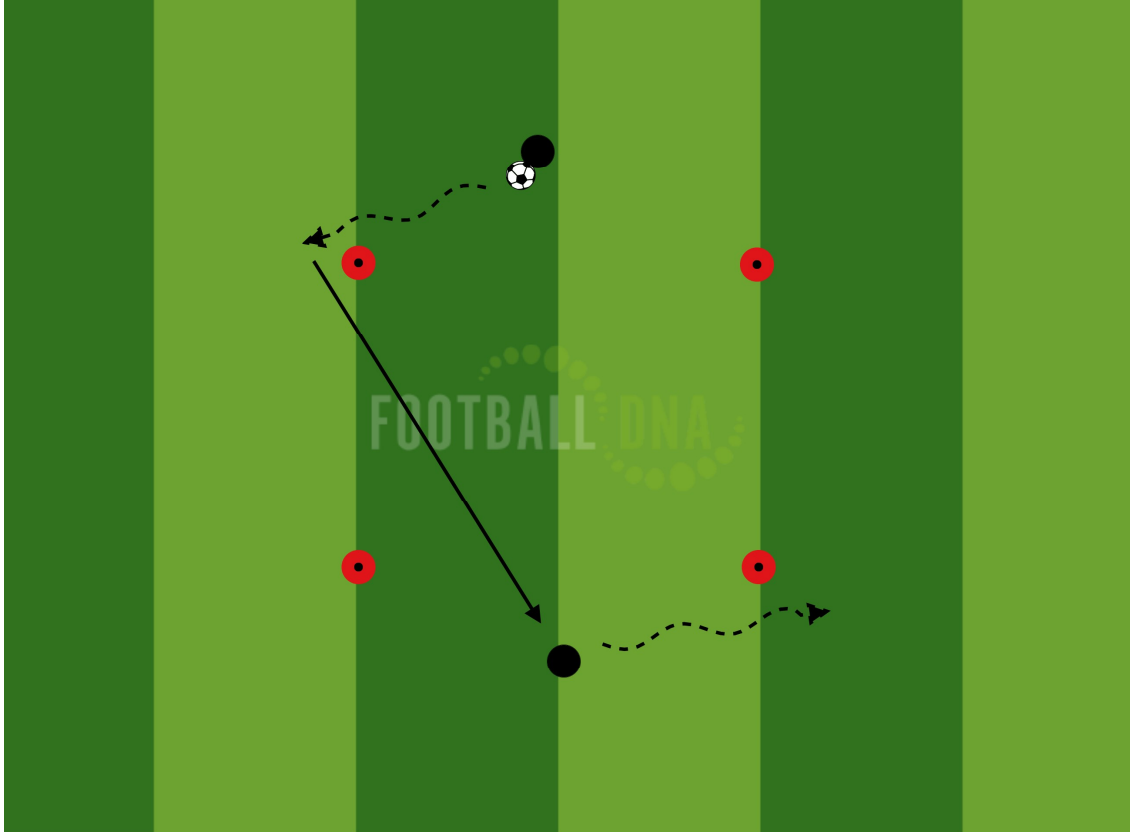


Social Distancing Coaching Sessions

Passing

Passing Square

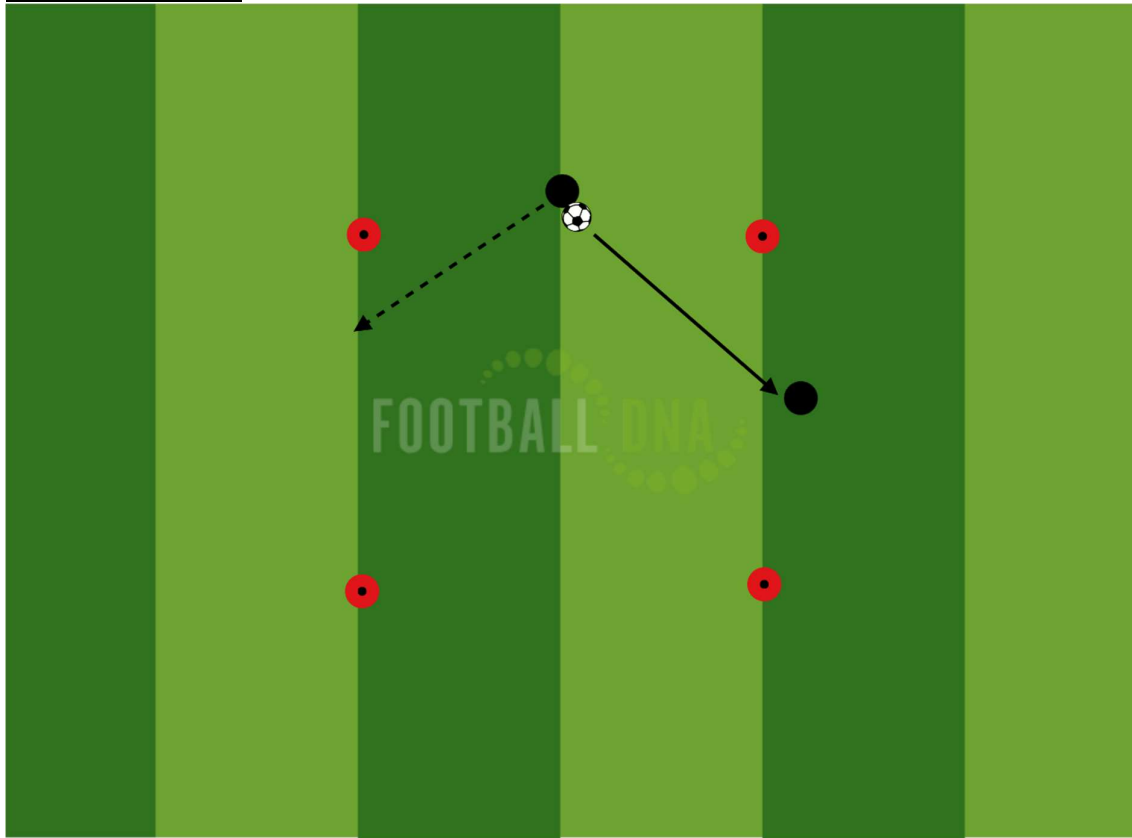


Organisation: Set up a 10 x 10 area with four cones and a ball between two players. Each player has to pass through the middle of the box and then receive to the outside of the box. If a player isn't able to take their touch pass the outside of the box, or pass through the middle successfully the other player gets a point.

STEP: Adjust the size of the area to make it bigger or smaller, which will vary the challenge for the players. Players should also be challenged to use different types of passing (outside, chipped, inside etc) and different type of receiving (sole, inside, outside, laces etc). To also progress this further, you may also add a defender in the middle of the area who has to block and intercept passes whilst staying inside the box.

