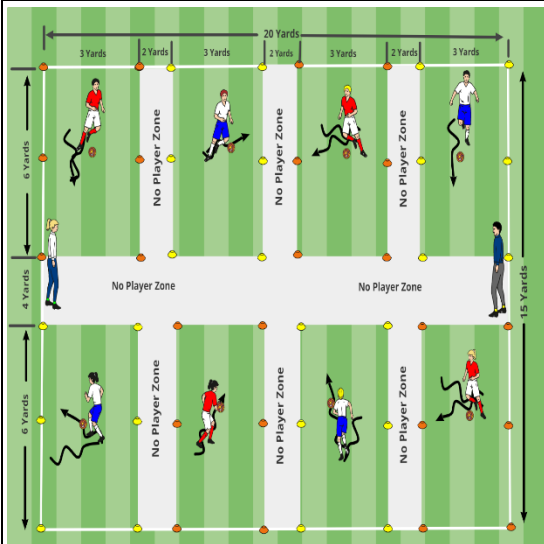
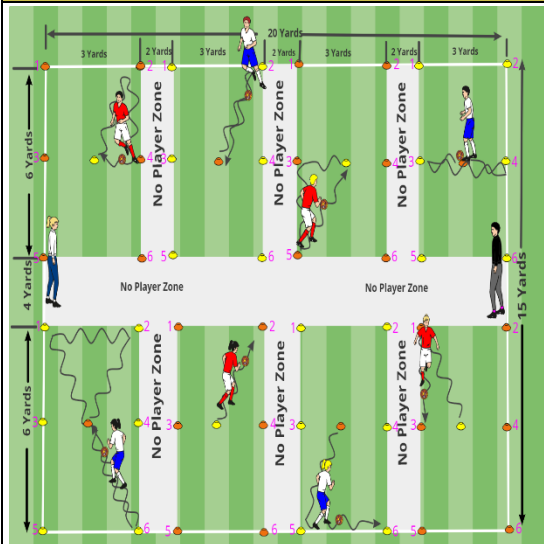
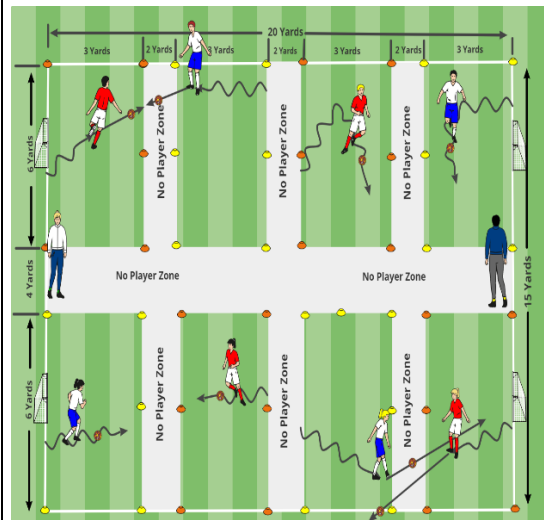
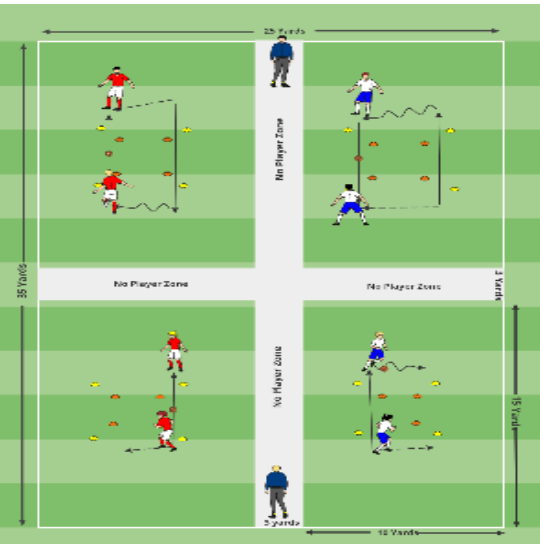
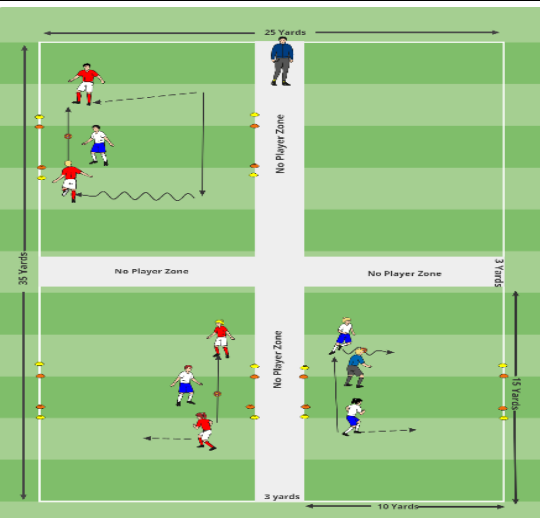
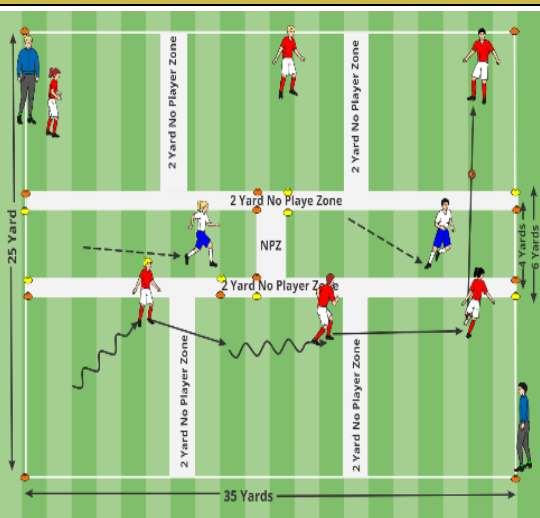
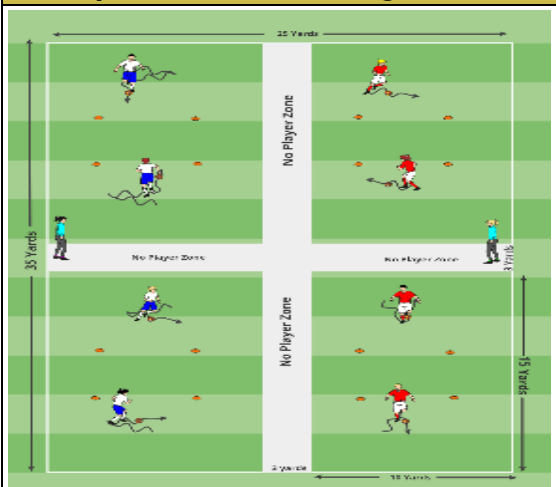
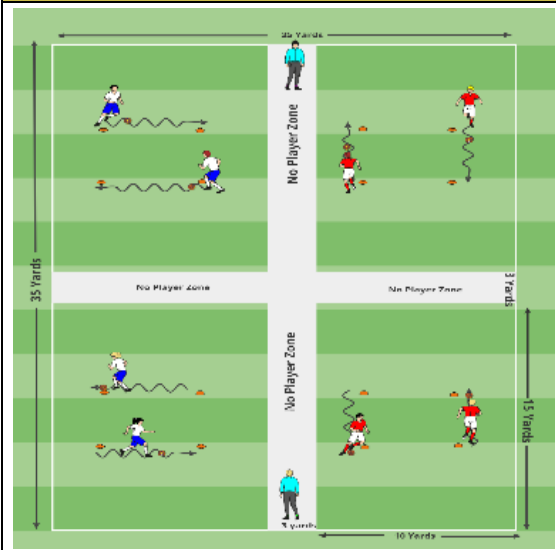
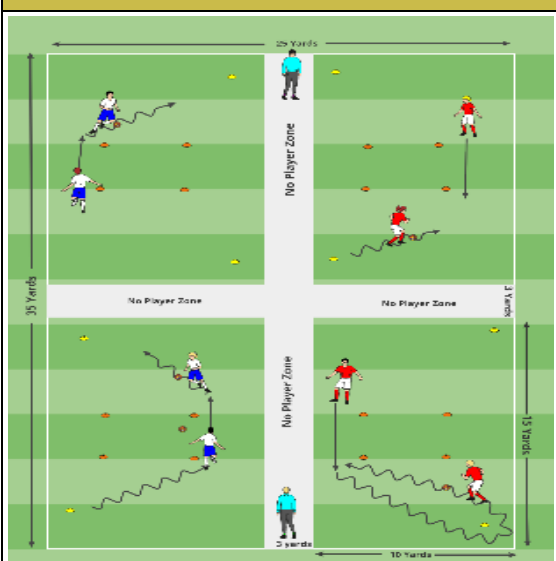


2020 U8	PHYSICAL DISTANCING TRAINING SESSION (In accordance with the COVID 19 Guidelines)						
	GOAL	Improve the technique of dribble a soccer ball					
	MOMENT	Attacking	DURATION	45 minutes	PLAYERS	8	
SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch — Shooting: Surface of the foot and ball, Pace and accuracy							
Activity 1: 6 Surfaces Dribbling				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 PLAYER ACTIONS: Dribble forward ORGANIZATION: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. The players try to use the following 6 surfaces in 1 fluid motion & in order: Outside of the foot (pinky toe), inside of the foot (big toe), laces, bottom (sole), toe & heel. Once they have turned with heel, try to repeat the pattern with their other foot. Once the