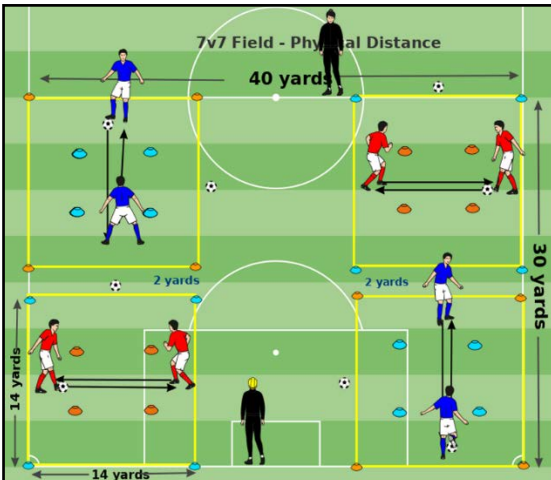
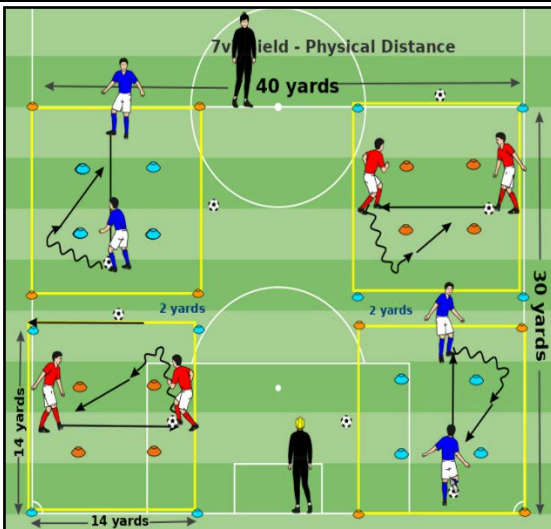
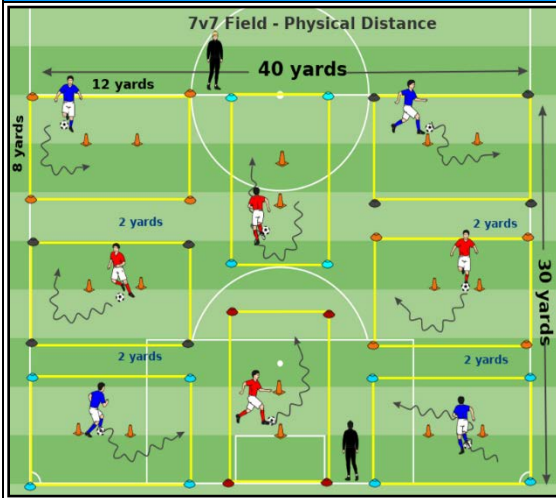
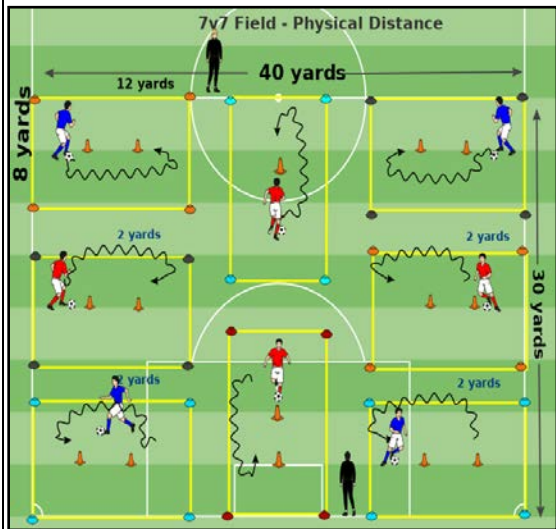
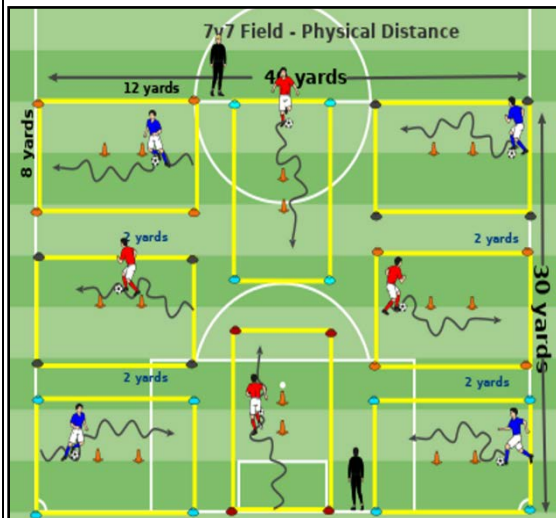