Social Distancing Coaching Sessions

Pass and Move Box

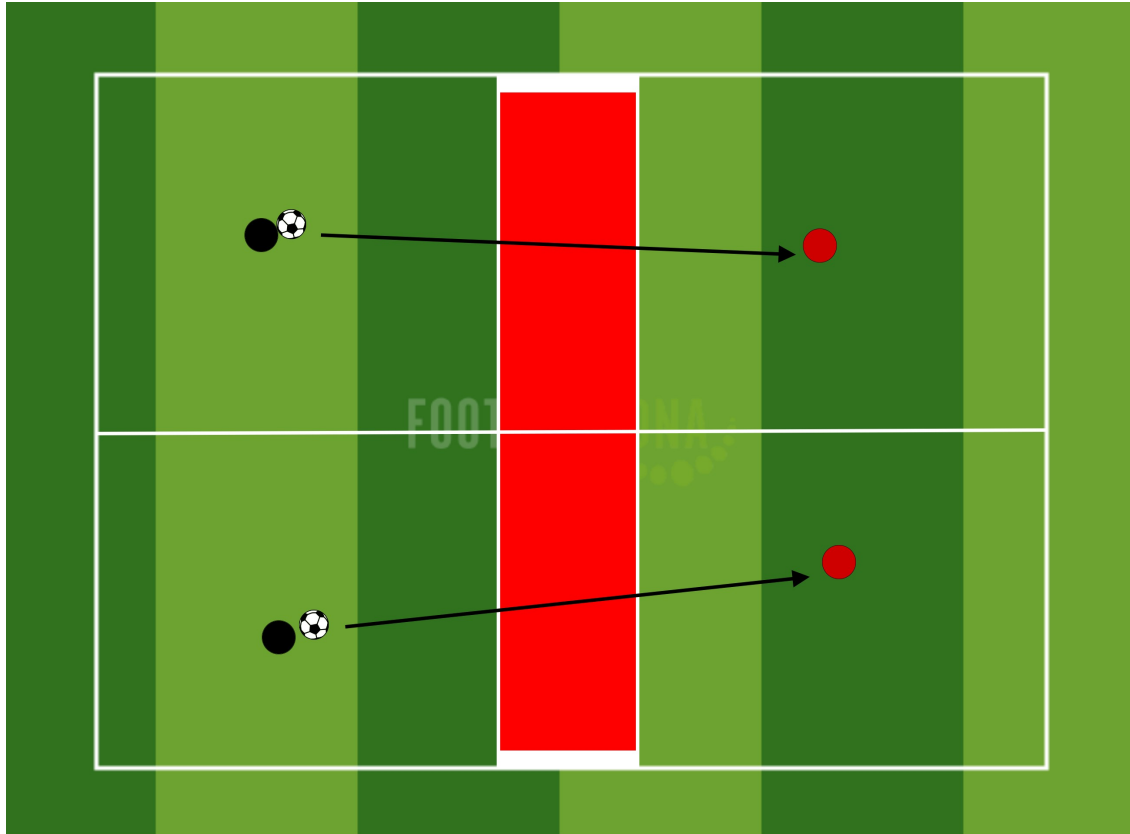


Organisation: Set up a 10 x 10 area with four cones and a ball between two players. Each player has to pass to other player who must receive on a different side of the outside of the box. After a player makes a pass, they must move to a different side of the square before they can receive again. If a player isn't able to control or pass the ball successfully to their team mate the other player gets a point.

STEP: Adjust the area by making it larger or small but you can also change the area to a grid by have other lines that they can receive on. Limit the amount of touches