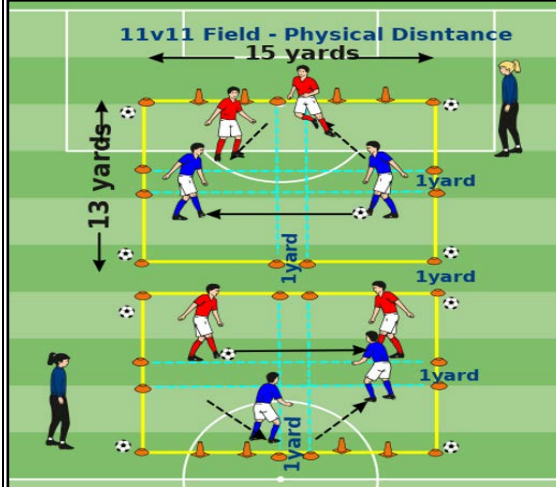
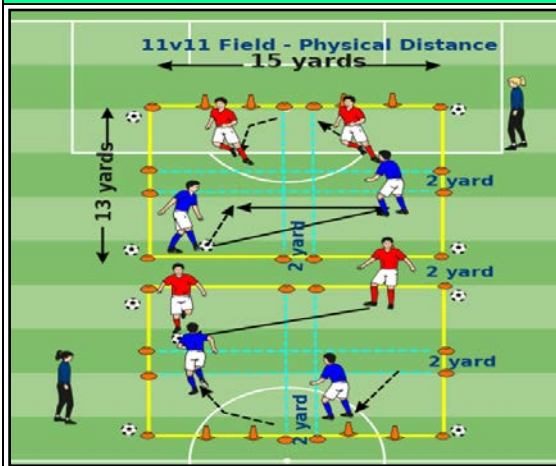
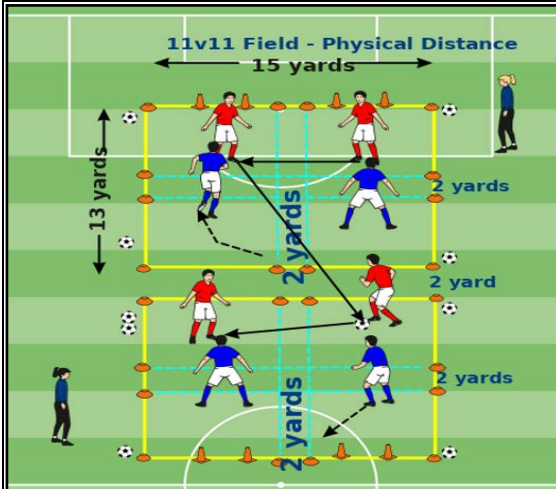
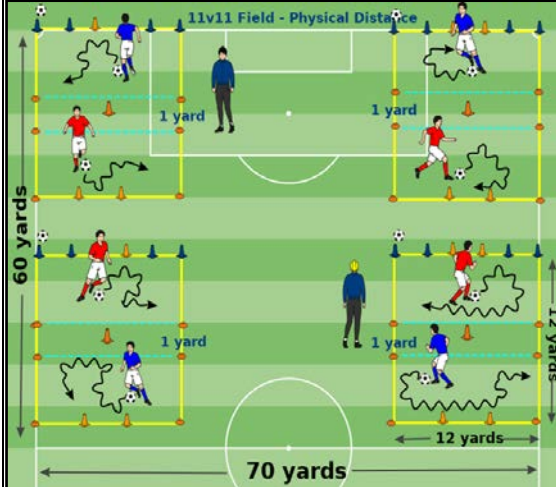
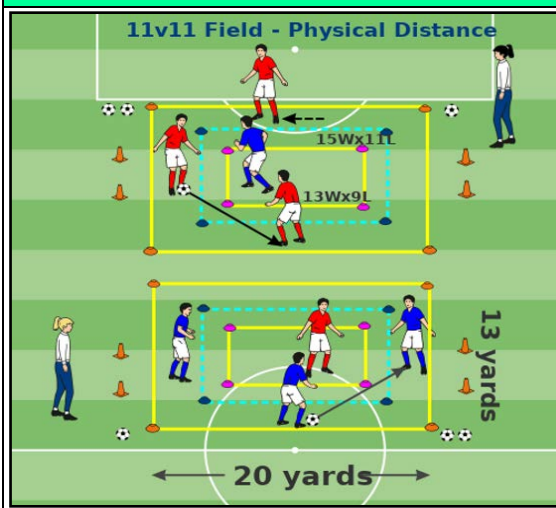
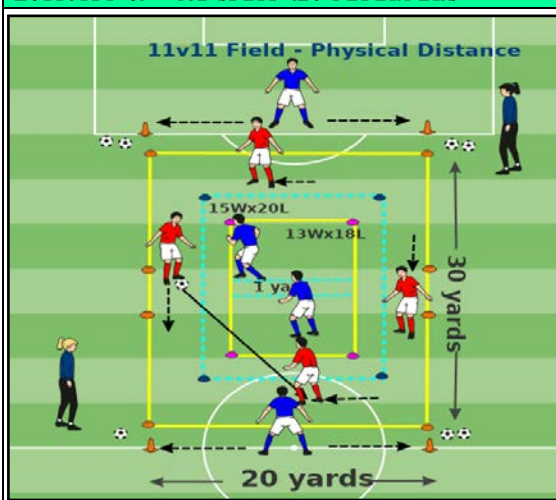


Spring 2020 13+ 11v11	PHYSICAL DISTANCING TRAINING SESSION (In accordance with the COVID - 19 Guidelines)						
	GOAL:	Improving the Defending - Pressure and Cover					
	MOMENT	DEFENDING	DURATION	45 minutes	PLAYERS	8	
SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – Cover: Distance, body position.							
