

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>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		
	<p>Split players over lines 1-5 making sure there is 6ft in-between each line.</p> <ol style="list-style-type: none"> <li>If no ladder use cones - Player do a combination of fast feet through and push out to the end</li> <li>Jumping bounds</li> <li>Dribble ball through cones and pass to the next player on the way back</li> <li>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>Backwards shuffles</li> </ol>	Coaching Points:	15 Minutes	Run each one for 90 seconds and players then move to their left and the end group moves to the top.	N/A
	<p>5 players per set up - Make multiple set ups depending on number of players</p> <p>2 players on A and 1 on C-E</p> <p>Passing combination, pass in and follow your pass. Use this example and then adapt and change the combination to have different directions etc.</p> <p>A - B          B - C          C - D          D - E          E - A</p>	Coaching Points:	20 Minutes	1. Weight of pass 2. movement off the cone 3. Checking shoulders 4. Communication	Progression: 1. Change directions 2. 1 or 2 touch
	<p>Players are split into 2 teams each on a cone 6ft apart in each corner on the field. All players have their own ball, on the coaches command, the first player from each team dribbles their ball through the cones and have to shoot before the line. They then go to the opposite team and join the back of the line.</p> <p>Working on close control and then moving quickly into the space to get their shot off on goal.</p> <p>Encourage players to move quickly after they have gone to get to the right line and maintain 6ft of distance.</p>	No defenders, just build up to goal. Progression: Once players dribble through cones, can they reverse pass the ball to the opposite side/player and then continue to take the shot.	25 Minutes	Coaching Points: 1. Communication 2. Delivery of pass 3. Timing of runner 4. Speed of play	