



Location: Tecumseh Soccer Fields

Group: COVID-19 SESSIONS

Date & Time: 22/07/2020 - 6:00 PM

Duration: 40 min

Social Distance -...

Time: 6:00 Minutes: 0

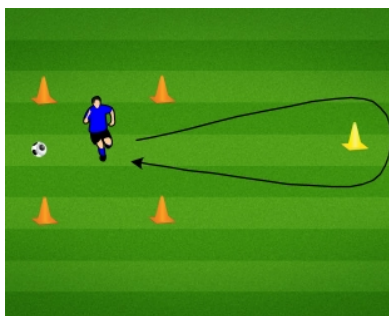


8 Player + 1 Coach Training Area

Training Area will consist of Eight 5v5 (6 paces) training grids with 4m between each. A Target Cone will be placed 7m (8 paces) toward the outside of each grid.

COVID-19 Dyna...

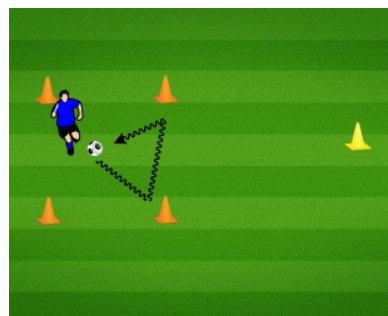
Time: 6:00 Minutes: 8



Usual Dynamic Warm Up and Movement Patterns. Chose a leader to pick each exercise and get them being vocal and comfortable like a normal training session. ADD relay race at end to build enjoyment and bond with teammates.

SD-Technical

Time: 6:08 Minutes: 8



Stationary

Start with Technical Stationary Skills (think of things you did for #WeTrain).

Your Cones

the cones in their square. Call a number/movements to different cones in their square and execute skill move.

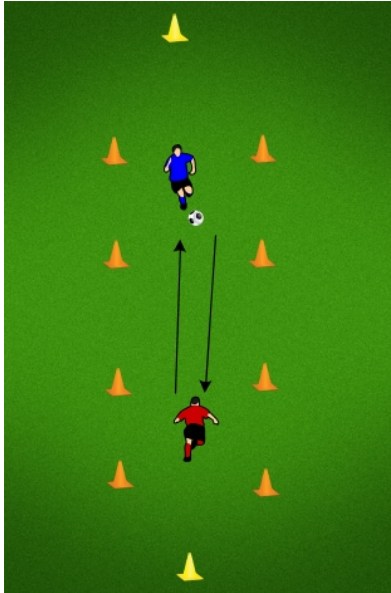
Movement Forward

Now get your players moving by allowing skill moves forward to their cones and back

Make it fun by adding a collaborative RELAY and combining with the #'d cone skill moves

SD - Passing an...

Time: 6:16 Minutes: 8



Stationary with Partner

Players stationary with partner, 1 and two touch passing between one another

Pass, Receive and Turn

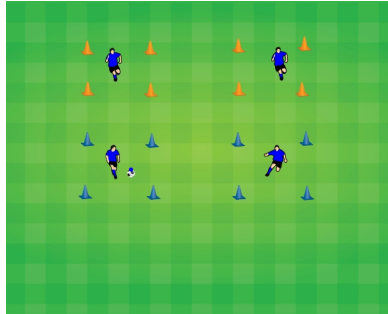
Progress to the Player receiving and turning in the square. If your players are capable, encourage a specific turn and dribble to the cone behind them. To increase intensity, add an activity or movement for the player after they pass (check away to cone, etc.)

Competition

Set competition between pairs, number of passes, timed, etc.

Pass and Move

Time: 6:24 Minutes: 8

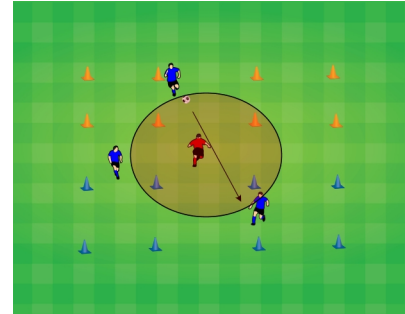


4+ Players

Players Pass and Move to open "square." Players can be numbered so that the team has to pass in a sequence or can be random. Challenge the team to get as many as they can in a certain time. OR challenge two or more groups against each other. Also can challenge that the ball has to go to every area on their half? Or with older teams, can they get the ball to everywhere on the pitch without going where another team is?

SD-Rondo 1

Time: 6:32 Minutes: 8



3v1 or 4v1 Social Distance Rondo

Place 1 player in Centre Square (you should have grids all around. They try to defend passes STRAIGHT THROUGH the square (in one side and out the opposite side). 30, 45 seconds or 60 seconds with the player in the middle then switch. See who can allow the fewest goals.

Players outside must stay in the middle or further part of their areas. No one can approach the centre defending square (Social Distancing) But the players can MOVE AROUND the outside of the Centre Square.