Spring 2020 U9-U10 7V7	PHYSICAL DISTANCING TRAINING SESSION (In accordance with the COVID - 19 Guidelines)						
	GOAL:	Improve the techniques of passing and receiving the soccer ball 1					
	MOMENT	ATTACKING	DURATION	45 minutes	PLAYERS	8	
SKILL ACQUISITION: Passing - Accuracy, Pace, Weight, Position 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. <i>One Interval.</i> 2. Pass with one foot and receive with the other foot. <i>One Interval.</i> 3. Pass with one foot, and receive the ball with a directional first touch past the cone by you. <i>One Interval.</i> 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. <i>Two Intervals.</i> 2. Receive with the inside of one foot and pass with the other foot. <i>Two Intervals.</i> 3. Receive with the outside of the foot and pass with the inside of the same foot. <i>Two Intervals.</i> 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. <i>Two Intervals.</i> 2. Receive with the inside of one foot and pass with the other foot. <i>Two Intervals.</i> 3. Receive with the outside of the foot and pass with the inside of the same foot. <i>Two Intervals.</i> 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 (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. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Spring 2020 U9-U10 7V7	PHYSICAL DISTANCING TRAINING SESSION (In accordance with the COVID - 19 Guidelines)						
	GOAL:	Improving the techniques of Dribbling to Beat an Opponent					
	MOMENT	ATTACKING	DURATION	45 minutes	PLAYERS	7 - 8	
SKILL ACQUISITION: Dribbling- Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace) after the defender is beaten.							
ACTIVITY 1: BALL MASTERY			DURATION: 10 min – INTERVALS :10 -- ACTIVITY: 40 sec--REST: 20 sec				
			OBJECTIVE: To dribble the ball forward. PLAYER ACTIONS: Dribble the ball forward. ORGANIZATION: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will dribble it around performing the following tasks: 1. Dribble using the inside and outside of the right foot. <i>Four Intervals.</i> 2. Dribble using the inside and outside of the left foot. <i>Four Intervals.</i> 3. Dribble using 3 laces touches, 6 inside of both feet touches and stopping the ball. <i>Two Intervals.</i> KEY WORDS: Head up and Surface. GUIDED QUESTIONS: 1. When you dribble, why do you want to have the head up? 2. What surface of the foot should you use to go straight, change direction and to stop the ball? ANSWERS: 1. To look where to go with the ball – 2. To go straight use the laces, to change direction the outside or the inside of the foot and the sole to stop the ball.				
ACTIVITY 2: FAKE & ACCELERATE			DURATION: 16 min -- INTERVALS: 16 -- ACTIVITY: 45 sec --REST: 15 sec				
			OBJECTIVE: To dribble the ball forward and beat an opponent. PLAYER ACTIONS: Dribble the ball forward. ORGANIZATION: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will stand about two yards from the cone; dribble the ball around to get in front of the other cone. Player should perform the following technical tasks: 1. Touch and accelerate to the other cone. <i>Four Intervals.</i> 2. Touch with inside right, touch with the inside left and accelerate to the other cone. <i>Four Intervals.</i> 3. Circle take with right foot take with the outside of the left foot (Scissor). <i>Four Intervals.</i> 4. Circle take with left foot take with the outside of the right foot (Scissor). <i>Four Intervals.</i> KEY WORDS: Surface, Long touch, Control. GUIDED QUESTIONS: 1. What surfaces of the foot should you use for the first touch? 2. Why do we want to have a long first touch? 3. What do we do to get in front of the other cone? ANSWERS: 1. The inside or the outside of the foot – 2. To give us room to accelerate – 3. Control the ball with smaller touches and stop it.				
ACTIVITY 3: BEAT THE CONE			DURATION: 18 min -- INTERVALS: 19 -- ACTIVITY: 45 sec --REST: 15 sec				
			OBJECTIVE: To dribble the ball forward and beat an opponent. PLAYER ACTIONS: Dribble the ball forward. ORGANIZATION: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will dribble around the cone in the middle and go to the other side. Player should perform the following technical tasks: 1. Inside and outside of one foot. <i>Four Intervals.</i> 2. Touch with inside right, touch with inside left. <i>Four Intervals.</i> 3. Fake and take. <i>Five Intervals.</i> 4. Circle take. <i>Five Intervals.</i> KEY WORDS: Control, Fake, Accelerate. GUIDED QUESTIONS: 1. How can we control the ball before performing the move? 2. Why do you need to fake a defender? 3. When do we accelerate? ANSWERS: 1. We will take smaller touches. – 2. The fake throws the defender out one way – 3. As soon as we are past the defender (cone).				