players understand the pattern, try to do it faster; still in the limited space. Remember to account for minimum space requirements for social distancing. KEY WORDS: Outside, inside, laces, bottom, toe, heel GUIDED QUESTIONS: When you are ready to move forward, what are some actions you will do before you strike the ball? What do you have to do with your foot if you want your laces to hit the ball? ANSWERS: Look up to see where you are going. As you get closer to the ball, put your head back down & watch your foot hit the ball. Point your toe down toward the ground so your laces are facing the ball. Now, hit the ball with your laces. Note: To allow for ease of learning, introduce the 6 surfaces -2 surfaces at a time then layer in 1 at a time. Challenge the players to perform this "really hard task." Once they realize they can complete the challenge they will be ready for the next surface.			
Activity 2: Pattern Dribbling				15 min.-15 intervals-30 sec. play-30 sec. rest			
				OBJECTIVE: Improve the player's ability to maneuver the ball with different surfaces of the foot PLAYER ACTIONS: Dribble forward ORGANIZATION: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Within each grid, place 1 cone in the center & number the cones on the perimeter; if you have 4 cones, numbers 1-4. The players start & end at the center cone. The coach will call out a number, all players must dribble to the cone which corresponds to the number then back to their center cone. If the coach calls out multiple numbers, the players will dribble to each numbered cone, in order, then back to their center cone. The first player to stop their soccer ball at their center cone wins a point. KEY WORDS: Find the next cone, speed up, turn GUIDED QUESTIONS: As you approach the numbered cone, what should you think about before you get there? Once you have made your turn, how can you increase your speed? ANSWERS: As you approach the cone, check your shoulder to confirm your next turn. Move the soccer ball closer to foot which you intend to turn with. Push the ball further in front of you so you can begin to take bigger steps to run onto the ball. Note: If you call out more numbered cones, the players may take longer to complete the task. Adjust the rest time if work time takes longer than expected.			
