

Topic: Passing and Movement on and off the ball

Objective: Movement to Create Space

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	
	2	<p>Area 15x15 - Size depends on the numbers. 4v1</p> <p>One player in the middle. Outside players must maintain possession. Once a pass is made the player must run around the farthest away cone and come back into play.</p> <p>If possession is lost from an outside player they now become the defender.</p>	14 Player Max	<p>Quality of pass - pace, weight and accuracy</p> <p>Individual movement to receive the pass, open body shape, first touch</p> <p>Individual skills to get out of tight spaces</p> <p>Decision making</p>	10 Minutes
	3	<p>Area 20x15 (Create multiple areas)</p> <p>1 attacker 1 defender with 1 neutral acting as the server.</p> <p>Attacker must create space through movement to receive a pass</p> <p>On receiving the ball, the attacker can now dribble toward any goal and finish</p> <p>If defender wins the ball they can score on either goal</p> <p>Neutral player or coach have a supply of soccer balls to keep exercise flowing</p>	14 Player Max	<p>Quick awareness and movement to escape defender</p> <p>Can player change direction (feint) to beat defender</p> <p>Quick acceleration while dribbling</p> <p>If ball is lost quick then transition to defend</p>	20 Minutes
	4	<p>Set teams up</p> <p>Follow new MYS guidance/rules</p>	14 Player Max	<p>Can you encourage positivity?</p> <p>Can you let players make their own decisions?</p> <p>Set targets</p> <p>N/A</p>	30 Minutes