See video links to some of the moves below:

FIVE ELEMENTS of a 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. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

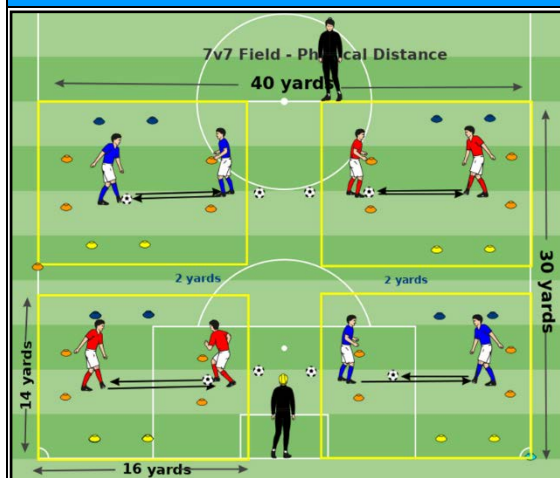
1v1 moves links	
Bish- bash	https://www.youtube.com/watch?v=8CBpSYuUIJ8
Fake and Take	https://www.youtube.com/watch?v=Zuu7mDzZA2g&list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv&index=3
Scissors	https://www.youtube.com/watch?v=6dcW1VhK3Yw&list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv
Step over	https://www.youtube.com/watch?v=biZKX2zE0dQ&list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv&index=8

Spring 2020 U9-U10 7V7	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i>						
	GOAL:	Improve the techniques of passing and receiving the soccer ball 2					
	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: THREE GATES 1

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 14Wx16L working areas, set up three 2 yard gates as shown in the diagram. Place the receiver between the three gates and the passer between two cones in front of the receiver. The passer will pass the ball and call a number (1, 2, or 3) the receiver will pass the ball in that amount of touches. Players will switch every interval.

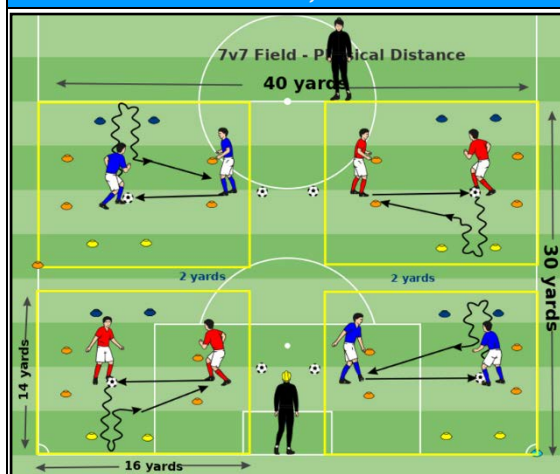
KEY WORDS: Standing foot, Ankle, Receiving.

GUIDED QUESTIONS: 1. Where should the standing foot be to make the pass? 2. What do you do with the 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: MAN ON, RIGHT or LEFT

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 14Wx16L working areas, set up three 2 yard gates as shown in the diagram. Place the receiver between the three gates and the passer between two cones in front of the receiver. The passer will pass the ball and say "Man on", the receiver will pass the ball back. "Right or Left" the receiver will receive the ball, dribble through the respective gate, turn and pass the ball. Players will switch every interval.

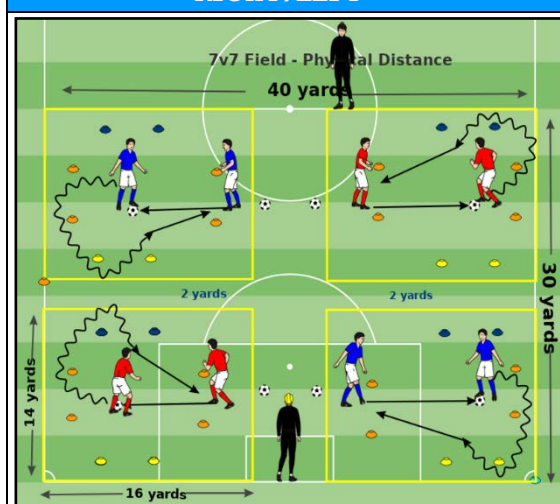
KEY WORDS: On the ball, Surfaces, Balance, and Contact.

