

Screen 1

Set up: 6 boxes 5 x 5 m (example of size) 3 goals at 1 end and 3 gates at the other end.

Players set up as shown with a ball each to ensure Social distancing requirements are adhered to.

Players mustn't leave their box unless the coach instructs them.

Sequence:

The coach will countdown 3-2-1 GO

The players run with the ball at their feet and under control and either pass the ball into the goal (inside the shaded area 1-2 meters) or run the ball through the coned gate.

The players can either pick the ball up and run back to start again or dribble the ball back.

Competition: Who can score 10 goals the quickest or how many goals can you score in a nominated time.

Switch starting points and allow everyone to have a shot at goal.

Coaching tip: Possibly look at matching players who can run with the ball quickly and score together and give them a challenge.

Coaching points:

Demonstrate to the players the correct technique to pass the ball into the net (with the large part of the inside of the foot)

Demonstrate to the players the correct technique on how to run with the ball (using the top of the foot)

Encourage the players to use both feet when running with the ball

Encourage players to have control of the ball by taking small touches.

Progressions/variations:

Place obstacles in the way (Cones, balls, bibs, poles) for the players to go through or round before scoring.

Competition:

First player to 10 goals.

Who can get the most goals in a nominated time for example 60 seconds.

Reward players who are trying their best to pass but don't get the most amount of goals.

Everyone is a winner!

