

Spring 2020 U11-U12 9V9	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i>						
	GOAL	Improve the techniques of Passing and Receiving the Soccer Ball 1					
	MOMENT	ATTACKING	DURATION	45	PLAYERS	9	

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: RECEIVE, PASS and MOVE I

DURATION: 12 min -- **INTERVALS:** 6 -- **ACTIVITY:** 1.5 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 (50Wx40L), create three 16Wx18L yard grids as shown in the diagram. Divide the grid with a central 2 yard neutral zone. Place a receiver in one end and two passers with a soccer ball each in the opposite end. The activity starts with one pass to the receiver controlling and passing the ball back, then moving to support the other passer to receive and pass the ball back. Switch players every interval.

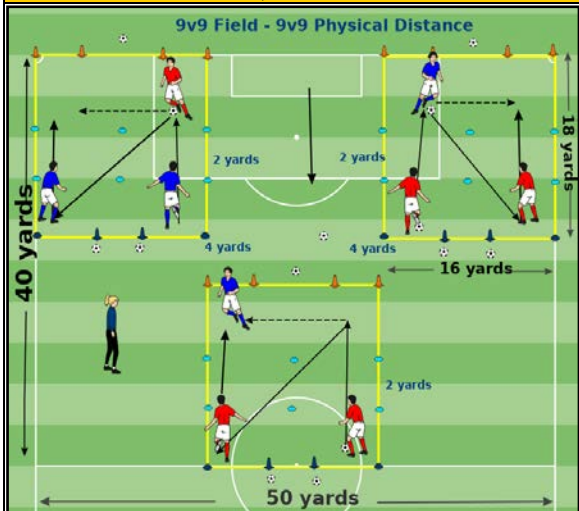
KEY WORDS: Position to receive, Surface, First touch, Strike the ball.

GUIDED QUESTIONS: 1. Where should you position yourself to receive the ball easily? 2. What surface of the foot do we use receive the ball? 3. Where should we direct the first touch? 4. Where do we strike the ball?

ANSWERS: 1. Get in line with the ball – 2. We use the inside of the foot – 3. Right in front to step into the pass – 4. In the middle of the ball.

ACTIVITY 2: RECEIVE, PASS and MOVE II

DURATION: 15 min -- **INTERVALS:** 6 -- **ACTIVITY:** 1.5 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 (50Wx40L), create three 16Wx18L yard grids as shown in the diagram. Divide the grid with a central 2 yard neutral zone. Place a receiver at one end and two passers with a soccer ball each at the opposite end. The activity starts with one pass to the receiver controlling and passing the ball back diagonal to the other player, then moving to support passer to receive and pass diagonally to the other side. Switch players every interval.

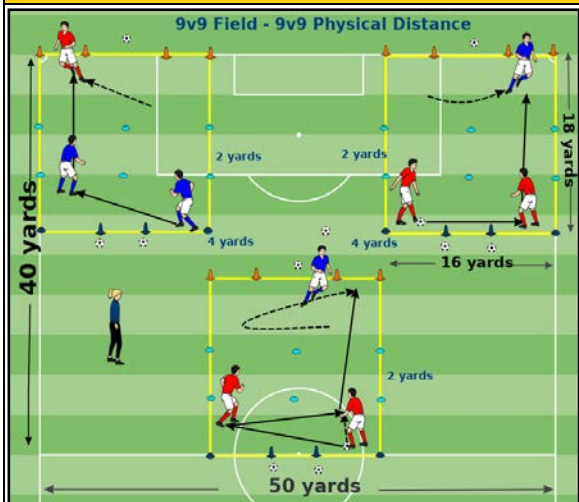
KEY WORDS: First touch, Contact, Follow through.

GUIDED QUESTIONS: 1. Where do we direct our first touch? 2. What surface of the foot do we use to strike the ball? 3. Why do we need to follow through?

ANSWERS: 1. Toward the direction of our next pass – 2. The inside of the foot – 3. To transfer power to the ball.

