

Spring 2020
U9-U10
7V7

PHYSICAL DISTANCING TRAINING SESSION (In accordance with the COVID - 19 Guidelines)

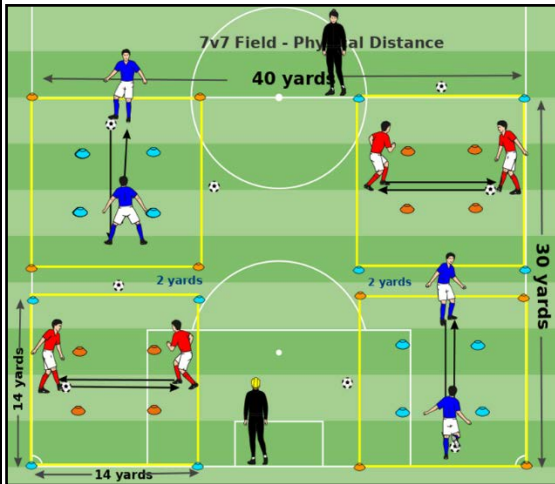
GOAL: Improve the techniques of passing and receiving the soccer ball 1
MOMENT: **ATTACKING** **DURATION:** **45 minutes** **PLAYERS:** **8**



SKILL ACQUISITION: **Passing** - Accuracy, Pace, Weight, Position of the non-kicking foot, Surface of the Foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow Through. **Receiving** - Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction.

ACTIVITY 1: THE BASICS

DURATION: 12 min -- **INTERVALS:** 3 -- **ACTIVITY:** 3 min -- **REST:** 1min



OBJECTIVE: To improve the technique of passing and receiving the ball.

PLAYER ACTIONS: Pass the ball forward.

ORGANIZATION: In a half field (30Wx40L), create four 14Wx14L grids, with a 10x10 central square. Place two players in opposite sides of the central square about 12 yards apart and pass the ball between the cones. The players will perform the following tasks:

1. Pass with one foot and receive with the same foot. *One Interval.*
2. Pass with one foot and receive with the other foot. *One Interval.*
3. Pass with one foot, and receive the ball with a directional first touch past the cone by you. *One Interval.*

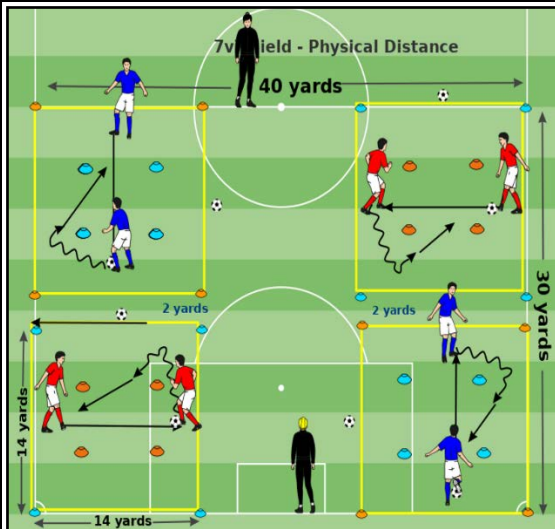
KEY WORDS: Standing foot, Ankle, Position to receive.

GUIDED QUESTIONS: 1. Where should the standing foot be to make the pass? 2. What do you do with passing foot ankle before striking the ball? 3. Where do we strike the ball? 4. Where should you position yourself to receive the ball easily?

ANSWERS: About 6 inches to the side of the ball pointing to the target – 2. Lock the ankle by curling the toes up. 3. In the middle of the ball – 4. Get in line with the ball.

ACTIVITY 2: STRAIGHT and DIAGONAL

DURATION: 18 min -- **INTERVALS:** 6 -- **ACTIVITY:** 2.5 min -- **REST:** 30 sec



OBJECTIVE: To improve the technique of passing and receiving the ball.

PLAYER ACTIONS: Pass the ball forward.

ORGANIZATION: In a half field (30Wx40L), create four 14Wx14L grids, with a 10x10 central square. Place two players on opposite sides of the central square about 12 yards apart. One player passes straight; the receiver uses a directional first touch toward the right or the left of the cones and passes diagonally to the other player. Players will switch roles every interval. The players will perform the following tasks:

1. Receive and pass with the inside of same foot. *Two Intervals.*
2. Receive with the inside of one foot and pass with the other foot. *Two Intervals.*
3. Receive with the outside of the foot and pass with the inside of the same foot. *Two Intervals.*

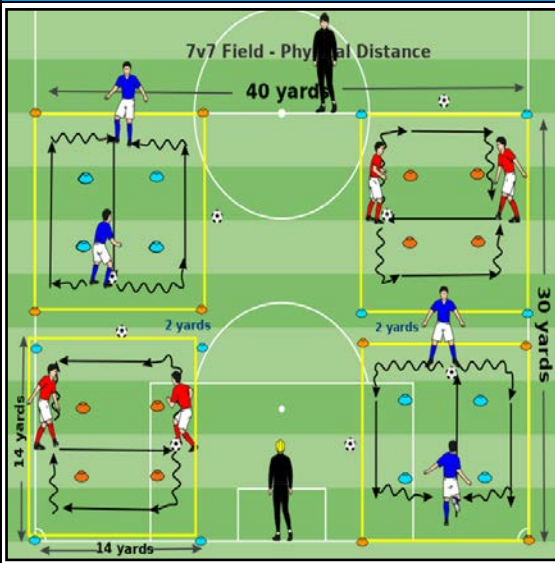
KEY WORDS: On the ball, Surfaces, Balance, and Contact.

GUIDED QUESTIONS: 1. Why do I need to have eyes on the ball? 2. What surface do I use for my first touch? 3. How do we keep a good balance when passing the ball? 4. Where do we make contact with the ball?

ANSWERS: 1. To see the direction of the ball and get behind it – 2. The outside or inside of the foot – 3. We keep the head still – 4. In the middle of the ball.

ACTIVITY 3: FIGURE 8

DURATION: 20 min -- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To improve the technique of passing and receiving the ball.

PLAYER ACTIONS: Pass the ball forward.

ORGANIZATION: In a half field (30Wx40L), create four 14Wx14L grids, with a 10x10 central square. Place two players on opposite sides of the square about 12 yards apart. One player passes the ball pass between the cones. The receiver uses a directional first touch toward the right or the left of the cones, and passes back to the supporting players waiting outside of the same cone (see diagram). The new receiver will first touch the ball toward the middle of the cones and pass the ball. Players will switch roles every interval. The players will perform the following tasks:

1. Receive and pass with the inside of same foot. *Two Intervals.*
2. Receive with the inside of one foot and pass with the other foot. *Two Intervals.*
3. Receive with the outside of the foot and pass with the inside of the same foot. *Two Intervals.*

KEY WORDS: On the ball, Surfaces, Balance, and Contact.

GUIDED QUESTIONS: 1. Why do I need to have eyes on the ball? 2. What surface do I use for my first touch? 3. How do we keep a good balance when passing the ball? 4. Where do we make contact with the ball?

ANSWERS: 1. The see the direction of the ball and get behind it – 2. The outside or inside of the foot – 3. We keep the head still – 4. In the middle of the ball.

FIVE ELEMENTS of a TRAINING SESSION <i>(Game-like in this environment will not be possible)</i>	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. Organized: Is the exercise organized in the right way?</p> <p>2. Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>3. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful)?</p> <p>4. Coaching: Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>