players can have or allow players to travel with the ball to another line before they can pass it. You may also wish to add a defender in the middle of the box that can block and intercept passes as well.

Social Distancing Coaching Sessions

Danger Zone



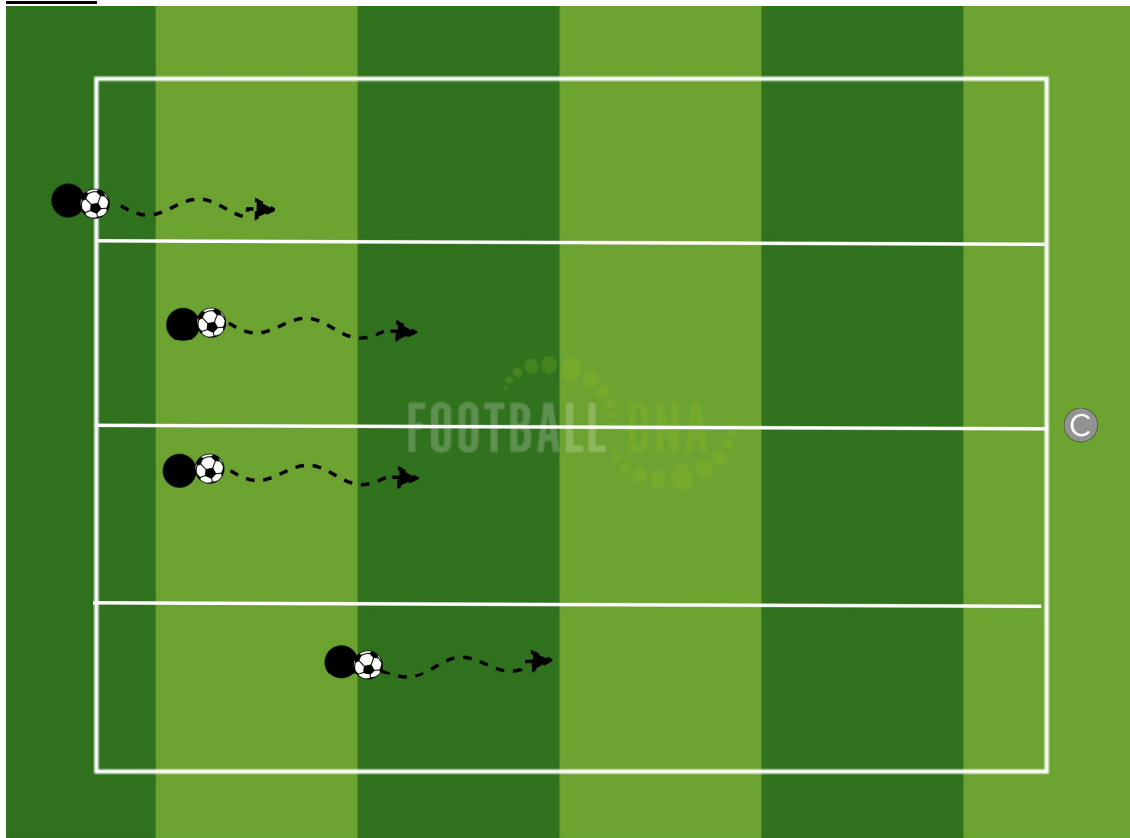
Organisation: Set up a 20 x 20 area and split it into four different sections. Add a separate 5 x 20 channel through the middle of the pitch that is danger zone. Players are working in pairs and a ball between them, they have to transfer the ball between one another without the ball entering the danger zone. If the ball enters the middle channel, the other player receives a point.

