

Topic: Ball Mastery & 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:	14 Player Max	Coaching Points	Progressions
	<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 their designated cone for the entire session.</p> <p>Each cone should be 6ft away, this is the only place 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:	14 Player Max	Coaching Points	15 minutes
	<p>1 Player to 1 cone. All players facing the same direction and will move to the cone ahead of them and back, performing a variety of dynamic movements.</p> <ol style="list-style-type: none"> 1. Jogging 2. High Keens 3. Side Steps 4. Skips 5. Backward shuffles 6. Bounds <p>1 minute per movement</p>	<p>Demonstrate each movement properly to show clear example of how to do each movement.</p> <p>Reiterate the importance of going through each dynamic warm up and to keep 6ft of distance.</p>			
Ball Mastery	3	Organization:	14 Player Max	Coaching Points	25 Minutes
	<p>Players now receive a ball and go back to their assigned cones. Players on the outside face in and the players in the middle face out. Using the cone as a guide all players perform the ball mastery skills at their cone.</p> <ol style="list-style-type: none"> 1. Ticktocks 2. Sole Rolls 3. V Pulls 4. Laces-Sole (push-pulls) 5. Inside outside <p>1 minutes per skill and then repeat</p>	<p>Progression: Players now work with the person facing them: 1 player performs a combination of ball mastery moves and then passes the ball across to their partner who has to copy the same combination. Make it a challenge, who can make the best combo?</p> <p>Coaching Points: 1. Encourage the use of both feet 2. Communication on the pass 3. Speed of play</p>			
Technical Practice	4	Ball Mastery	14 Player Max	Coaching Points	20 Minutes
	<p>Players are split evenly into 3 teams A, B or C, with 1 player starting at D.</p> <p>The pattern is: B plays a give and go with D, B then passes it out wide to A who crosses it to C who is making a run into the box to shoot.</p> <p>Everyone then moves clockwise:</p> <p>A- D D- C C- B B- A</p>	<p>No defenders, just build up to goal.</p> <ol style="list-style-type: none"> 1. Communication 2. Delivery of pass 3. Timing of runner 4. Speed of play <p>Encourage players to move quickly after the have gone to get to the right line and maintain 6ft of distance.</p>			