ACTIVITY 3:

DURATION: 18 min -- **INTERVALS:** 12 -- **ACTIVITY:** 1 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 (50Wx40L), create three 16Wx18L yard grids with two cone goals at one end and one at the other end as shown in the diagram. Divide the grid with a central 2 yard neutral zone. The defender starts the activity by passing to one of the attackers. The attacker tries to score by passing the ball through one of the cone goals. If the defender intercepts the ball, he/she can score in the opposite central goal. Both players must stay in their grid. Switch defenders every interval.

KEY WORDS: Opening and Possess.

GUIDED QUESTIONS: 1. What do we do if we have an opening? 2. When do we keep possession of the ball?

ANSWERS: 1. We pass the ball forward – 2. We keep possession of the ball when the defender is in front of it by passing to the other attacker.

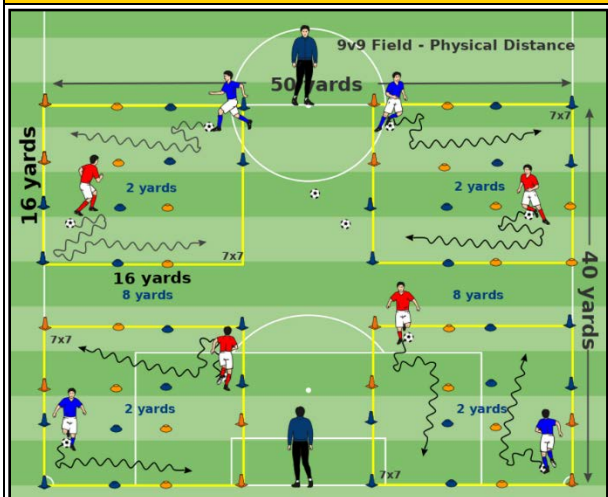
FIVE ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
1.Organized: Is the exercise organized in the right way? 2.Repetitions: Are there repetitions when looking at the overall goal of the session? 3.Challenging: Are the players 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. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Spring 2020 U11-U12 9V9	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i>						
	GOAL	Improving the technique of Dribbling to Beat an Opponent					
	MOMENT	ATTACKING	DURATION	45	PLAYERS	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: 12 min -- **INTERVALS:** 4 -- **ACTIVITY:** 2 min -- **REST:** 1 min



OBJECTIVE: To dribble the ball forward.

PLAYER ACTIONS: Dribble the ball forward.

ORGANIZATION: In a half field (50Wx40L), create four 16x16 yard grids. Each grid has four 7x7 yard squares with a 2 yard space in between squares as shown in the diagram. Place two players with a ball inside one of the small squares. The player with the ball will dribble it around performing the following tasks:

1. Inside-outside-inside-outside-Inside-outside-stop, switch square. *One Interval.*
2. Inside -outside- laces-laces -inside-inside-roll, switch square. *One Interval.*
3. Inside -outside- laces-laces -inside-inside-roll, switch square. *One Interval.*
4. Inside -outside- laces-laces -inside-inside-roll-circle take, switch foot. *One Interval.*

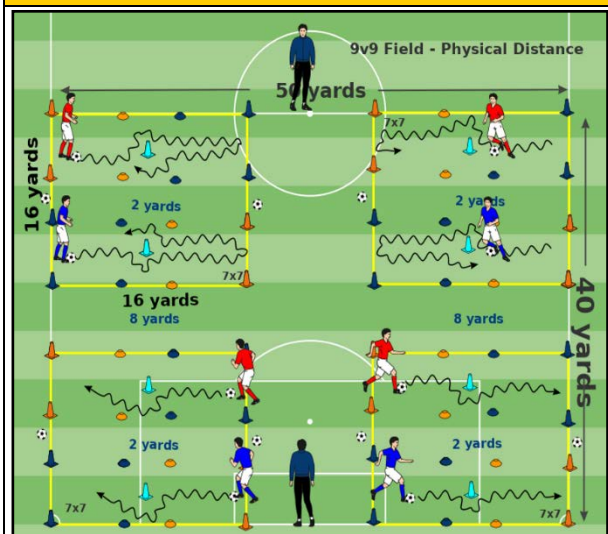
KEY WORDS: Look up and Surface.