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: MAN ON, TURN, RIGHT/LEFT

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.

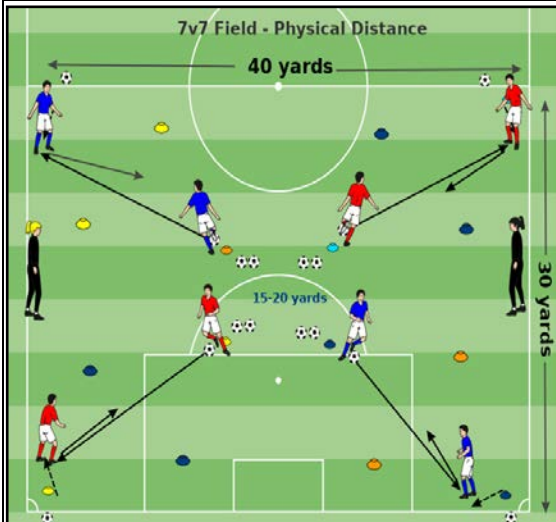
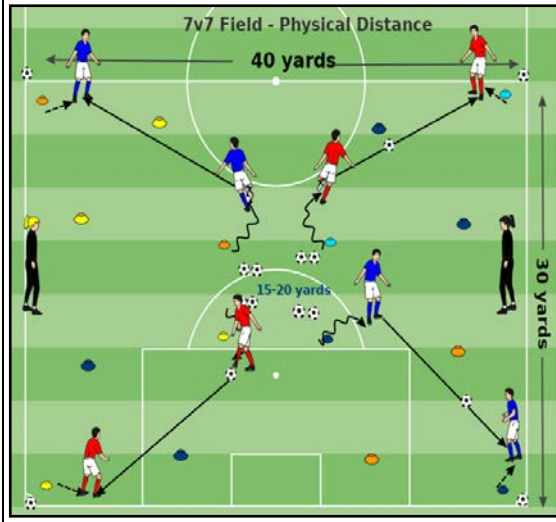
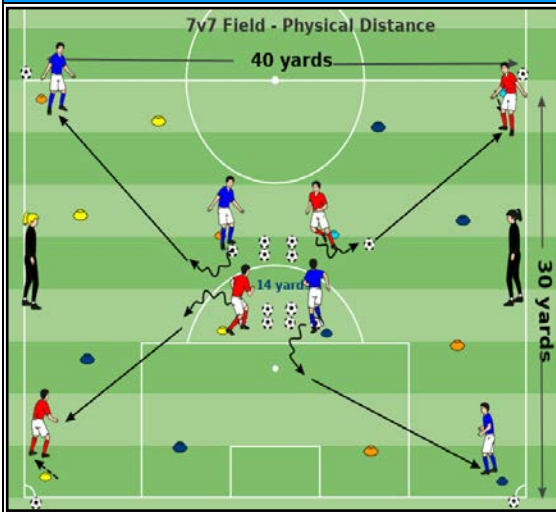
ORGANIZATION: In a half field (30Wx40L), create four 14Wx16L working areas, set up three 2 yard gates as shown in the diagram. Place the receiver between the three gates and the passer between two cones in front of the receiver. The passer will pass the ball and say "Turn", the receiver will turn, dribble through the orange gate and any other gate to pass the ball. The passer still says "Man on", "Right", or "Left".

