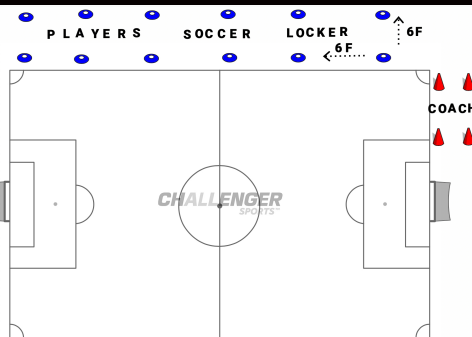


Topic: Ball Master & Soccer Specific Fitness

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

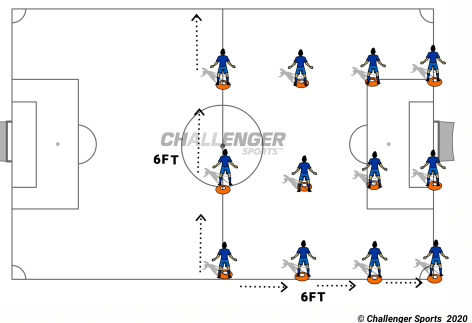
Field Set Up 1 Organization: 14 Player Max Coaching Points Progressions



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

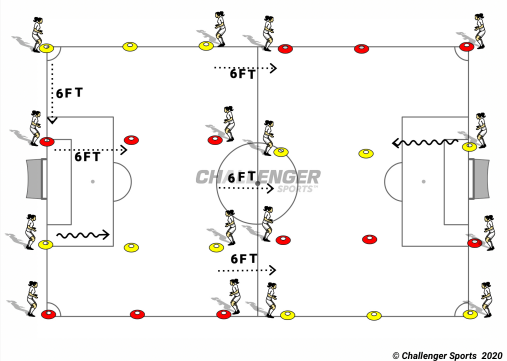
Dynamic Warm up 2 Organization: 14 Player Max Coaching Points 15 Minutes



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.

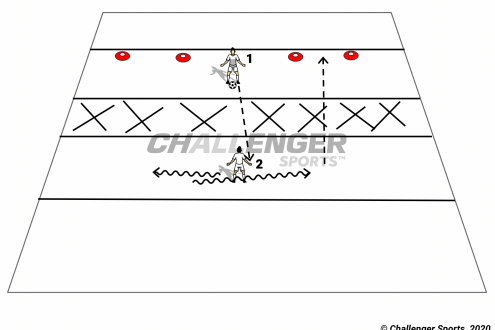
Ball Mastery 3 Organization: 14 Player Max Coaching Points 25 Minutes



Pair players up with one cone 6ft apart in the middle. Each player needs a ball, introduce any foot-skills you have practices in the first 3 sessions, do each skill for 10 reps and then players pass the ball to their partner down the right side of the cones.

Progression:
 1 ball pair group, 1 player starts with the ball performs any ball mastery skills the want on the move to the middle cone, pass the ball and jog backwards. The next players does the same.
 Coaching Points:
 1. High tempo
 2. Inside of the foot to pass the ball
 3. Communication
 4. Movement off the cone to receive the pass

Technical Practice 4 Organization: 14 Player Max Coaching Points 20 Minutes



Set up the field lay out for as many players as you have with 2 players in each set up. Player 1 is the defender and player 2 is the attacker.
 Player one passes the ball into player 2, player 1 try to out skill the defender and scores in either of the coned goals. The middle section is a no player zone.
 This works on the defenders shape and speed to close down space and the attacker needs to move the ball quickly and find open space and take a shot.

Progression:
 Players will takes turns every 4 goes and keep score to make it competitive.
 Coach Points:
 1. Sharp movement
 2. Spacial Awareness
 3. Early decisions
 4. Body Shape