GUIDED QUESTIONS: 1. Why do you need to look up? 2. What surface of the foot should you use to go straight, change direction and to stop the ball?

ANSWERS: 1. To see 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: 1v1 RACE

DURATION: 16 min -- **INTERVALS:** 16 -- **ACTIVITY:** 40 sec -- **REST:** 20 sec



OBJECTIVE: To dribble the ball forward.

PLAYER ACTIONS: Dribble the ball forward.

ORGANIZATION: In a half field (50Wx40L), create four 16x16 yard grids. Each grid has four 7x7 yard squares with a 2 yard space in between squares as shown in the diagram. Both dribblers are at one end of the grid. One player will say GO!. They will perform a move at the cone, go to the end line and come back performing the same move at the cone again. The player who gets back first wins the race. The player with the ball will dribble it around performing the following tasks:

1. Inside and outside of one foot. *Four Intervals.*
2. Touch with inside right, touch with inside left. *Four Intervals.*
3. Fake and take. *Five Intervals.*
4. Circle take. *Five Intervals.*

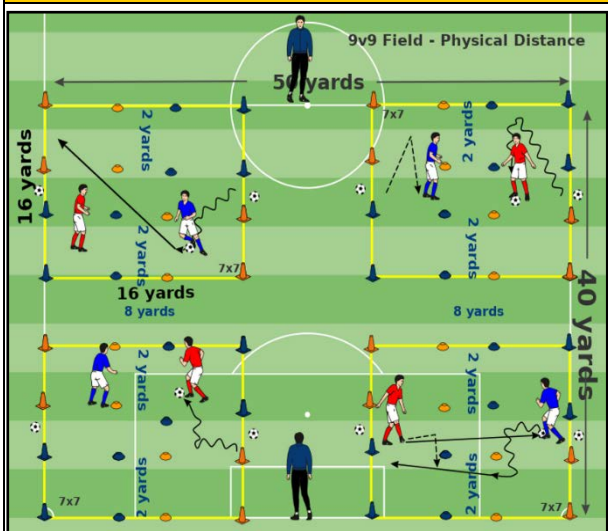
KEY WORDS: Control, Fake, Accelerate.

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).

ACTIVITY 3: DRIBBLE AND SCORE

DURATION: 16 min -- **INTERVALS:** 8 -- **ACTIVITY:** 1.5 min -- **REST:** 30 sec



OBJECTIVE: To dribble the ball forward.

PLAYER ACTIONS: Dribble the ball forward.

ORGANIZATION: In a half field (50Wx40L), create two 7Wx16L yard lanes with a 2Wx16L yard zone in between the two lanes. The defender will pass the ball to the dribbler. The dribbler will receive, lose the defenders and score in any of the two goals. No one is allowed to cross the neutral 2 yard zone.