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

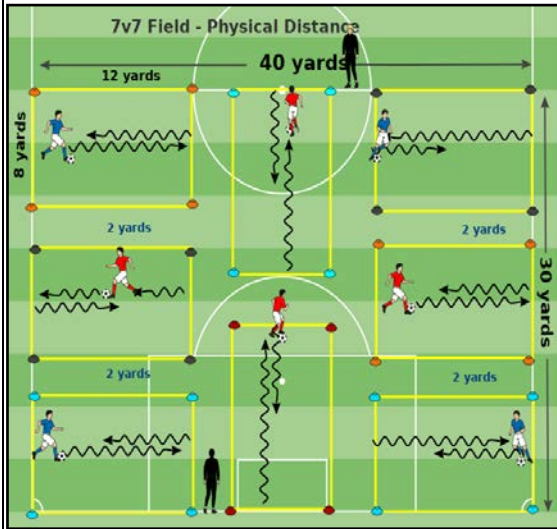
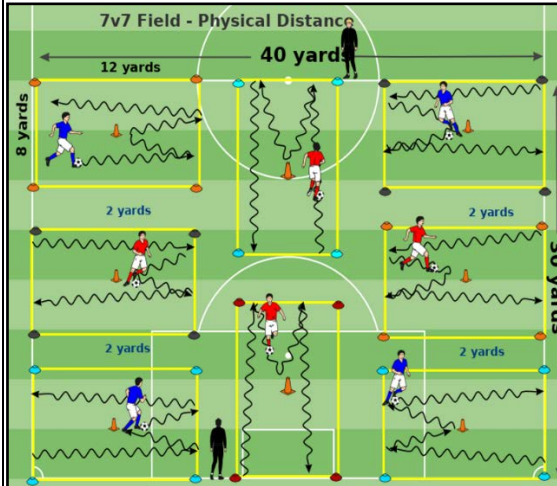
GUIDED QUESTIONS: 1. Why do I need to have eyes on the ball? 2. What surface do I use for my first touch? 3. How do we keep a good balance when passing the ball? 4. Where do we make contact with the ball?

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 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. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Spring 2020 U9-U10 7V7	PHYSICAL DISTANCING TRAINING SESSION (In accordance with the COVID - 19 Guidelines)						
	GOAL:	Improve the Technique of Shooting					
	MOMENT	ATTACKING	DURATION	45 minutes	PLAYERS	8	
SKILL ACQUISITION: Shooting - Touch outside the body, Position of the non-kicking foot, Head up to frame the goal, Head down to strike, Surface of the foot to strike with, Surface of the ball to strike, Follow through, Accuracy versus Power.							
ACTIVITY 1: SHOOTING BASICS		DURATION: 12 min -- INTERVALS: 3 --ACTIVITY: 3.5 min --REST: 30 sec					
		OBJECTIVE: To improve the technique of shooting. PLAYER ACTIONS: Shooting. ORGANIZATION: In a half field (30Wx40L) create four shooting stations 20 yards long. Place two cones in the middle representing a goal about 6 yards apart. Place a player at each end. The player with the ball will strike a standing ball and the opposite player who will stop it strike it back. Player will perform the following tasks: 1. Strike a standing ball with the strong foot. <i>One Interval.</i> 2. Striker a standing ball with the week foot. <i>One Interval.</i> 3. Roll the ball and strike the ball. <i>One Interval.</i> KEY WORDS: Approach, Standing foot, Contact. GUIDED QUESTIONS: 1. How do you approach the ball? 2. Where should the standing foot be to strike the ball? 3. Where do you make contact with the ball? ANSWERS: 1. Approach it at an angle – 2. About 6 inches to the side of the ball pointing to the target – 3. In the middle of the ball.					
ACTIVITY 2: DRIBBLE & SHOOT		DURATION: 18 min -- INTERVALS: 3 --ACTIVITY: 5.5 min --REST: 30 sec					
		OBJECTIVE: To improve the technique of shooting. PLAYER ACTIONS: Shooting ORGANIZATION: In a half field (30Wx40L), create four shooting stations 20 yards long. Place two cones in the middle representing a goal about 6 yards apart. . Place a shooter at each end. A shooter will strike three balls in a row. The shooter with the ball will perform a move to beat a defender (cone) and strike the ball through the goal. Player will perform the following tasks: 1. Dribble and shoot with the strong foot. <i>Two Intervals.</i> 2. Dribble and shoot with the week foot. <i>Two Intervals.</i> KEY WORDS: Set up, Target, Surface, Follow through. GUIDED QUESTIONS: 1. What do we need to do with the ball to set up the shot? 2. What do you need to do to pick the target? 3. What surfaces of the foot can you use to shoot at goal? 4. Why do we need to follow through? ANSWERS: 1. Tap it on an angle to one side and shoot it – 2. Look at the goal to frame the goal – 3. The laces, the inside or outside of the foot and the toe – 4. To transfer power to the ball.					
ACTIVITY 3: TURN & SHOOT		DURATION: 16 min -- INTERVALS: 4 --ACTIVITY: 3.5 min --REST: 30 sec					
		OBJECTIVE: To improve the technique of shooting. PLAYER ACTIONS: Shooting ORGANIZATION: In a half field (30Wx40L) create four shooting stations 20 yards long. Place two cones in the middle representing a goal about 6 yards apart. . Place a shooter at each end. A shooter will strike three balls in a row. The shooter with the ball will perform a turn to go around a defender (cone) and strike the ball through the goal. Player will perform the following tasks: 1. Turning using the inside of the right foot. <i>One Interval.</i> 2. Turning using the inside of the left foot. <i>One Interval.</i> 3. Turning using the outside of the right foot. <i>One Interval.</i> 4. Turning using the outside of the left foot. <i>One Intervals.</i> KEY WORDS: Ankle, Eyes, Follow Through. GUIDED QUESTIONS: 1. Where should your eyes be looking when striking the ball? 2. Why do we need to follow through? ANSWERS: 1. At the ball – 2. To transfer power to the ball.					

