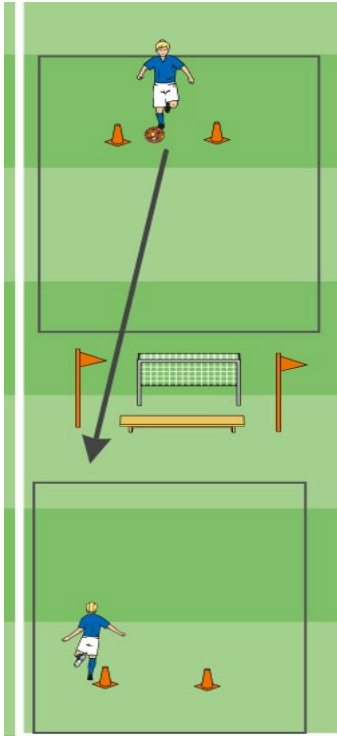


#### Pass, turn and pass. (3s)

-Break around and in front of cones, turn to avoid cones and pass to other grid. (maximum 30sec. in center then switch)

-Focus on timing run to ball movement of passer

## Finishing



### Finish 1

#### Technical WU

- Strike ball thru to partner (use mini goal /bench etc. to simulate GK).
- Go to outside of cone to strike far or near post.

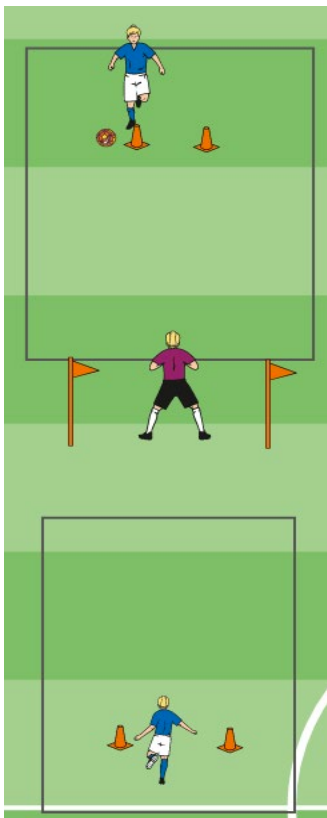
\*Focus on: Striking foot locked, body over ball, head down and steady, plant foot angled appropriately, and follow-thru.

Start slow and add runs to near and deep points of grid to accelerate WU  
Move cone back to increase difficulty.

Mix in Dynamic warm ups between sets.

Test with X/5 shots at end

GK WU on own until ready



### Finish 2

#### Dribble, fake and shoot

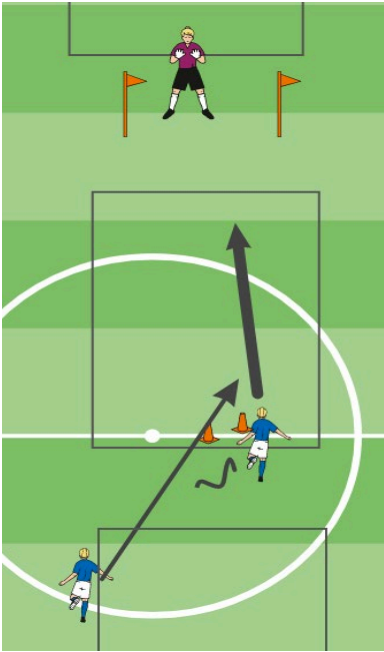
- Dribble and push to side of cones and finish (use Live GK if you have one or in 3s take turns as GK)

-Add fake to above and repeat right and left.

-Receive ball from GK on roll and go straight into dribble, fake and finish.

-Receive from GK throw and same.

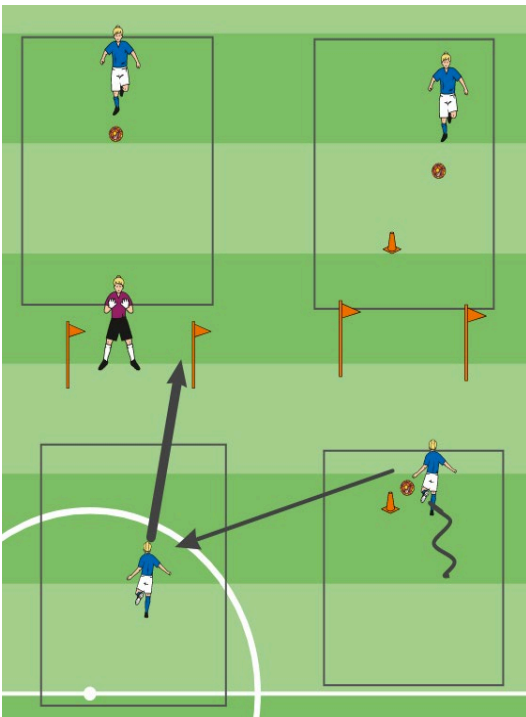
> focus on first touch, quick lateral movement and re-stabilizing to drive forward with shooting leg at speed.



### Finish 3

#### Thru ball

- time "bent run" to servers touch to stay onside and finish one touch if possible or change direction to finish on next touch (3<sup>rd</sup>)
- ball is played to target who lays ball back for server with same run mechanisms and finishing qualities.
- vary by turning and finishing
- > do short three ball sets (to add workload run to cone and return to play immediately) Switch partners.
- \* focus on timing movements to cues of passer (ie one touch possible, pace of ball to passer, etc.) and technical qualities as above.



### Finish 4

#### Strike drop back pass.

- Wing dribbles past cone at pace and drops ball back to finisher.
- Winger play 1-2 with striker and drops back
- same as above but winger lifts cut back so striker must finish from volley / half volley.
- Widen the wings position by 10 yards and replicate actions with proper timing for new distance.
- >switch positions and sides.
- \* focus on timing runs to servers cues and a smooth run thru finish

## With all fishing use a GK if proper or substitute an appropriate obstacle. Actions should be as close to game pace as possible with optimal technic