

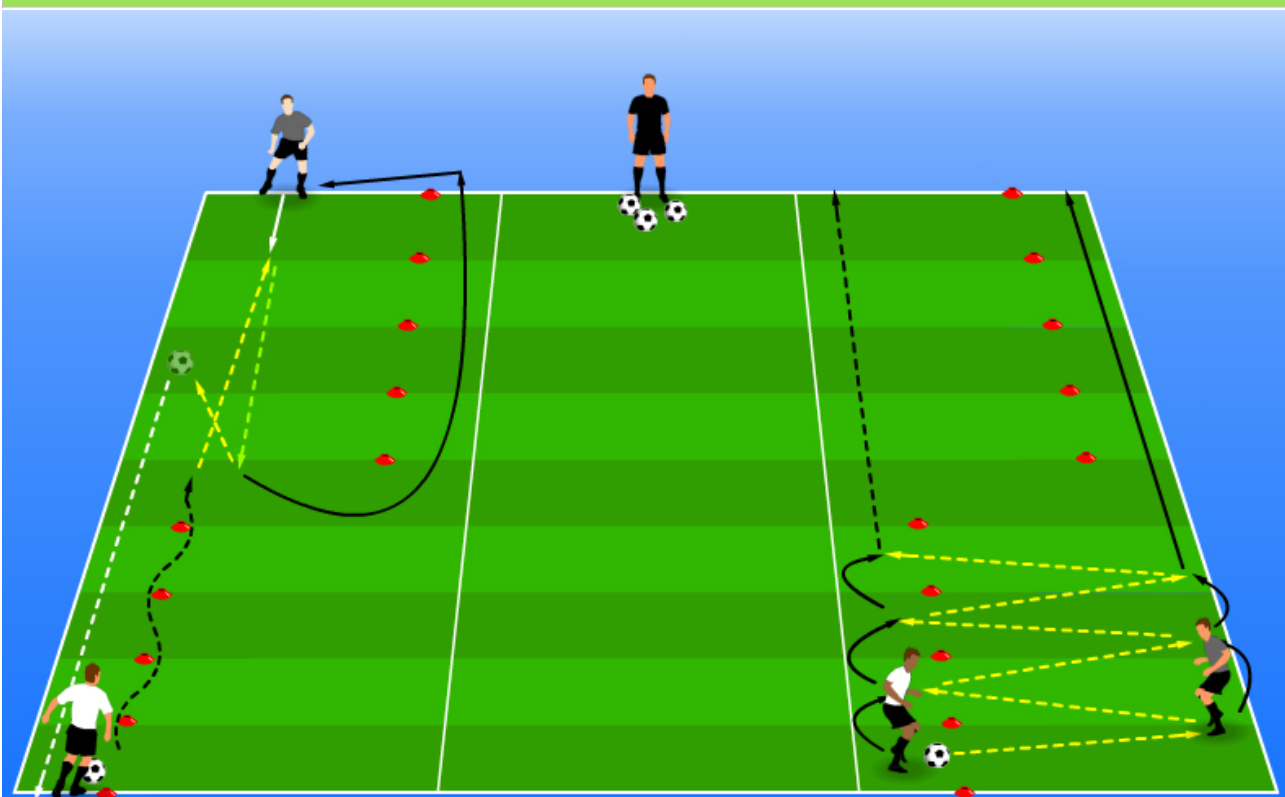
Session Summary

Session:	SOCIALLY DISTANCED PRACTICE - PASS, MOVE, DRIBBLE RELAY		
Duration:	20 minutes	Equipment:	2-4 Balls, 20 x cones
#Players:	4	Age Group:	Any

Intro

- Set up as per the below diagram.
- Players work in 2 pairs, competing against each other. Each pair has a channel.
- Coach in the middle with spare footballs.
- Both pairs will do the same exercise at the same time, competing against each other. The below shows 2 exercises. Exercise 1 (left) and exercise 2 (right). Descriptions for both below.

Setup



Created using SoccerTutor.com Tactics Manager

Exercise 1 (left)

- Player 1 (white shirt) dribbles through the cones at pace.
- At the midway point, they come out of the cones and play a 1-2 with player 2 (grey shirt).
- When they receive the ball back, they lay it off for player 2 to run onto and then make their way round the outside of the other line of 5 cones, to the position player 2 started in.
- Meanwhile, player 2 runs onto the layoff and drives with the ball down the line to the place where player 1 started.
- The players are now in each other's starting positions and as such they repeat the exercise, playing the opposite role.
- A "lap" is complete when both players are back to their original positions.

Exercise 2 (right)

- Player 1 passes between the first 2 cones to player 2 and then moves to the next gate to receive the pass back.
- Repeat for the remaining gates.
- At the end of the gates, players drive to the line (one with the ball, one without).
- Repeat in the opposite direction, through the other 5 gates, with the player's roles switched.
- Alternative is instead of driving to the line, repeat the passing sequence through the remaining gates on the way to the line, with the roles reversed.
- As per exercise 1, repeat the whole things twice, so both players end where they started.
- First pair back is the winner.

Coaching points:

Emphasise the balance between quality and speed. Would expect the players to be rusty initially, so focus to start with on improving their touch. As that improves, emphasise the pace they're working at. If competitive element is causing a lack of quality, remove that temporarily.

Encourage "passing empathy" - ie playing the sort of pass you'd want to receive yourself if you were in your team mate's position. Where do they want the ball? What pace do they want it at?

Communication - doesn't have to be verbal - body shape and gestures can be used to show where you want the ball.