STEP: Adjust the size of the area for the players to pass over as well as the box that they have to receive within and the middle channel they have to play over too. Players can be limited to an amount of touches or a time limit before they pass the ball over to the opposite player.

Social Distancing Coaching Sessions

Dribbling

Statues

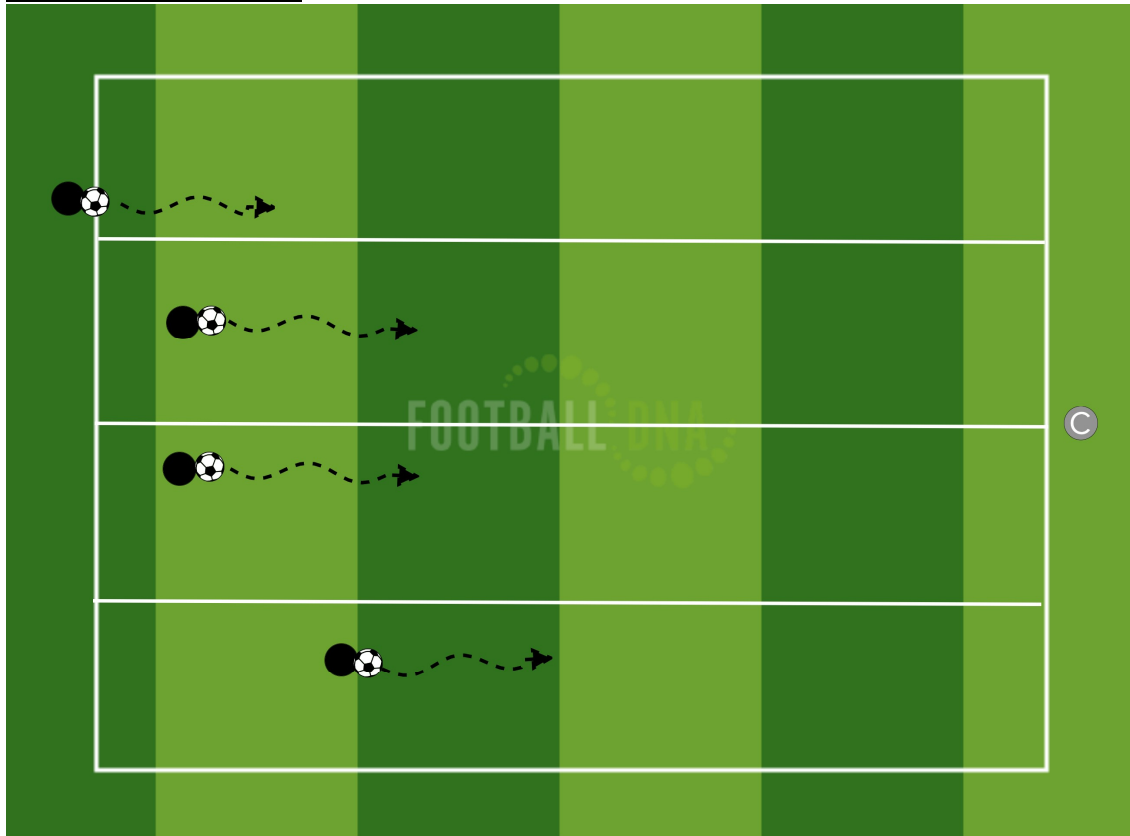


Organisation: Set up a channel for a player each, with each player having a ball too. The players have to travel from one side of the area to the opposite side, the first player to do so wins. When the coach shouts/holds up a cone, the players must stop their ball. If they don't stop quick enough they must return back to the start. This game can be done with or without footballs.

