

Description

Social distancing tactical practice unopposed progressing to static interference from mannequins.

Screen 1 (15 mins)

Set up and 1/2 pitch (use 1 side each time) large supply of balls.
Sequence: Either midfielder runs to center circle retrieves a ball and plays a pass to the other midfielder. Players combine to find forwards who (initially) play a pass to the GK who puts the ball in or around the net.

Coaching points: Weight and accuracy of the pass, check shoulder prior to receiving the pass, minimal touches on the ball, receive looking to play forward, communicate the pass with a call or pointing. Look at playing to the striker as early as possible

Progressions/variations:(2 balls) As soon as either midfielder has passed the ball into the forwards, the other midfielder can restart play.

Strikers look at converting as many shots as possible.

Players rotate positions after passing maintaining social distancing measures.

Players create passing patterns.

Time how quickly you can play to a striker to get a shot on goal with control and with some conditions for example, everyone must touch the ball, 1 and 2 touch passing, less players have to touch the ball before the strikers receive a pass to shoot. 6 x 2 minute sets



Screen 2

Set up and 1/2 pitch (use 1 side each time) large supply of balls.

Sequence: Either midfielder runs to center circle retrieves a ball and plays a pass to the other midfielder. Players combine to find forwards who try to score a goal (switch GK'S often)

Coaching points: Weight and accuracy of the pass, check shoulder prior to receiving the pass, minimal touches on the ball, receive looking to play forward, communicate the pass with a call or pointing. Look at playing to the striker as early as possible

Progressions/variations:(2 balls) As soon as either midfielder has passed the ball into the forwards, the other midfielder can restart play(make sure we don't have 2 shots going at the same time)

Strikers look at converting as many shots as possible.

Competition who can score the most goals.

Players rotate positions after passing maintaining social distancing measures.

Players create front 1/3 passing patterns with the intention to get 1 on 1 with the GK

Time how quickly you can play to a striker to get a shot on goal with control and with some conditions for example, everyone must touch the ball, 1 and 2 touch passing, less players have to touch the ball before the strikers receive a pass to shoot. 6 x 2 minute sets

