

Description

Social distancing technical, physical and set play(shooting) with big squad numbers

Screen 1

Set up: 3 separate areas A (technical) B (physical) C (set play)
Sequence: Area (A) technical with 2/3 balls going at the same time, 8 players and 4 mannequins passing 2/3 balls at the same time playing between the mannequins 1 or 2 players can enter the middle zone as bouncers BUT social distancing regulations must be adhered to, use central players as bouncers.

Coaching points: minimal touches, aim to play split passes, correct weight and accuracy of pass, communicate the pass with a call or signal. 4 x 90 seconds with 30 seconds rest 2 sets.

Area (B) physical players opposite each other hurdles (jump) poles (zig zag) cones (shuttles) ladders (agility) 4 x 90 seconds with 30 seconds to switch activity, 2 sets.

Area (C) set play (shooting) players 1 plays a pass receiver receives on the half turn and shoots, players rotate positions 2 & 3 follow when this is completed player 4 plays a long floated pass to the GK who collects in the air, switch with next GK and repeat cycle. 12-15 minutes then switch with A or C keep a count of goals.



Screen 2

Set up: 3 separate areas A (technical) B (physical) C (set play)
Sequence: Area (A) technical with 2/3 balls going at the same time, 8 players and 4 mannequins passing 2/3 balls at the same time playing between the mannequins 1 or 2 players can enter the middle zone as bouncers BUT social distancing regulations must be adhered to, use central players as bouncers.

Coaching points: minimal touches, aim to play split passes, correct weight and accuracy of pass, communicate the pass with a call or signal. 4 x 90 seconds with 30 seconds to 2 sets.

Progression/variation: 1/2 touches maximum, rotate central players often, time how long you can keep 2/3 balls in the field without stopping.

Area (B) physical players opposite each other hurdles (jump) poles (zig zag) cones (shuttles) ladders (agility) 4 x 90 seconds with 30 seconds to switch activity and rest 2 sets.

Progression/variation: Do 2 sets before switching activity, try to beat how many hurdles, poles, cones and sets of agility ladders you did in your first attempt.

Area (C) set play (shooting) players 1 plays a pass receiver receives on the half turn and shoots, players rotate positions 2 & 3 follow when this is completed player 4 plays a long floated pass to the GK who collects in the air, switch with next GK and repeat cycle. 12-15 minutes then switch with A or C keep a count of goals.

Progression/variation: Receiver plays a give and go with passer who then has a shot.