STEP: Make the area longer and increase the speed in which you turn around as a coach. You can also challenge the players with different ball mastery tasks to get across to the opposite side as well.

Social Distancing Coaching Sessions

Skills Lane/ Ball Mastery

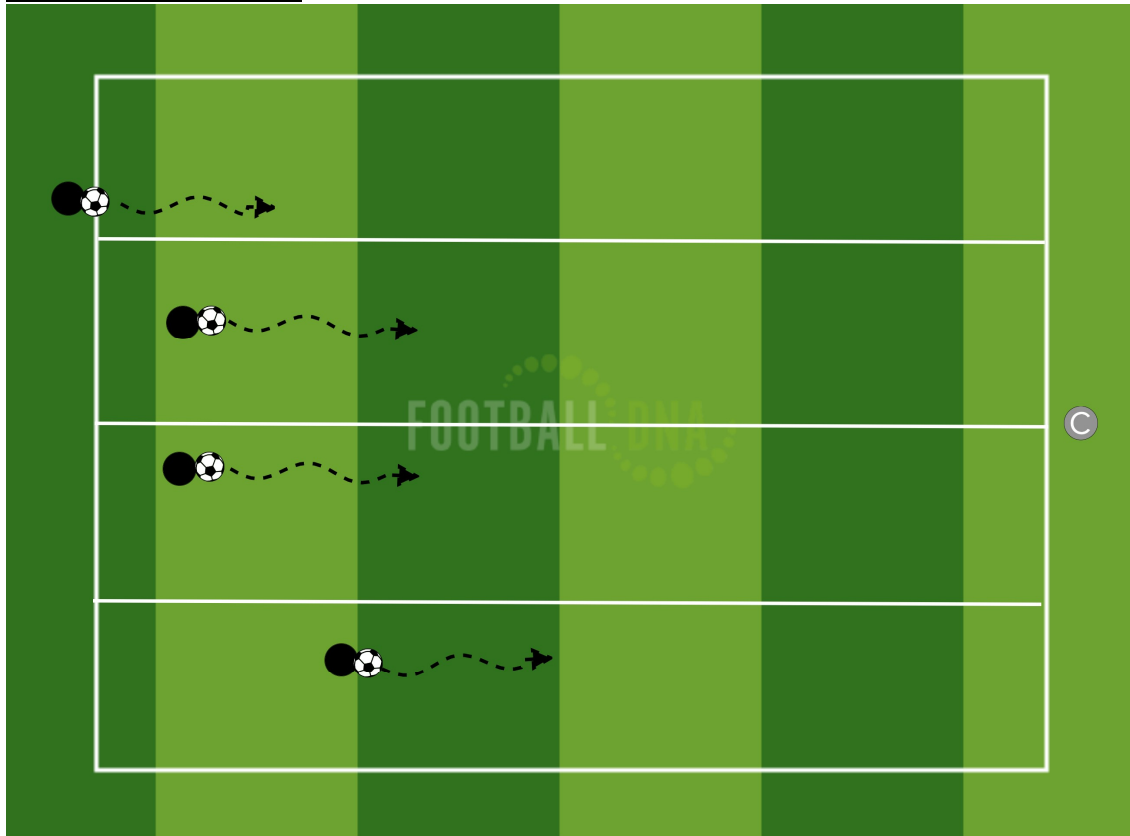


Organisation: Set up a channel for a player each, with each player having a ball too. The players have to travel from one side of the area to the opposite side. The coach can coach the players one skill during the session such as 'the stepover', breaking it down into very small steps. If the coach wants to work on something different such as the inside/outside turn, the players should do so at the end of each lane.

STEP: Change a stepover to a double stepover, turn an inside turn to a dragback turn or a Cruyff turn. You can also challenge the players with different ball mastery tasks to get across to the opposite side as well or if you are coaching turns, then get the players to do a stepover half way across their lane.