ACTIVITY 1: PRESSURE and COVER 1		DURATION: 12 min -- INTERVALS: 6 --ACTIVITY: 1.5 min --REST: 30 sec					
		OBJECTIVE: Improve the ability of the two defenders to pressure and cover. PLAYER ACTIONS: Protect the goal, Pressure and Cover. ORGANIZATION: In the attacking half, create two-15Wx13L yard grids with two 2-yard goals at one end and a vertical and horizontal 2-yard neutral zone as shown in the diagram. Place 2 defenders and two attackers in the grid. The attackers will inter-pass using two or three touches to give the defenders a chance to move to pressure the ball, cover, and switch places. Change roles every interval. KEY WORDS. Pressure, Switch, Cover GUIDED QUESTIONS: 1. How fast should you move to pressure? 2. Where should the covering defender be? 3. When do we switch positions? ANSWERS: 1. Fast enough to get there as the ball arrives at the opponent's foot or a bit earlier – 2. Right behind the pressing defender closing down any passing lanes – 3. When the ball goes from one attacker to the other.					
ACTIVITY 2: PRESSURE and COVER 2		DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 sec --REST: 30 sec					
		OBJECTIVE: Improve the ability of the two defenders to pressure and cover. PLAYER ACTIONS: Protect the goal, Pressure and Cover. ORGANIZATION: In the attacking half, create two-15Wx13L yard grids with two 2-yard goals at one end and a vertical and horizontal 2-yard neutral zone as shown in the diagram. Place 2 defenders and two attackers in the grid. The attackers will try to score in either of the two goals. Defenders protect the goal by getting in front of the ball and pressing and try to intercept any passes to either goal. Change roles every interval. KEY WORDS. Angle, Body position, Cover GUIDED QUESTIONS: 1. Why do we need to approach in an angle? 2. What should be our body position to press the ball? 3. Where should the covering defender be to provide cover? ANSWERS: 1. To close or cut down the passing lane to goal – 2. Sideways on – 3. Behind the pressing player in an angle shutting the opening in between the two defenders.					
ACTIVITY 3: 2v2 + 2v2 to FOUR SMALL GOALS		DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 min --REST: 30 sec					
		OBJECTIVE: Improve the ability of the two defenders to pressure and cover. PLAYER ACTIONS: Protect the goal, Pressure and Cover. ORGANIZATION: In the attacking half, create two-15Wx13L yard grids with two 2-yard goals at one end and a vertical and horizontal 2-yard neutral zone as shown in the diagram. The red and Blue teams are trying to get the ball to their front players to score in the opponent's goal. Defenders protect the goal by pressing, getting in front of the ball and trying to intercept any passes to goals. Change roles every interval. KEY WORDS. Block the pass, Press, Switch, and Help. GUIDED QUESTIONS: 1. Where do we need to be to block the pass forward? 2. Who presses the ball? 3. When do we switch? 4. How can we help the pressing defender? ANSWERS: 1. In front of the ball sideways on – 2. The closest defender to the ball – 3. As soon as the ball moves to the other attacker – 4. By providing cover behind him/her and cutting the passing lanes.					

