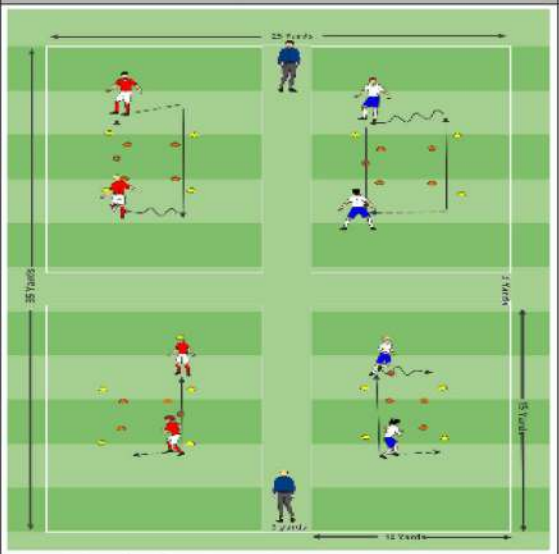
| COVID 2020 U8 TRAINING | PHYSICAL DISTANCING TRAINING SESSION (*In accordance with the COVID 19 Guidelines*) | | | | | |
|---|---|---|---|---|---|---|
| | GOAL | Improve the technique of dribble & passing a soccer ball | | | | |
| | MOMENT | Attacking | DURATION | 45 minutes | PLAYERS | 8 |

**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: Passing Patterns*

***15 min.-10 intervals-1 min. play-30 sec. rest***




**OBJECTIVE:** Improve the player's ability to maneuver the ball with different surfaces of the foot 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 a 6 yard box so there are lanes down the sides. 2 players in each grid with 1 soccer ball to share; they will remain on opposite sides of the 6 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 will receive the ball, dribble across their side of the box then pass it back to their partner. The object is to only pass the ball down the lane created by the boxes. Count the number of passes a team can make in 1 minute.

**KEY WORDS:** Open your body, push the ball across your body, square your hips

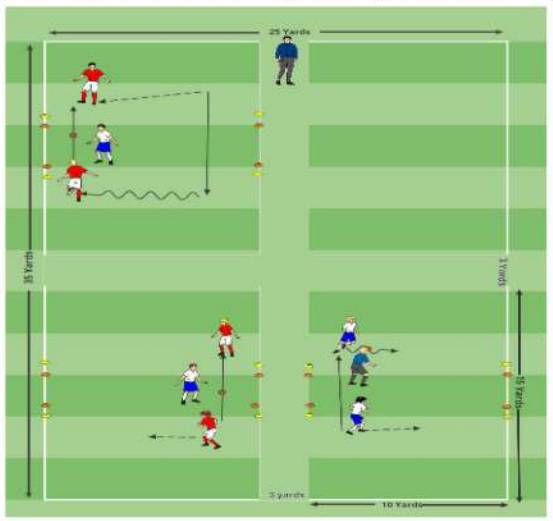
**GUIDED QUESTIONS:** When the ball is coming to you, how should you position your body to receive the ball? Where are you trying to play the ball with your 1st touch? For an inside of the foot pass, why should you square your hips to face your partner?

**ANSWERS:** Open your body so you can see the ball and the space where you want to play the ball next. Use a touch to play the ball across your body and close to where you want to make your pass. If your body is facing your partner, it's easier to swing your leg back and forth to pass to your partner.

**NOTES:** Allow the players to play the ball through the space the way they choose. When they are ready for a new challenge, ask them to only use the outside or insides of their feet to both receive and pass. Guide them as to which surface of the foot to use when and where & how their body moves to adjust.

## *Activity 2: 2v1 Passing Through the Zones*

***15 min.-5 intervals-2 min. play-1 min. rest***




**OBJECTIVE:** Improve the player's ability to maneuver the ball with different surfaces of the foot 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 zone within a 6 yard zone across the middle of the grid. 3 players in each grid with 1 soccer ball to share. Place 1 player in the 4 yard zone to intercept passes & 1 player on each side of the zone. Player in the zone must stay in the zone and players on the ends will remain on opposite sides of the 6 yard zone. If the ball goes out of your grid, quickly retrieve it and come back to your space. The players on the outside will try to pass the ball through the zones to their teammate on the other side. If the player in the middle zone intercepts a pass, the outside players start counting over again. Play for 2 minutes with all players remaining in their same positions. After 2 minutes, rotate.

**KEY WORDS:** Open your body, push the ball to space, play fast

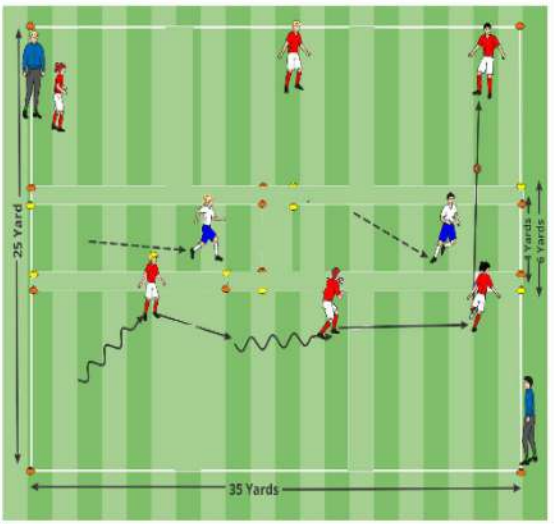
**GUIDED QUESTIONS:** (Now there's a defender so…) When the ball is coming to you, how should you position your body to receive the ball? Where are you trying to play the ball with your 1st touch? Why is it important to play fast in this game?

**ANSWERS:** Open your body so you can see the ball, the defender & the space where you want to play the ball next. Use a touch to play the ball away from the defender & close to where you want to make your pass. If you can get a touch on the ball and pass it before the defender has time to turn and chase, it will be harder for him/her to intercept the pass.

**NOTES:** Coaches will need to make minimal adjustments to the cones during a water break to set up the new activity. Only if needed, a coach can join one of the groups but must adhere to physical distancing protocols

## *Activity 3: 3+3v2 in Zones*

***15 min.-5 intervals-2 min. play-1 min. rest***




**OBJECTIVE:** Improve the player's ability to maneuver the ball with different surfaces of the foot set up a pass

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** Within a 25W x 35L field, set up six 10W x 6L grids with a minimum of 2 yards between each grid. Across the middle, set up a 4 yard zone which is split into 2 grids. Place 1 player in each ½ of the 4 yard zone to intercept passes & 1 player in each grid on either side of the zone. Player in the zone must stay in the zone and players in the grids will remain in their grids. The 3 players on 1 side of the middle zone, work together to play the ball through the middle zone and to the other side. The team who receives the ball looks to do the play the ball back across the center zone. Each time your team plays the ball to the other side, they get a point. Play for 2 minutes with all players remaining in their same positions. After 2 minutes, rotate.

**KEY WORDS:** find a gap, use your teammate, play fast

**GUIDED QUESTIONS:** (Now there's are 2 defenders so…) What should you do when the team across the zone has the ball? What is an opening? When is a good time to play the ball back to the other side?

**ANSWERS:** Try to find an opening so they can pass you the ball. An opening is a gap between the central players or a central player and a sideline. If you see an opening, play the ball across immediately. If there's no opening, play it to a teammate to see if they can find an opening.

**NOTES:** This activity requires a little more set up time. If needed, adjust your time for breaks or previous activities to allow for extra set up time.