Social Distancing Coaching Sessions

Skills Lane/ Ball Mastery



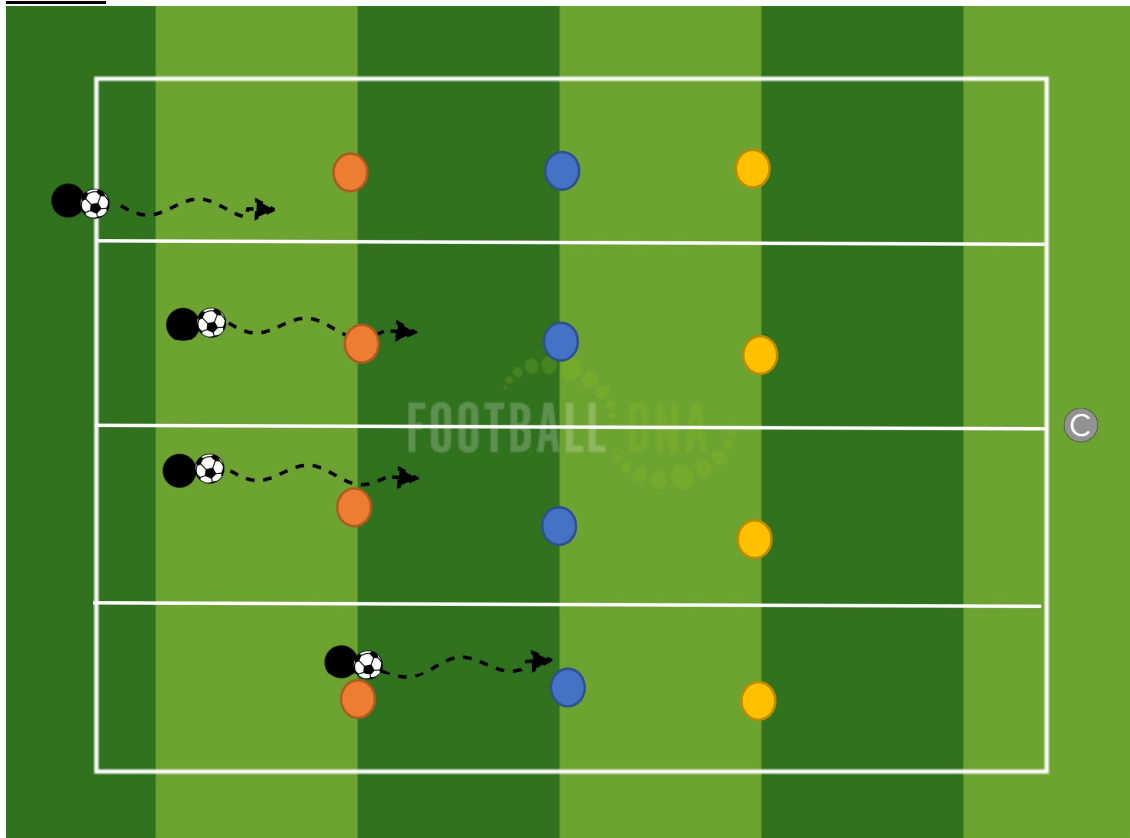
Organisation: Set up a channel for a player each, with each player having a ball too. The players have to travel from one side of the area to the opposite side. The players have the opportunity during this session to practice their ball mastery, really slowing down their dribbling, getting in hundreds of touches of the ball during the session. They can practice dribbling with left foot only, right foot only, combined feet, juggling, inside of foot, outside of foot, can be player's choice what they want to practice or coaches.

STEP: Coach to increase the difficulty of the session accordingly, for example if coaching side of foot dribbling, add in outside of foot dribbling and then both feet.

Social Distancing Coaching Sessions

Fitness

Shuttles



Organisation: Set up a channel for a player each, with each player starting without a ball. The players start at one end, then run to the first cone, back to the beginning, second cone, back to the beginning, third cone, back to the beginning and then to the opposite end of the box.