Activity 3: 1v1 in Zones				15 min.-12 intervals-30 sec. play-45 sec. rest			
				OBJECTIVE: Move the ball toward PLAYER ACTIONS: Dribble forward, shoot ORGANIZATION: In a 20W x 30L field, set up 3W x 13L lanes with 2 small goals on each end line (as shown in the picture.) A minimum of 2 yards between each lane. Each player start with a soccer ball & plays in their own lane. If the ball goes out, quickly retrieve it and come back to your space. Players from 2 lanes are playing against each other. 1 player is attacking a small goal. Their opponent is defending the small goal. The attacking player must dribble & find an opening to shoot & score. The opponent will dribble toward them & can only block the shots with their soccer ball (pass their soccer ball to hit the shooter's ball.) If the shooter's ball is hit, a goal is scored or both balls leave the lanes, the game over, play again. The attacker get 4 rounds to score then, switch sides & roles. Dribbling, passing and/or shooting must come from your own lane. KEY WORDS: look for space, try something new, go for goal GUIDED QUESTIONS: Why is it important to play with your head up? What can you do to create an opening? Once you have an opening, what next? ANSWERS: Head of to find openings to the goal. Try to make a move. Use the touches or moves we used earlier. If you see an opening, shoot for the goal. Note: remember to keep players a safe distance apart even when collecting their soccer ball			

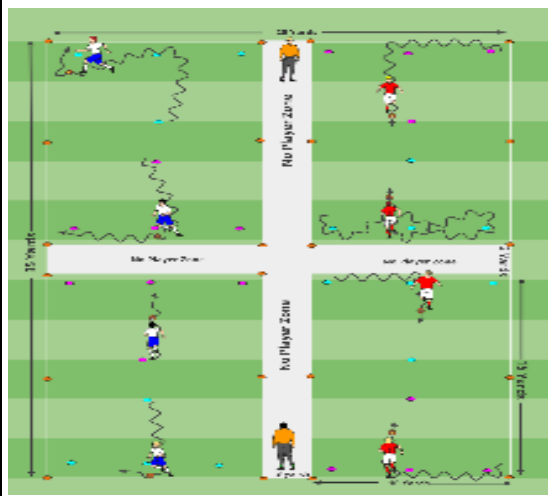
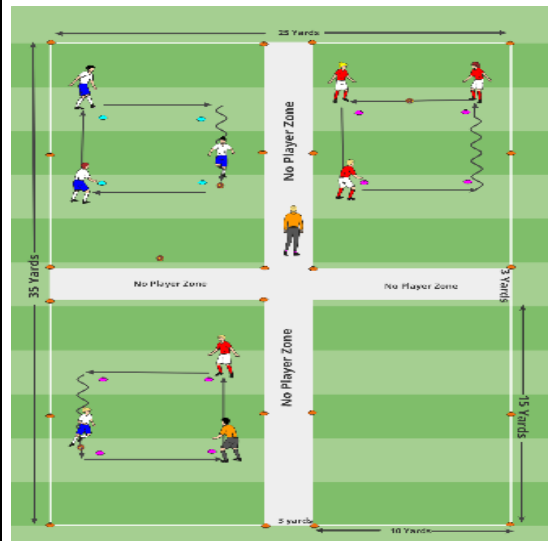
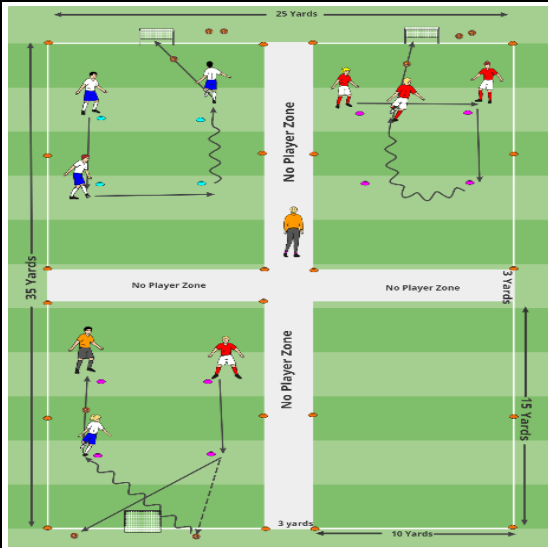
FOUR ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way?	1. Did you achieve your goals of the training session?
2. Repetitions: Are there repetitions when looking at the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

2020 U8	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	
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 1/2 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.				

