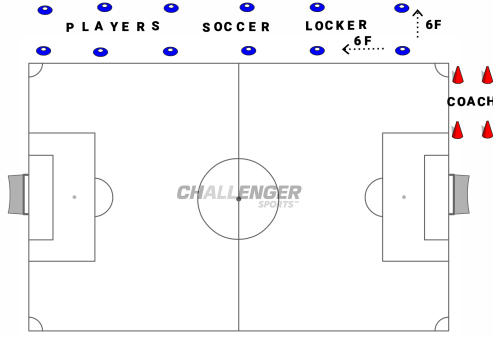
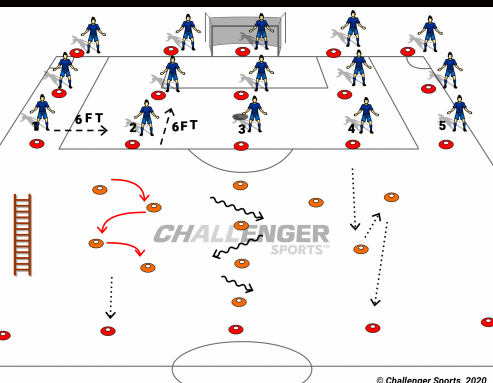
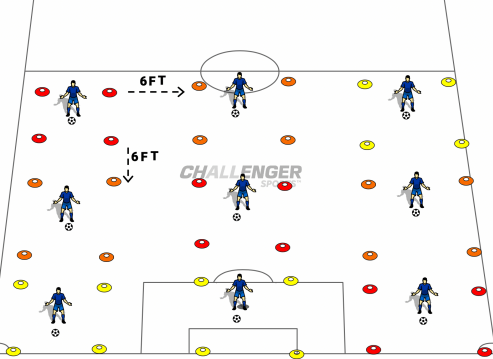
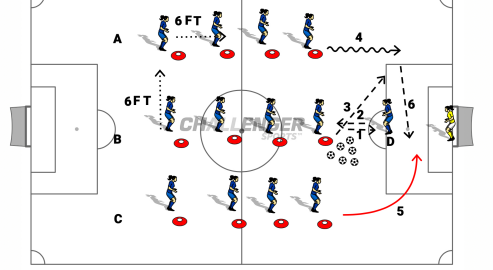


Topic: Ball Master & Soccer Specific Fitness

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
 <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>	<p>N/A</p> <p>N/A</p>			
Dynamic Warm up	2	Organization:	14 Player Max	Coaching Points	15 Minutes
 <p>© Challenger Sports 2020</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. Dribble ball through cones and pass to the next player on the way back</li> <li>4. Dribble ball to the center cone, perform a pull back to one of the back cones and then another one to sprint to the end - dribble back and pass to the next player</li> <li>5. Backwards shuffles</li> </ol>	<p>Coaching Points:</p> <p>Run each one for 90 seconds and players then move to their left and the end group moves to the top.</p> <p>N/A</p>			
Ball Mastery	3	Organization:	14 Player Max	Coaching Points	20 Minutes
 <p>© Challenger Sports 2020</p>	<p>Each player has a ball and their own 5x5 grid with 6ft distance in-between the next grid.</p> <p>Ball Mastery:</p> <ol style="list-style-type: none"> <li>1. Free style (get players warmed up)</li> <li>2. using only right foot to move the ball with speed around grid</li> <li>3. Same as above but left foot</li> <li>4. Moving the ball only with the sole of feet</li> <li>5. Dribble around each cone and back to the middle (how many reps in 90 seconds)</li> </ol>	<p>Coaching Points:</p> <ol style="list-style-type: none"> <li>1. Each ball mastery is 90 seconds then move on to the next one and x 2</li> <li>2. Encourage players to play with speed</li> <li>3. Play with head up</li> </ol> <p>N/A</p>			
Technical Practice	4	Organization	14 Player Max	Coaching Points	25 Minutes
 <p>© Challenger Sports 2020</p>	<p>Players are split evenly into 3 teams A, B or C, with 1 player starting at D.</p> <p>The pattern is:</p> <p>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"> <li>1. Communication</li> <li>2. Delivery of pass</li> <li>3. Timing of runner</li> <li>4. Speed of play</li> </ol> <p>Encourage players to move quickly after they have gone to get to the right line and maintain 6ft of distance.</p>			