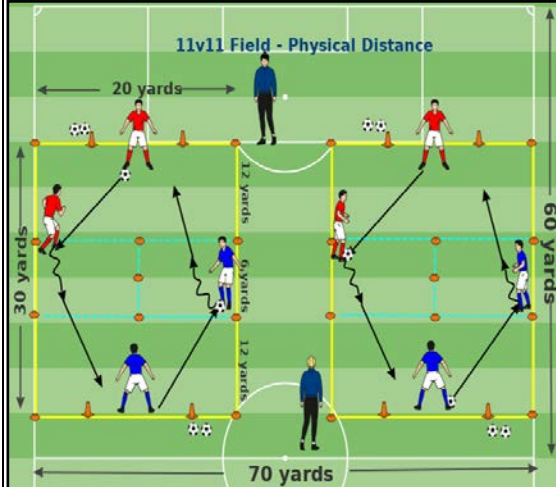
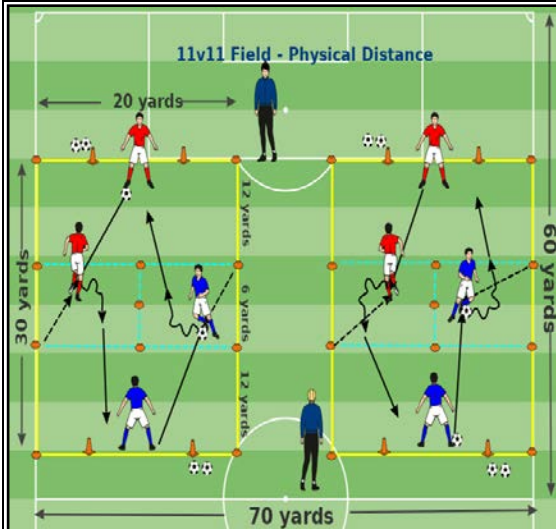
FIVE ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
1.Organized: Is the exercise organized in the right way? 2.Repetitions: Are there repetitions when looking at the overall goal of the session? 3.Challenging: Are the players 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 13+ 11V11	PHYSICAL DISTANCING TRAINING SESSION (In accordance with the COVID - 19 Guidelines)						
	GOAL:	Improving the Technique of Dribbling to Beat an Opponent					
	MOMENT	ATTACKING	DURATION	45 minutes	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 (70Wx60L), create four 12x12L grids with a 1-yard zone in the middle 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. <i>One Interval.</i> 2. Inside -outside- laces-laces -inside-inside-roll, switch square. <i>One Interval.</i> 3. Inside -outside- laces-laces -inside-inside-roll, switch square. <i>One Interval.</i> 4. Inside -outside- laces-laces -inside-inside-roll-circle take, switch foot. <i>One Interval.</i> 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 use the outside or the inside of the foot and use the sole to stop the ball.				
ACTIVITY 2: RECEIVE, DRIBBLE and PASS			DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 sec --REST: 30 sec				
			OBJECTIVE: To dribble the ball forward. PLAYER ACTIONS: Dribble the ball forward. ORGANIZATION: In a half field (70Wx60L), create four 12Wx12L grids with a central cone in the middle of the 1-yard zone as shown in the diagram. The player with the ball passes to the dribbler. The dribbler goes diagonally towards the central cone, executes a 1v1 move and passes the ball to the other player when he/she gets to the other corner. The players perform the following 1v1 moves: 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 (cone)? 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: 1v1 FAKE 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 (70Wx60L), create four 12Wx12L grids with a 1-yard zone in the middle as shown in the diagram. The defender will pass the ball to the dribbler. The dribbler will receive the ball, dribble forward to commit the defender, fake him/her and score in any of the three goals. No one is allowed to cross the neutral 1-yard zone. KEY WORDS: Commit, Fake and Score. GUIDED QUESTIONS: 1. How do you commit the defender? 2. Why do you need to fake a defender? 3. When can you score in one of the three goals? ANSWERS: 1. Dribble straight at the defender - 2. The fake throws the defender out one way - 3. When you have an opening to shoot at one of the three goals.				