KEY WORDS: Commit and Fake

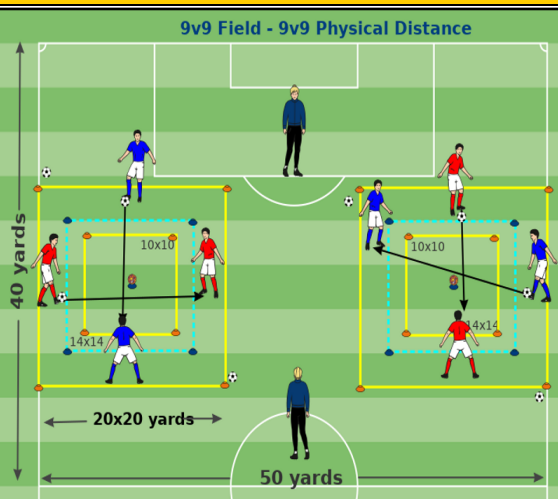
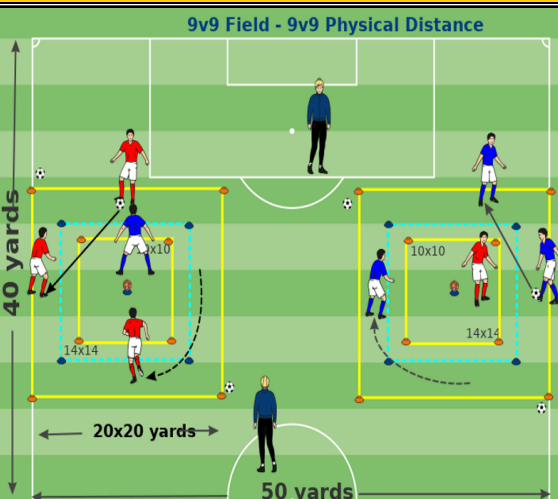
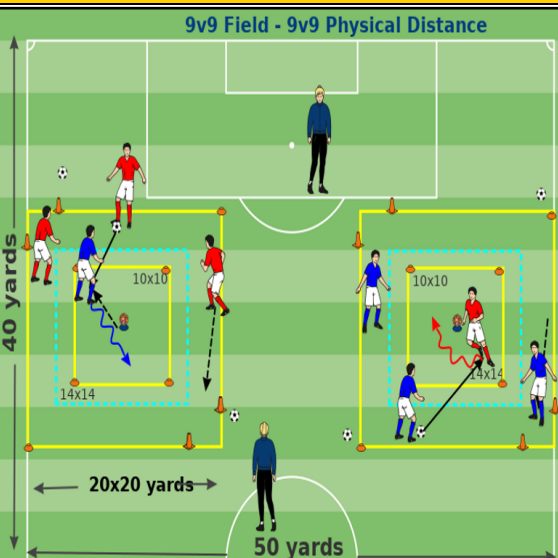
GUIDED QUESTIONS: 1. How do you commit the defender? 2. Why do you need to fake a defender?

ANSWERS: 1. Dribble straight at the defender – 2. The fake throws the defender out one way.

See video links to some of the moves below

FIVE 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. How did you achieve your goals in 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?	

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 U11-U12 9V9	PHYSICAL DISTANCING TRAINING SESSION (In accordance with the COVID - 19 Guidelines)						
	GOAL	Improve the techniques of Passing and Receiving the Soccer Ball 2					
	MOMENT	ATTACKING	DURATION	45	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: HIT the BALL		DURATION: 12 min -- INTERVALS: 3 --ACTIVITY: 3 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 (50Wx40L), create two 20x20 grids with two inner grids, one of 14x14 yards and smaller one of 10x10 yards with a ball in the middle and 4 players as shown in the diagram. The red and blue players are to hit the ball with their ball. The first team that gets to 5 hits wins. Play for the best of 6. KEY WORDS: Standing leg, Standing foot, Strike. GUIDED QUESTIONS: 1. What do we do with the knee of the standing leg? 2. Where should the standing foot be to make the pass? 3. Where do we strike the ball? 4. What portion of the foot do we use to receive the ball? ANSWERS: 1. We bend it slightly – 2. About 6 inches to the side of the ball pointing to the target – 3. In the middle of the ball – 4. The inside of the foot.					
ACTIVITY 2: 3v1 HIT the BALL		DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 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 (50Wx40L), create two 20x20 grids with two inner grids, one of 14x14 yards and a smaller one of 10x10 yards with a ball in the middle, three passers and a defender as shown in the diagram. The possession team tries to find a way to move the defenders to hit the ball inside the 10x10 grid. If they hit the ball, the defender stays in one more time. If the possession team completed 10 passes and were unable to hit the ball, switch defenders. Switch defenders every interval. Attackers play with 3 to 4 touches max. KEY WORDS: Triangle, Body shape, Angle, GUIDED QUESTIONS: 1. Why do we need to make a triangle? 2. How should your body shape be? 3. Why should we be supporting in an angle? ANSWERS: 1. To have passing options to the right and left of the ball – 2. You should be facing the ball and the defender – 3. To create a diagonal passing lane.					
ACTIVITY 3: 3v1 HIT the BALL or COUNTER		DURATION: 18 min -- INTERVALS: 6 --ACTIVITY: 2 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 (50Wx40L), create two 20x20 grids with two inner grids, one of 14x14 yards and a smaller one of 10x10 yards with a ball in the middle, three passers and a defender as shown in the diagram. The possession team tries to find a way to move the defenders to hit the ball inside the 10x10 grid. If they hit the ball, the defender stays in one more time. If the possession team completed 10 passes and were unable to hit the ball, switch defenders. Switch defenders every interval. Attackers play with 3 to 4 touches max. The defenders have 3-4 touches to pass through one of the goals. KEY WORDS: Faster, Triangle, Body shape, Lose the ball. GUIDED QUESTIONS: 1. What can we do to move the ball faster to unbalance the defender? 2. Why do you need to make a triangle? 3. How should your body shape be? 4. What do we do if we lose the ball to the defender? ANSWERS: 1. Put more pace on the ball – 2. To have passing options to the right and left of the ball – 3. You should be facing the ball and the defender – 4. One player quickly protect the goal or intercept the pass to the goal.					