FIVE ELEMENTS of a 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. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Spring 2020 U9-U10 7V7	PHYSICAL DISTANCING TRAINING SESSION (In accordance with the COVID - 19 Guidelines)						
	GOAL:	Improving the techniques of Running with the Ball and Turning					
	MOMENT	ATTACKING	DURATION	45 minutes	PLAYERS	7 - 8	
SKILL ACQUISITION: Running with the ball: Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch – Turning: Position of the non-kicking foot, Surface of the foot, Surface of the ball to strike, pivot & accelerate.							
ACTIVITY 1: RUNNING WITH THE BALL			DURATION: 12 min – INTERVALS :12 -- ACTIVITY: 40 sec--REST: 20 sec				
			OBJECTIVE: To dribble the ball forward. PLAYER ACTIONS: Dribble the ball forward ORGANIZATION: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side of the grid and back. Player should perform the following technical tasks: 1. Run to the other side; stop the ball, run back. <i>Three Intervals.</i> 2. Run to the other side, turn using two touches with the inside of the foot. <i>Three Intervals</i> 3. Run to the other side, turn using two touches with the outside of the foot. <i>Three Intervals.</i> 4. Run to the other side, turn using the sole of the foot. <i>Three Intervals.</i> KEY WORDS: Head up, Surface, Big touch. GUIDED QUESTIONS: 1. When you dribble, why do you want to have the head up? 2. What surface of the foot should you use to push the ball forward in front of you? 3. Why do we use big touches if we have space in front? ANSWERS: 1. To look where to go with the ball – 2. We want to use the laces portion of the foot – 3. To run faster and get to the other side quickly.				
ACTIVITY 2: 3 TURNS			DURATION: 15 min -- INTERVALS: 15 -- ACTIVITY: 45 sec --REST: 15 sec				
			OBJECTIVE: To dribble the ball forward and turning with the ball. PLAYER ACTIONS: Dribble the ball forward. ORGANIZATION: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side, turn and dribble to the central cone, turn and go to the end line, turn and run with the ball to the start line. Player should perform the following technical tasks: 1. Turn using the inside of the foot (inside cut). <i>Five Intervals.</i> 2. Turn using the outside of the foot (out of the foot hook). <i>Five Intervals.</i> 3. Turn using the sole of the foot. <i>Five Intervals.</i> KEY WORDS: Control, Slow down, Shoulder. GUIDED QUESTIONS: 1. How can you keep the ball under control? 2. When should you slow down with the ball? 3. Why do you need to get in the habit to look over the shoulder? ANSWERS: 1. Push the ball in front of you with the laces – 2. Before you are going to execute the turn – 3. To get in the habit to know where the defenders are.				
ACTIVITY 3: 6 TURNS			DURATION: 18 min -- INTERVALS: 18 -- ACTIVITY: 45 sec --REST: 15 sec				
			OBJECTIVE: To dribble the ball forward and turning with the ball. PLAYER ACTIONS: Dribble the ball forward. ORGANIZATION: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run with the ball and turn. Player should perform the following technical tasks: 1. Turn alternating the inside of the foot and the outside of the foot (inside cut). <i>Six Intervals.</i> 2. Turn alternating the outside of the foot and the sole of the foot (out of the foot hook). <i>Six Intervals.</i> 3. Turn alternating all 3 surfaces. <i>Six Intervals.</i> KEY WORDS: Touches, Acceleration. GUIDED QUESTIONS: 1. What determines the number of touches on the ball? 2. When should you accelerate with the ball? ANSWERS: 1. The space and the speed we need to get to the other side – 2. Right after each turn.				

FIVE ELEMENTS of a 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. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?