



Location: Tecumseh Soccer Fields

Group: COVID-19 SESSIONS

Date & Time: 16/07/2020 - 6:00 PM

Duration: 45 min

Social Distance -...

Time: 6:00 Minutes: 0

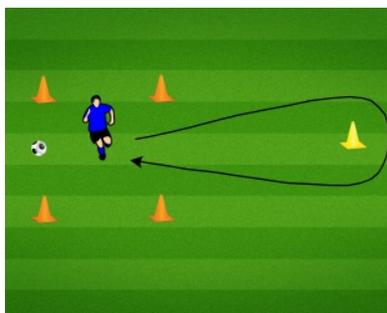


8 Player + 1 Coach Training Area

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: 12



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: 6:12 Minutes: 12



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: 6:24 Minutes: 12



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.

Option to add different Sequence involving 4 players once your group is comfortable.

Coach can enter one group if odd number.

Final Passing Seq...

Time: 6:36 Minutes: 9



Have partners or the two "sides" of your grid compete with one another.

Three kinds of relays can be done. 1 - only one player active at a time (i.e dribble around the cone and back) while the other players doing a skill exercise like toe-taps, step-overs. 2 - Have a cumulative exercise where they are competing to accumulate a total number of movements/skills and all players do them at the same time (i.e dribble around cone and back). 3 - Player A performs exercise and passes the ball to player B, who does the same thing. Up the ladder and down the ladder so to speak.

Coach can enter one group if odd number..