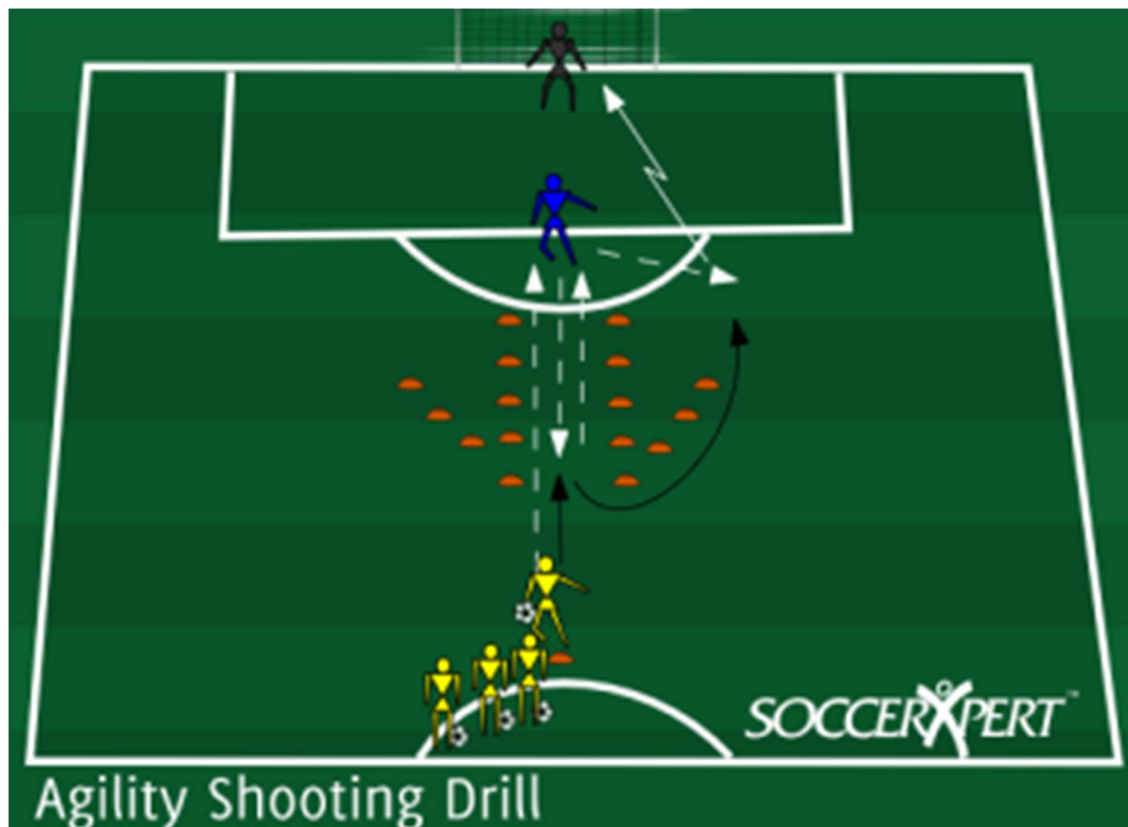
STEP: Increase the length of the lane where appropriate, add a football in and encourage turns at each cone, players can do it sideways or in the jockeying position over short distances on the way back to the start when the coach tells them too as the player is tracking a defender.

Social Distancing Coaching Sessions

Shooting

Shooting Agility Session 1

NOTE: When players have had their shot, they must go and retrieve their own ball (with their feet) and dribble back to their box. Not to a queue as shown. Each player has their own starting cone, 2m+ apart.



Organisation: Use 10-12 cones to create a channel ending near the penalty area. At the top of the channel, use 4-5 cones to create a line angled towards the corner flag. A player stands at the edge of the penalty area, and receives the ball from the player at the half way line. The player who has made the pass, runs around the orange cones, left or right and the server lays the ball off to them to shoot. To start with, players should take a touch before shooting.

STEP: Increase the shooting distance, encourage players to shoot first time where possible, add a goalkeeper if you have someone willing.

Social Distancing Coaching Sessions

Shooting Agility Session 2



Organisation: Position 5 players in a half of a pitch or a zone appropriately sized for your age group. Start with a centre midfielder, two wingers, a forward and a goalkeeper. The forwards and attacking players cannot go into the area, the goalkeeper cannot come out of the areas. The player in the D starts with the ball and plays it out to one of the wingers, who then play the ball to the player on the edge of the box who has to shoot as quickly as they can. Swap after each player has had 5 shots.

STEP: Encourage accurate passing, players to shoot first time if possible, add a time limit, create a scenario.