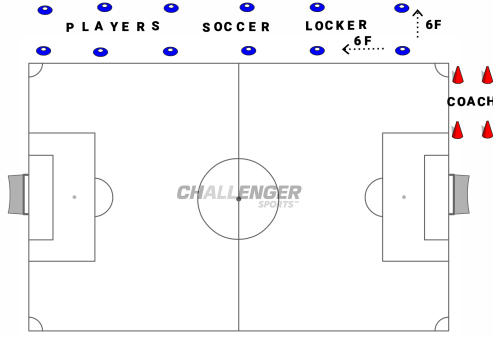
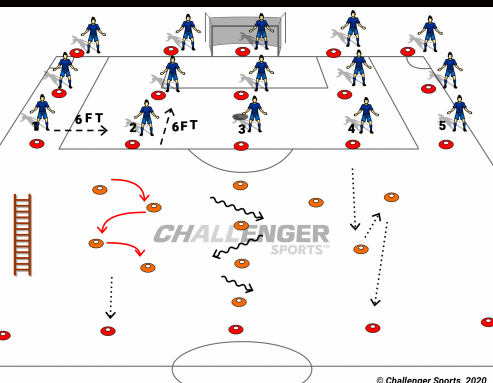

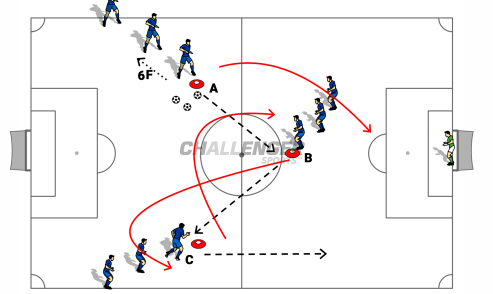


Topic: Ball Master & Soccer Specific Fitness

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>	N/A	N/A
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"> 1. If no ladder use cones - Players do a combination of fast feet through and push out to the end 2. Side shuffles through and around the outside of the cones 3. Dribble ball through cones and pass to the next player on the way back 4. Backward run to the top cone, step forward to either right or left cone turn and sprint to the top 5. High knees there- Heel flicks/butt kicks back 	<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>Encourage players to focus, go through the movements properly. Demo each one before you start</p>	
Ball Mastery 3	Organization: 14 Player Max	Coaching Points	20 Minutes
	<p>Watch Video Link <<<<</p> <p>https://youtu.be/40VQ70c3GXo</p>	N/A	Video gives complete details
Technical Practice 4	Organization: 14 Player Max	Coaching Points	25 Minutes
 <p>© Challenger Sports 2020</p>	<p>Split team into 3 sections A,B & C</p> <p>A pass to B, B pass to C and makes an overlapping run. C Plays the ball into the space and A and C make a run into the 18y box. B delivers a cross for A and C to attack.</p> <p>A goes to B, B moves to line C and C goes to A</p>	<p>No defenders, just build up to goal from wide areas.</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 they have gone to get to the right line and maintain 6ft of distance.</p>	