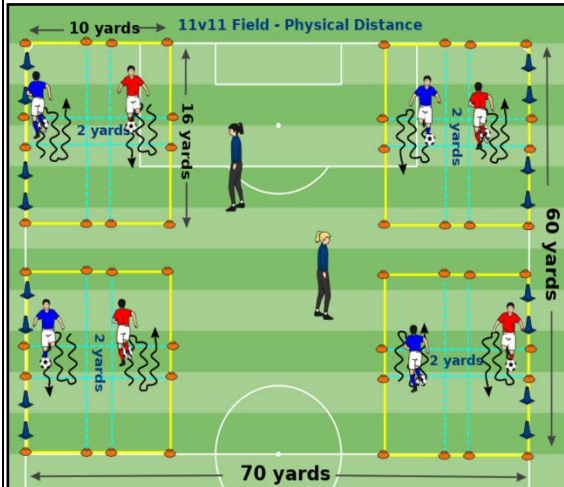
FIVE ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
1.Organized: Is the exercise organized in the right way? 2.Repetitions: Are there repetitions when looking at the overall goal of the session? 3.Challenging: Are the players 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 13+ 11V11	PHYSICAL DISTANCING TRAINING SESSION (In accordance with the COVID - 19 Guidelines)						
	GOAL:	Improving the technique of Passing and Receiving					
	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: 4v0 – PASS, RECEIVE and MOVE			DURATION: 12 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min				
			OBJECTIVE: To improve the technique of passing and receiving the ball. PLAYER ACTIONS: Pass the ball forward. ORGANIZATION: Set up two 13Wx20L grids with two inner grids, one of 15Wx13L yards and a smaller one of 13Wx9L yards as show in the diagram. Place 4 players in each grid and have them compete for how many passes they can complete across the yellow rectangle in three minutes while they are moving and supporting each other. After every interval encourage the players to improve the number of passes by 1or 2. KEY WORDS: Standing foot, Strike, Receive, Shape. GUIDED QUESTIONS: 1. Where should the standing foot be to make the pass? 2. Where do we strike the ball? 3. What portion of the foot do we use to receive the ball? 4. What should be your receiving body shape? ANSWERS: 1. About 6 inches to the side of the ball pointing to the target – 2. In the middle of the ball – 3. The inside of the foot. – 4. Sideways on facing the ball.				
ACTIVITY 2: 3v1 PASSING and RECEIVING			DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 sec --REST: 30 sec				
			OBJECTIVE: To improve the technique of passing and receiving the ball. PLAYER ACTIONS: Pass the ball forward. ORGANIZATION: Set up two 13Wx20L grids with two inner grids, one of 15Wx13L yards and a smaller one of 13Wx9L yards as show in the diagram with three passers, a defender and a mini goal at each end as shown in the diagram. The possession team tries to make as many passes through the smaller yellow rectangle in one interval. If the defender gets the ball, he/she can score by passing the ball through one of the two goals. Switch defenders every interval. 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? 4. What do we do if we lose the ball to the defender? 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 – 4. Quickly get in front of the player with the ball.				
ACTIVITY 3: 4v2 SPLIT the DEFENDERS			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: Now put the two grids together into a 20Wx30L grid with two inner grids, one of 15Wx20L yards and smaller one of 13Wx18L yards and four passers and two defenders with a target at each end as shown in the diagram. The possession team will try to split the defenders as many times as they can in one interval. If the defenders get the ball, they can pass to any of the two target players to score. Switch defenders or team every interval. KEY WORDS: Faster, Split, First touch. GUIDED QUESTIONS: 1. What can we do to move the ball faster to unbalance the two defenders? 2. When is a good time to split the defenders? 3. Where do we direct our first touch? ANSWERS: 1. Put more pace on the ball – 2. When we created or found an opening between the two defenders. – 3. Toward the direction of our next pass.				

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 13+ 11V11	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: RECEIVE, SET and SHOOT			DURATION: 12 min -- INTERVALS: 4 --ACTIVITY: 2.5 min --REST: 30 sec.				
			OBJECTIVE: To improve the technique of shooting. PLAYER ACTIONS: Shooting. ORGANIZATION: In a half field (70Wx60L) create two shooting grids of 20Wx30L with an 8 yard goal at each end and a 6 yard zone in the middle of the grid as show in the diagram. Place a Blocker in each goal. The blockers cannot use their hands to block the shots. The activity starts by the Blockers passing the ball to their respective shooter, receiving it and setting it up to strike at goal. Shooters cannot shoot inside the Blocker's zone. Rotate Blockers and Shooters every interval. KEY WORDS: Touch, Approach, Standing foot, Contact. GUIDED QUESTIONS: 1. In what direction should our first touch be? 2. 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. In the direction of the goal – 2. Approach it at an angle – 3. About 6 inches to the side of the ball pointing to the target.				
ACTIVITY 2: RECEIVE, TURN and SHOOT			DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 sec --REST: 30 sec.				