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?

2020 U8	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: 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?

2020 U8	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: T Dribbling		15 min.-15 intervals-30 sec. play-30 sec. rest					
		OBJECTIVE: Improve the player's ability to dribble the soccer 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 2 "T" shapes; 1 toward each end line. 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. Each player will start at the base of 1 of the "T"s & will only work with the cones of their "T". On the coach's command, the players race the other players by dribbling their soccer ball to all cones in their "T"; they must follow the "T" shape while dribbling. The 1st player to return to their starting points wins the race. Coach can ask the players to perform a figure 8 through the top cones or dribble straight; coach's choice. KEY WORDS: laces, inside of the foot, outside of the foot, make a figure 8 GUIDED QUESTIONS: When would you want to use your laces & when would you use the inside or outside of your foot? After you have turned at a cone, what should your next touch look like? ANSWERS: Use your laces when you can dribble in a straight line & use the outside or inside when it is time to turn. Once you have made the turn, use bigger touches to move the ball quickly to the next cone. NOTES: If dribble to all cones and returning is too challenging, start by only dribbling to 1 cone and back, then 2 cones and back & finally all 3 cones and back. This layering process maybe easier to follow.					
Activity 2: Pass & Dribble Around a Box		15 min.-10 intervals-1 min. play-30 sec. rest					
		OBJECTIVE: Improve the player's ability to dribble the ball to 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. Within each grid, set up a 4 yard box. 3 players in each grid with 1 soccer ball to share. Players must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Each player starts outside of a cone in the 4 yard box. There are 4 cones but only 3 player. The object of the game is to pass the soccer ball around the outside of the box. The player who receives the ball & doesn't have a player to pass to must dribble to the empty cone then make the pass. Coach will determine if the players are playing clockwise; to their left or counter clockwise to their right. Switch directions every 2 rounds. Challenge the players to pass the soccer ball around the box as many times as they can in 1 minute. KEY WORDS: body position, farthest foot, what's next? GUIDED QUESTIONS: If you want to play to your left, how should you position your body to play the ball fastest? How do you determine what's next for you when you receive the pass (ie. whether to pass or dribble?) ANSWERS: Open up your body to allow the ball to travel across your body to your left foot. Then pass it with your right foot to your teammate. Look before you receive the ball. If no one is at the next cone, dribble. If someone is at the next cone, pass. NOTES: A coach may have to join in if you cannot make groups of 3. If you are joining in, allow the players to lead the group. They should make the comments instead of the coach talking them through. Remember to follow the physical distancing protocols.					
Activity 3: Pass & Dribble Box to Goal		15 min.-2 intervals-2 min. play-1 min. rest					
		OBJECTIVE: Improve the player's ability to dribble the ball to set up a pass or shot 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. Place a goal in each grid on the outside end line. Within each grid, set up a 4 yard box. 3 players in each grid with 3 soccer ball to share; 1 in play at a time & 2 close to the goal. Players must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Each player starts outside of a cone in the 4 yard box. There are 4 cones but only 3 player. The object of the game is to pass the soccer ball around the outside of the box. The player who receives the ball & doesn't have a player to pass to must dribble to goal and try to score. After shooting, the same player must collect a soccer ball from around the goal, dribble to the empty cone to make a pass to a teammate. Coach will determine if the players are playing clockwise; to their left or counter clockwise to their right. Switch directions each round. Which team scores the most goals in 2 minutes? KEY WORDS: turn to goal, shoot GUIDED QUESTIONS: If you do not have someone to pass to, what do you do? When is a good time to shoot? ANSWERS: Before you get the ball, look to the next cone. If no one is there, turn and go to goal. If you have an opening to the goal & you are close enough to score, shoot as quickly as you can. NOTES: A coach may have to join in if you cannot make groups of 3. If you are joining in, allow the players to lead the group. They should make the comments instead of the coach talking them through. Remember to follow the physical distancing protocols. Goals should be set up so the players are not shooting toward other grids.					

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?