



Saturday Session

Location: Tecumseh Soccer Fields

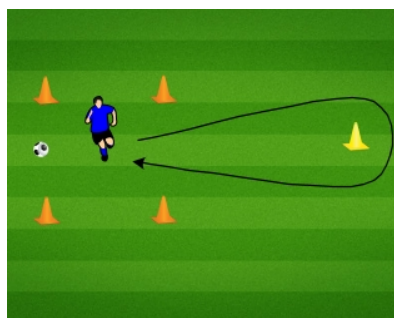
Group: COVID-19 SESSIONS

Date & Time: 25/07/2020 - 9:00 AM

Duration: 55 min

COVID-19 Dyna...

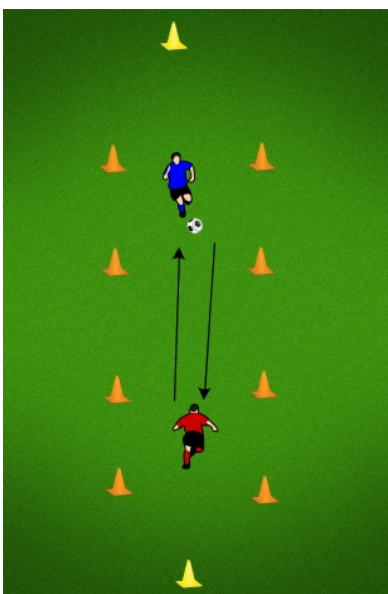
Time: 9:00 Minutes: 8



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 - Passing an...

Time: 9:08 Minutes: 7



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.

SD Turn and Sho...

Time: 9:15 Minutes: 10

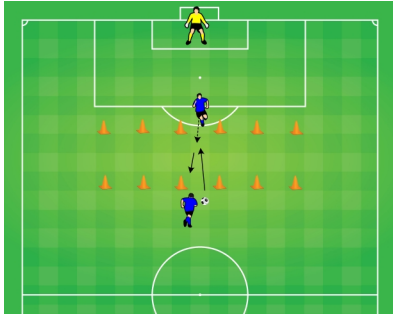


Alternating Turn and Shoot

Server plays into target who uses a variety of turns (and variation in timing of check) to set up shot. Run two lines and alternate the timing of turning and shooting

Combine, Open ...

Time: 9:25 Minutes: 10

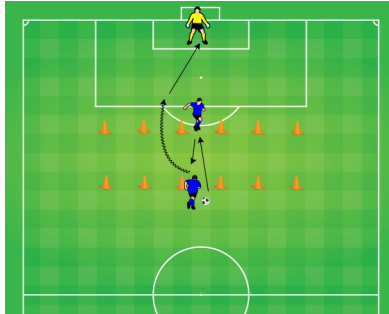


Up, Back and Through

Server plays the ball into the Target player who bounces the ball back to server. Target opens up into either gate (to right or left). Server plays one touch into path of Target. Finish on Goal.

Up, Back - Dribb...

Time: 9:35 Minutes: 10



Perform at Speed

Server Plays in to Target, Target bounces it back. Server attacks the ball and takes dribble through either right or left gate. Optional skill move and Finish.

Up, Back, Dribbl...

Time: 9:45 Minutes: 10



Timing of Run, 1 touch finish

Server plays target, receives bounce back. Target loops run around far gate (stays onside). Server dribbles through gate and plays ball into runners path. Target = 1 touch finish.