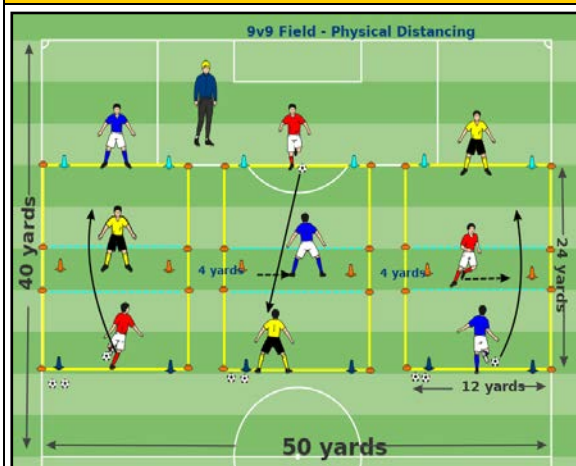
FIVE ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
1.Organized: Is the exercise organized in the right way? 2.Repetitions: Are there repetitions when looking at the overall goal of the session? 3.Challenging: Are the players 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. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Spring 2020 U11-U12 9V9	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i>							
	GOAL	Improve the Technique of Shooting						
	MOMENT	ATTACKING	DURATION	45	PLAYERS	9		

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 THROUGH THE CONES

DURATION: 15 min -- **INTERVALS:** 3 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To improve the technique of shooting.

PLAYER ACTIONS: Shooting.

ORGANIZATION: In a half field (50Wx40L) create three shooting grids of 12Wx24L with a 7 yard goal at each end and the middle of the grid within the 4 yard zone as show in the diagram. At the goal in the middle place a blocker (the blocker is not a GK) who can only use the feet to block the shot. Each shooter will strike three standing balls as many times as it is possible in the interval. Rotate the blocker every interval.

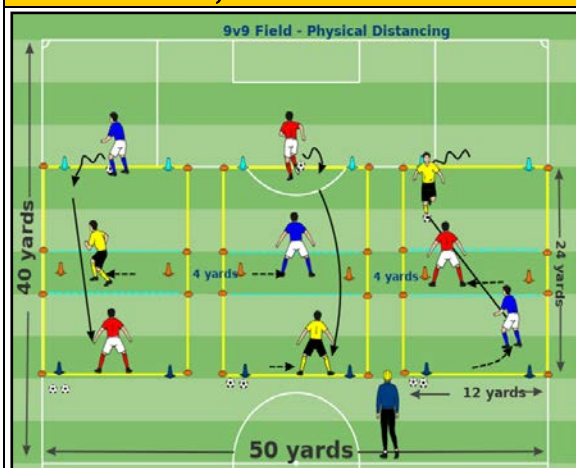
KEY WORDS: Approach, Standing foot, Contact.

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: TURN, SHOOT THROUGH CONES 2

DURATION: 20 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



OBJECTIVE: To improve the technique of shooting.

PLAYER ACTIONS: Shooting.

ORGANIZATION: In a half field (50Wx40L) create three shooting grids of 12Wx24L with a 7 yard goal at each end and the middle of the grid within the 4 yard zone as show in the diagram. At the goal in the middle place a blocker (the blocker is not a GK) who can only use the feet to block the shot. Each shooter will turn three times and strike the ball as many times as it is possible in the interval. Rotate the blocker every interval.