			OBJECTIVE: To improve the technique of shooting. PLAYER ACTIONS: Shooting. ORGANIZATION: In a half field (70Wx60L) create two shooting grids of 20Wx30L with an 8 yard goal at each end and a 6 yard zone in the middle of the grid as show in the diagram. Place a Blocker in each goal. The blockers cannot use their hands to block the shots. The activity starts by the Shooter checking in towards their blocker, the Blocker passes the ball and the shooter turns with the ball and shoots to goal. Shooters cannot shoot inside the Blocker's zone. Rotate Blockers and Shooters every interval. KEY WORDS: Turn, Eyes, Target, Surface, Follow through. GUIDED QUESTIONS: 1. What portions of the foot can we use to turn? 2. Where should your eyes be looking when striking the ball? 3. What do you need to do to pick the target? 4. What surfaces of the foot can you use to shoot at goal? 5. Why do we need to follow through? ANSWERS: 1. We can use the inside or the outside of the foot to turn – 2. At the ball – 3. Look at the goal to frame the goal – 4. The laces, the inside or outside of the foot and the toe – 5. To transfer power to the ball.				
ACTIVITY 3: BLOCKER + 1v1 + BLOCKER			DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 min --REST: 30 sec.				
			OBJECTIVE: To improve the technique of shooting. PLAYER ACTIONS: Shooting. ORGANIZATION: In a half field (70Wx60L) create two shooting grids of 20Wx30L with an 8 yard goal at each end and a 6 yard zone in the middle of the grid as show in the diagram. Place a Blocker in each goal. The blockers cannot use their hands to block the shots. The activity starts by a blocker passing to his/her Shooter. He/she receives and dribbles the ball to find an opening to strike the ball at opponent's goal. If the defender intercepts the ball, he/she can shoot at the opponent's goal. Rotate Blockers and Shooters 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 13+ 11V11	PHYSICAL DISTANCING TRAINING SESSION (In accordance with the COVID - 19 Guidelines)						
	GOAL:	Improving the Technique of Turning with the Ball					
	MOMENT	ATTACKING	DURATION	45 minutes	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: 10 TURNS		DURATION: 12 min -- INTERVALS: 4 --ACTIVITY: 2 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 (70Wx60L), create four 10Wx16L grids with a 2-yard vertical and horizontal neutral zone as shown in the diagram. The players will dribble across the neutral zone and perform the same turn 10 times. Players should perform the following technical tasks: 1. Turn using the inside of the foot (Cut). <i>One Interval.</i> 2. Turn using the outside of the foot (Hook). <i>One Interval.</i> 3. Turn using a cut at one side and the hook at the other side. <i>One Interval.</i> 4. Turn using the drag back. <i>One Interval.</i> KEY WORDS: Control, Surface. GUIDED QUESTIONS: 1. How do we get control of the ball before we turn? 2. What surface of the foot do we use to go around the cone? ANSWERS: 1. Take smaller touches – 2. We use the inside or the outside of the foot and the sole.					
ACTIVITY 2: RWB and TURNING		DURATION: 16 min -- INTERVALS: 16 --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 (70Wx60L), create four 10Wx16L grids with a 2-yard vertical and horizontal neutral zone as shown in the diagram. The player will race to get to the other side dribbling across the neutral zone and performing a turn, then perform the same turn at the other side of the neutral zone, to dribble to the other side of the grid. Player should perform the following turns: 1. Turn using the inside of the foot (Cut). <i>Four Intervals.</i> 2. Turn using the outside of the foot (Hook). <i>Four Intervals.</i> 3. Turn using a cut at one side and the hook at the other side. <i>Four Intervals.</i> 4. Turn using the drag back. <i>Four Intervals.</i> KEY WORDS: Control, Slow down, Accelerate. GUIDED QUESTIONS: 1. How can you keep the ball under control? 2. When should you slow down with the ball? 3. When should you accelerate with the ball? ANSWERS: 1. Push the ball in front of you with the laces – 2. Before you are going to execute the turn – 3. Right after each turn.					
ACTIVITY 3: 1v1 TURNING and SCORE		DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 min --REST: 30 sec					
		OBJECTIVE: To dribble the ball forward and turning with the ball. PLAYER ACTIONS: Dribble the ball forward. ORGANIZATION: In a half field (70Wx60L), create four 10Wx16L grids with a 2-yard vertical and horizontal neutral zone as shown in the diagram. The Defender will pass the ball to the dribbler to start the game. The dribbler needs to cross the neutral zone and perform a turn in the second box. After the turn, the dibbler can score in either of the two yellow goals. If the defender gets the ball, he/she can score after performing a turn. KEY WORDS: Control, Slow down, Fake, Accelerate. 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 fake a defender? 4. When should you accelerate with the ball? ANSWERS: 1. Push the ball in front of you with the laces – 2. Before you are going to execute the turn – 3. The fake throws the defender out one way – 4. Right after each turn.					

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?