



Covid Session 5

Category: Technical: Passing & Receiving

Difficulty: Moderate

Am-Club: North Shore Girls Soccer Club
Colin Miller, abbotsford, Canada

Screen 1 (15 mins)

Organization - groups of 5 - 3 balls

Field Set up - four boxes 6x8 - one middle box 4x6 - distances between the middle box and outside boxes always at least 2meters

Detail - the outside player passes the ball to the middle box player - this player now passes to the outside player without a ball - the next ball gets played from an outside player and the sequence is repeated always passing to an outside player without a ball - as soon as the middle player passes the ball the next ball from the outside must be played

Progressions - limit the touches of the inside player - focus on speed of play

Competencies - awareness - quality of first touch - quality of pass