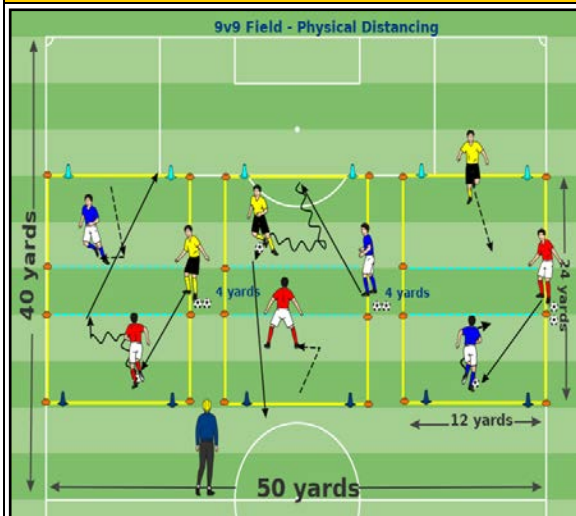
KEY WORDS: Eyes, target, Surface, Follow through.

GUIDED QUESTIONS: 1. Where should your eyes be looking when striking the ball? 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. At the ball – 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: 1v1 SHOOTING

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



OBJECTIVE: To improve the technique of shooting.

PLAYER ACTIONS: Shooting.

ORGANIZATION: In a half field (50Wx40L) create three shooting grids of 12Wx24L with a 7 yard goal at each end with a central 4 yard zone as shown in the diagram. Place two players at each end and one player with three balls as the server. The game starts with the server passing to one of the players, dribbling forward and trying to score in the opponent's goal. If the defender intercepts the ball, he/she can shoot at the opponent's goal. Switch server every interval.

KEY WORDS: First touch, Move the defender, Strike, Power.

GUIDED QUESTIONS: 1. In what direction should you take your first touch? 2. How do you move the defender if he/she is standing in front of you? 3. What surface of the foot should you use to strike the ball? 4. What do we need to do to put power on the ball?

ANSWERS: 1. Forward toward the central zone – 2. Fake the defender out to send him/her the opposite way – 3. The laces, the inside or outside of the foot and the toe – 4. Follow through.

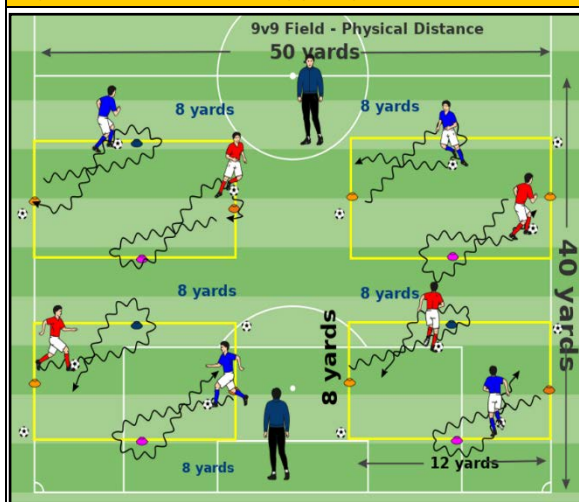
FIVE ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
1.Organized: Is the exercise organized in the right way? 2.Repetitions: Are there repetitions when looking at the overall goal of the session? 3.Challenging: Are the players 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. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Spring 2020 U11-U12 9V9	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i>							
	GOAL	Improving the Technique of Turning with the Ball						
	MOMENT	ATTACKING	DURATION	45	PLAYERS	8		

SKILL ACQUISITION: Turning 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, Position of the non-kicking foot, Surface of the foot, Surface of the ball to strike, pivot & accelerate.

ACTIVITY 1: FIGURE 8

DURATION: 12 min -- **INTERVALS:** 6 -- **ACTIVITY:** 1.5 min -- **REST:** 30 sec



OBJECTIVE: To improve the technique of turning with the ball.

PLAYER ACTIONS: Dribble the ball forward.

