

Description

Social distancing Tactical Unopposed attacking wide areas combinations with 10 players

Screen 1

Set up 2 wide areas and split into 10 x 10 boxes as shown (sizes are an example).

Sequence: Player 1 and 2 play a pass into either box, the player receiving looks to receive facing forward.

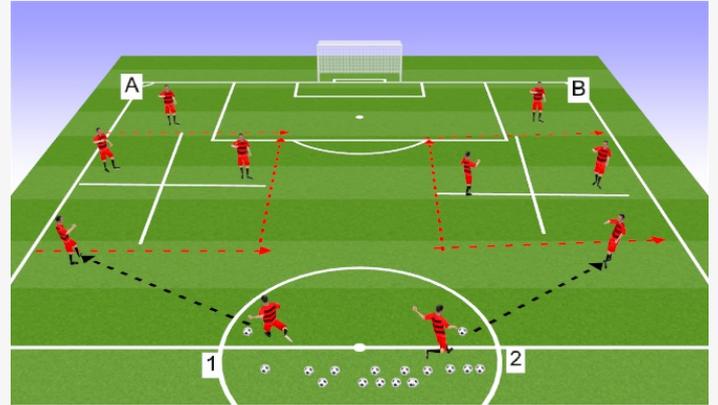
Players inside the boxes (replicating wide players) are constantly moving and rotating between boxes ensuring social distancing measures are adhered to.

Players play any combination to find the end player (A&B) who can do 1 of 2 things.

Play a long pass to the player who restarts play (1 & 2) or play back into the boxes for the wide players to combine and find (1 & 2) to restart play.

Coaching points: Maximum 2 touches, play the way you are facing, creative combinations to find A&B, continual movement.

Switch A&B and 1&2 every 90 seconds. 6 x sets.



Screen 2

Set up 2 wide areas and place 3 mannequins inside the boxes.

Sequence: Player 1 and 2 play a pass into either box, the player receiving looks to receive facing forward trying to split pass the mannequins.

Players inside the boxes (replicating wide players) are constantly moving and rotating ensuring social distancing measures are adhered to.

Players play any combination to find the end player (A&B) who can do 1 of 2 things.

Play a long pass to the player who restarts play (1 & 2) or play back into the boxes for the wide players to combine and find (1 & 2) to restart play.

Coaching points: Maximum 2 touches, play the way you are facing, creative combinations to find A&B, continual movement.

Switch A&B and 1&2 every 90 seconds.

Competition: Which team can do the most combinations in wide areas in 90 seconds x 6 sets.

