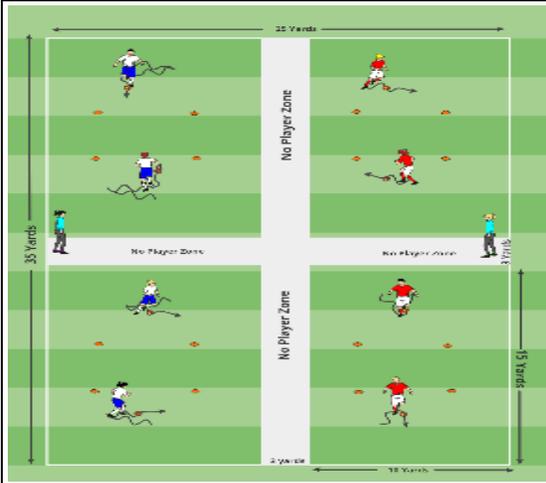


2020 U8	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID 19 Guidelines)</i>					
	GOAL	Improve the technique of dribble & passing a soccer ball				
	MOMENT	Attacking	DURATION	45 minutes	PLAYERS	

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

Activity 1: 6 Surface Dribbling **15 min.-10 intervals-1 min. play-30 sec. rest**



OBJECTIVE: Improve the player's ability to dribble the ball

PLAYER ACTIONS: Dribble forward

ORGANIZATION: Within a 25W x 35L field, set up 10W x 15L grids with a minimum of 2 yards between each grid. Within each grid, set up a 4 yard box. 2 players in each grid with 1 soccer ball each. Players must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. The players will start on opposite sides of the 4 yard box & will stay in the area throughout the activity. The players use different surfaces of the foot in a pattern: outside right (pinkie toe), inside right (big toe), laces, bottom, toe then heel. Once completed repeat with their other foot.

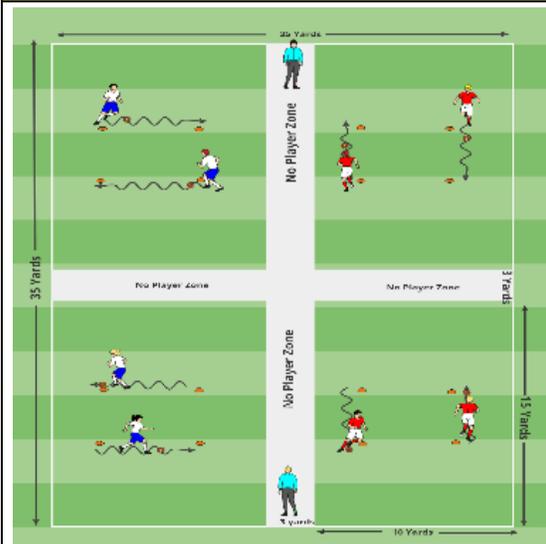
KEY WORDS: Keep the ball rolling, which surface of the foot is next?

GUIDED QUESTIONS: Why do you want to keep the ball moving? Which surface next?

ANSWERS: While the ball is rolling on its own, you can reposition your body for the next surface to use. Trying to think ahead will help determine where to play your next touch & also help you think about how you can position your body to do so.

NOTES: Start with 2surfaces; outside, inside. Once most of the players can complete this with both feet, add another surface; laces. Use this layering method until all 6 surfaces have been introduced. Now challenge the players to do it faster.

Activity 2: Diamond Dribbling **15 min.-10 intervals-1 min. play-30 sec. rest**



OBJECTIVE: Improve the player's ability to dribble the ball & turn

PLAYER ACTIONS: Dribble forward

ORGANIZATION: Within a 25W x 35L field, set up 10W x 15L grids with a minimum of 2 yards between each grid. Within each grid, set up a 4 yard box. 2 players in each grid with 1 soccer ball each. Players must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. The players will start diagonally across from each other outside of the 4 yard box; they do not cross the box. The coach will call out the direction & number of cones to move to. As fast as they can, the players will race each other to get their first. The coach can also introduce fakes before they go and/or turns at a cone and return to your previous cone. Complexity of the commands is based on player understanding.

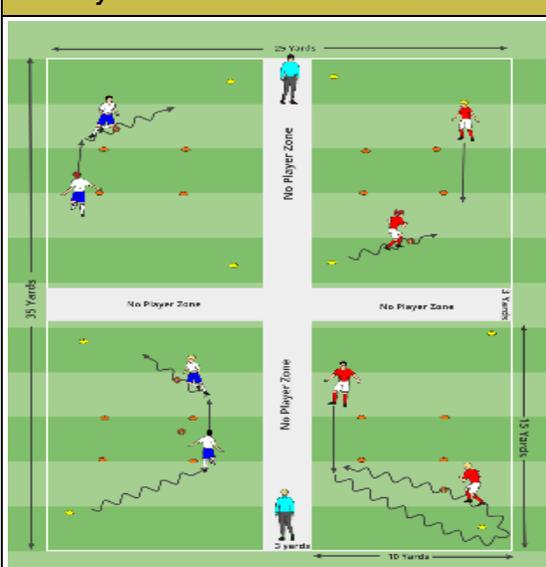
KEY WORDS: body position, closest foot, stop your ball

GUIDED QUESTIONS: Where should you try to position the ball before the coach say "GO?" Which foot should you take your first touch with? What happens if you kick the ball too hard?

ANSWERS: Try to position your body so the ball is on the side of your body closest to the cone you are dribbling to. Most often, the outside of your foot closest to the cone you are dribbling to is the best surface to use. If you kick the ball too hard, it will be difficult to catch up to it and stop it at the next cone.

NOTES: Players may not be fully aware of the difference between left and right directions. At the beginning, limit the instruction & check for understanding before saying "GO." If the challenge is too easy or you can clearly determine the players are directionally aware, increase the tasks involved in the race to the next cone (add multiple cones, fakes or turns to the challenge.)

Activity 3: Dribble – Turn - Pass **15 min.-10 intervals-1 min. play-30 sec. rest**



OBJECTIVE: Improve the player's ability to dribble the ball, turn with the ball & set up a pass

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: Within a 25W x 35L field, set up 10W x 15L grids with a minimum of 2 yards between each grid. In each grid, set up a 4 yard box within 1 cone 4-5 yards diagonally away from the box on each side. 2 players in each grid with 1 soccer ball to share; they will remain on opposite sides of the 4 yard box. Players must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. The players start on the side of the box furthest from the diagonal cones. 1 player starts by passing the ball to their partner. He/she will receive the ball, dribble around the diagonal cone on their side, turn, dribble back & pass back to their partner who will complete the same task on his/her side. The object is to count the number of the players can complete the task in 1 minute. Challenge the players to beat their score.

KEY WORDS: first touch, bigger touch, softer touch

GUIDED QUESTIONS: When the ball is coming to you, why would you want to look over your shoulder before the ball arrives? How will using a bigger touch make you go faster? As you get closer to the diagonal cone, why would you want to use softer touches?

ANSWERS: by looking over your shoulder you can make sure your first touch is in line with the cone. A bigger touch gets the ball out in front of you so you can run faster. As you get closer to the diagonal cone softer touches will keep the ball closer so easier to make the turn.

NOTES: Since the set up will have 1 player playing to the left and one player to their right, switch sides every 2 rounds so they can try both sides. Remember to have the players follow social distancing protocols when switching.

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?**