ORGANIZATION: In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble the ball making a figure 8 between two cones. Player should perform the following technical tasks:

1. Turn around the cone using the inside of the foot. *Two Intervals.*
2. Turn around the cone using the outside of the foot. *Two Intervals*
3. Turn around one cone using the inside of the foot and the other cone using the outside of the foot. *Three Intervals*

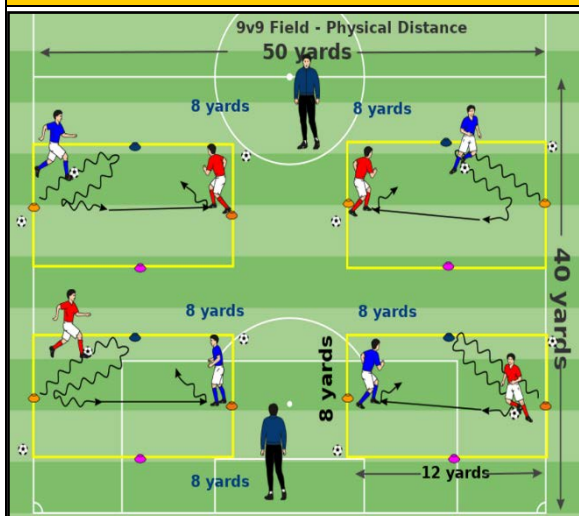
KEY WORDS: Head up, Control, Surface.

GUIDED QUESTIONS: 1. Why do we keep the head up? 2. How do we get control of the ball before we turn? 3. What surface of the foot do we use to go around the cone?

ANSWERS: 1. To see the direction we are going – 2. Take smaller touches – 3. We use the inside or the outside of the foot.

ACTIVITY 2: TWO TURNS AND PASS

DURATION: 15 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1 min



OBJECTIVE: To improve the technique of turning with the ball.

PLAYER ACTIONS: Dribble the ball forward.

ORGANIZATION: In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble to the dark cone and perform a turn, dribble back perform the same turn and pass the ball to the other player. Player will perform the following technical tasks:

1. Turn using the inside of the foot (inside cut) and pass the ball. *One Interval.*
2. Turn using the outside of the foot (out of the foot hook) and pass the ball. *One Interval.*
3. Turn using the sole of the foot (Drag back) and pass the ball. *One Interval.*

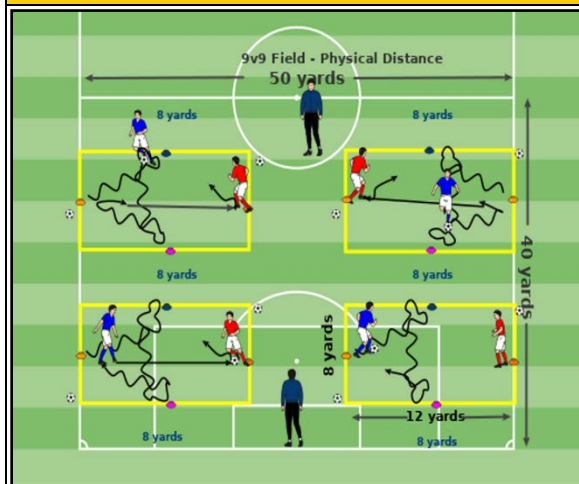
KEY WORDS: Control, Slow down, Shoulder.

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: DOUBLE CUTS OR DOUBLE HOOKS

DURATION: 18 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1 min



OBJECTIVE: To improve the technique of turning with the ball.

PLAYER ACTIONS: Dribble the ball forward.

ORGANIZATION: In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble to the dark cone and perform a turn, dribble back perform the same turn and pass the ball to the other player. Player will perform the following technical tasks:

1. Turn using a double cut with the inside of the foot and pass the ball. *One Interval.*
2. Turn using a double hook with the outside of the foot and pass the ball. *One Interval.*
3. Turn using a double cut at one cone and a double hook at the other cone. *One Interval.*

KEY WORDS: Small touches

GUIDED QUESTIONS: 1. Why do we need to use small touches before the turn? 2. When should you accelerate with the ball?

ANSWERS: 1. To control the ball before the turn – 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?