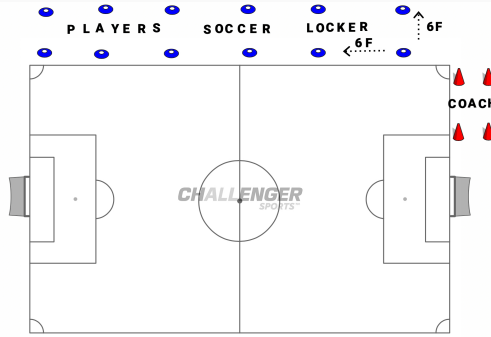
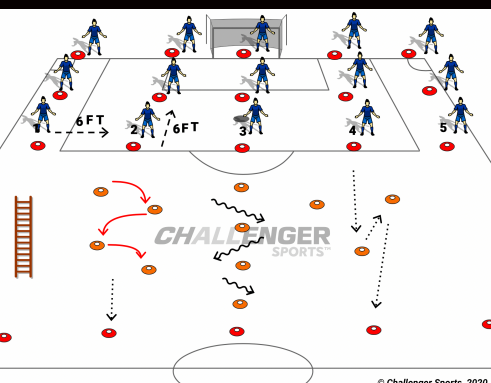
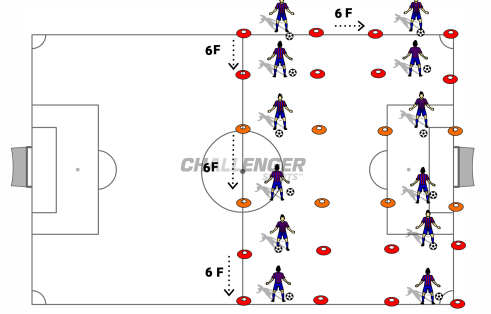
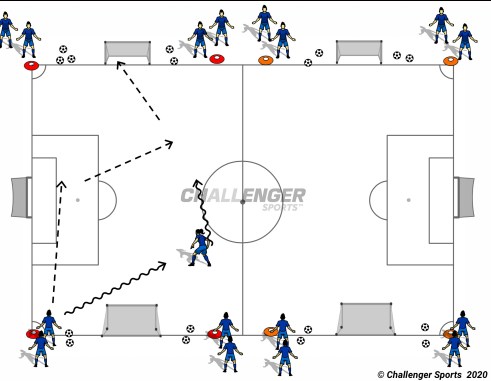


Topic: Ball Master & Soccer Specific Fitness

Objective: To get our players back to a good level of fitness and recap the fundamentals to progress into week 3

Field Set Up	1	Organization:	18 Player Max	Coaching Points	Progressions
 <p>© Challenger Sports 2020</p>	<p>Coach is to arrive 10 minutes prior to session start time and set up the players soccer locker. Each player will go to 1 cone and that will be there designated cone for the entire session.</p> <p>Each cone should be 6ft away, this is the only places where the players can take a break, remove masks and have a water break.</p> <p>The coach should have his/her own square where he/she keeps equipment, sanitizer, bag etc.</p> <p>Each practice should have this set up!</p>	N/A	N/A		
Dynamic Warm up	2	Organization:	18 Player Max	Coaching Points	15 minute
 <p>© Challenger Sports 2020</p>	<p>Speed, Agility, Quickness (SAQ)</p> <p>Split players over lines 1-5 making sure there is 6ft in-between each line.</p> <ol style="list-style-type: none"><li>1. If no ladder use cones - Player do a combination of fast feet through and push out to the end</li><li>2. Jumping bounds</li><li>3. Side shuffles</li><li>4. Run to the front cone, jockey back to right or left cone and sprint out</li><li>5. High Skips</li></ol>	Coaching Points:  Run each one for 90 seconds and players then move to their left and the end group moves to the top.	N/A		
Ball Mastery	3	Organization:	18 Player Max	Coaching Points	20 Minutes
 <p>© Challenger Sports 2020</p>	<p>Each player needs a ball and 1 side of a 6v6 grid, only 2 players per grid (see diagram)</p> <p>Ball mastery skills static and dynamic to progress into a pass across to their partner.</p> <ol style="list-style-type: none"><li>1. sole rolls - side to side</li><li>2. outside outside, inside inside</li><li>3. Player 1 pass to player 2 who performs a stopover and passes back and repeat</li><li>4. Player 1 pass to player 2 right foot to their left foot to touch across body to right foot and pass down</li></ol>	Coaching Points: 1. Speed of play 2. Light touches 3. Communication 4. Keeping the ball in their area	N/A		
Technical Practice	4	Organization	18 Player Max	Coaching Points	25 Minutes
 <p>© Challenger Sports 2020</p>	<p>Split players across to field set ups, use cones as goals if goals are not available.</p> <p>Players work in 2s to work the ball up the field unopposed and get a shot off, then join the back of the opposite ends lines. Maintaining 6ft of distance from the person in front of them.</p>	Progression: 1. Add a time limit 2. Limit the amount of touches 3. Both ends go at the same time (encourages to look up and see other team mates)	Coaching Points: 1. Encourage switching the ball into space 2. Communication 3. Positive 1st touch 4. Finding the corners of the goal		