

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>	Write			
	<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>	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.	15 Minutes
	<p>Set up: 3 zones 6 ft apart and each zone represents a different ball mastery skill. Here we are being more dynamic with our ball mastery and doing it on the move. Group A go first and when they get the group B, group B then go.</p> <p>Ball Mastery Moves:</p> <ol style="list-style-type: none"> 1. laces only 2. Sole only 3. Outside/Inside 	Progression: Increase complexity of moves		<ol style="list-style-type: none"> 1. sole rolls 2. step overs 3. backwards sole rolls 	25 Minutes
	<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 has 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>	Progression:		<p>If players are doing well, progress by having the players switch the ball to each other across the field before the shoot.</p> <p>Change the foot-skills through the cones</p>	20 Minutes