

Description

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

Screen 1 (15 mins)

Set up and 1/2 pitch large supply of balls.

Sequence: Either CB plays a pass to each other (then gets another ball ready to go). 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. Initially look at as many players touching the ball before you find the forwards, make a move after your pass.

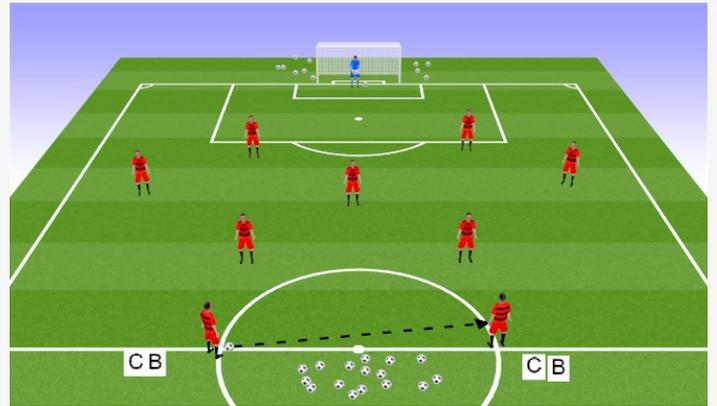
Progressions/variations:(2 balls) As soon as either CB has passed the ball into the midfield, the other CB can play a second ball in.

Strikers can shoot at goal when the GK has fully warmed up.

Players rotate positions after passing maintaining social distancing measures.

Players create passing patterns.

Time how quickly you can play through midfield with control 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 large supply of balls and 6 mannequins, poles or cones to act as defenders

Sequence: Either CB plays a pass to each other (then gets another ball ready to go). Players combine to find forwards who aim to score a goal.

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. Initially look at as many players touching the ball before you find the forwards, make a move after your pass.

Progressions/variations:(2 balls) As soon as either CB has passed the ball into the midfield, the other CB can play a second ball in.

Strikers keep a tally on how many goals they have scored.

Players rotate positions after passing maintaining social distancing measures(Change GK if needed)

Players create passing patterns.

Time how quickly you can play through midfield with control 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

