

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 as shown.

Sequence: Gk plays a pass to a player in the box (then gets another ball ready to go). Players combine to find 9 or 10 who run the ball over the half way line and leave the ball.

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 9/10, make a move after your pass.

Progressions/variations:(2 balls) As soon as either defender has passed the ball into the midfield, the GK can play a second ball in. Players rotate positions after passing maintaining social distancing measures.

Players create passing patterns.

Time how quickly you can play out 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 9/10 receive a pass. 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: Gk plays a pass to a player in the box (then gets another ball ready to go). Players combine to find 9 or 10 who run the ball through the gates and leave the ball.

Coaching points: Weight and accuracy of the pass, check shoulder (using mannequin as a defender) 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 9/10, make a move after your pass.

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

Work right hand side first then left hand side.

Play passes between mannequins.

Players rotate positions after passing maintaining social distancing measures.

Players create passing patterns.

Time how quickly you can play out 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 9/10 receive a pass. 6 x 2 minute sets

