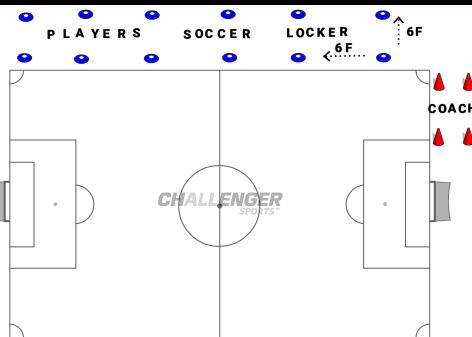


Topic: Ball Master & Soccer Specific Fitness

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

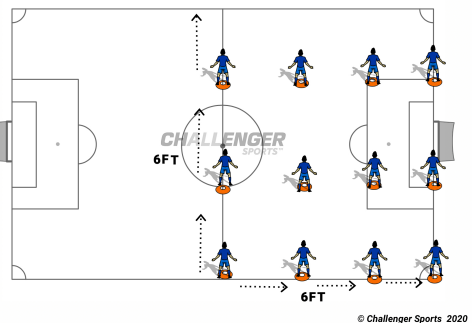
Field Set Up 1 Organization: 14 Player Max Coaching Points Progressions



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.
 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.
 The coach should have his/her own square where he/she keeps equipment, sanitizer, bag etc.
 Each practice should have this set up!

N/A
 N/A

Dynamic Warm up 2 Organization: 14 Player Max Coaching Points 15 Minutes



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.
 1. Jogging
 2. High Keens
 3. Side Steps
 4. Skips
 5. Backward shuffles
 6. Bounds
 1 minute per movement

Demonstrate each movement properly to show a clear example of how to do each movement.
 Reiterate the importance of going through each dynamic warm up and to keep 6ft of distance.

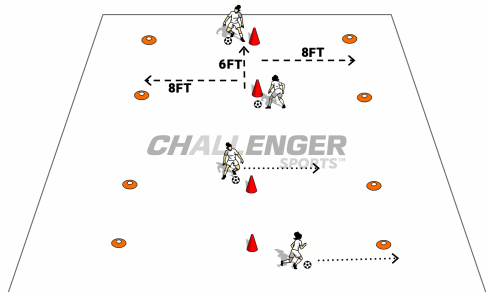
Ball Mastery 3 Organization: 14 Player Max Coaching Points 25 Minutes



Each player has 1 ball and a 4x4 grid with 6 ft of distance in-between another grid.
 See video to pick 5 ball mastery skills to work on during this practice.
 Each skill x 1 minute then repeat

1. Encourage self confidence
 2. Quality over quantity
 3. Play with head up when possible
 Progression:
 Number the skills 1-5 and have the player freestyle and on coaches call they perform that specific skill for 10 seconds then go back to moving around their grid and repeat.

Technical Practice 4 Ball Mastery 14 Player Max Coaching Points 20 Minutes



Players should work in pairs in an 8x6ft area stood opposite one another with a ball each.
 One player will dictate play with the aim of accelerating past their cone either to the right or left, before their teammate. They should try to use moves, turns, body feints etc. to trick their opposition player into going in one direction before a sharp change of direction and burst of speed.
 Switch the roles of the two players often and encourage creativity.

- The attacker will use a variety of turns to try and create a gap as they can go through either gate.
 Coach Points:
 1. Encourage to be creative and sell the moves
 2. Speed of play - changing speed at the same time as direction to effectively 'lose' the 'defender'.
 Progression:
 1. Have players rotate in a clockwise motion to face different opponents.