

## Session Summary

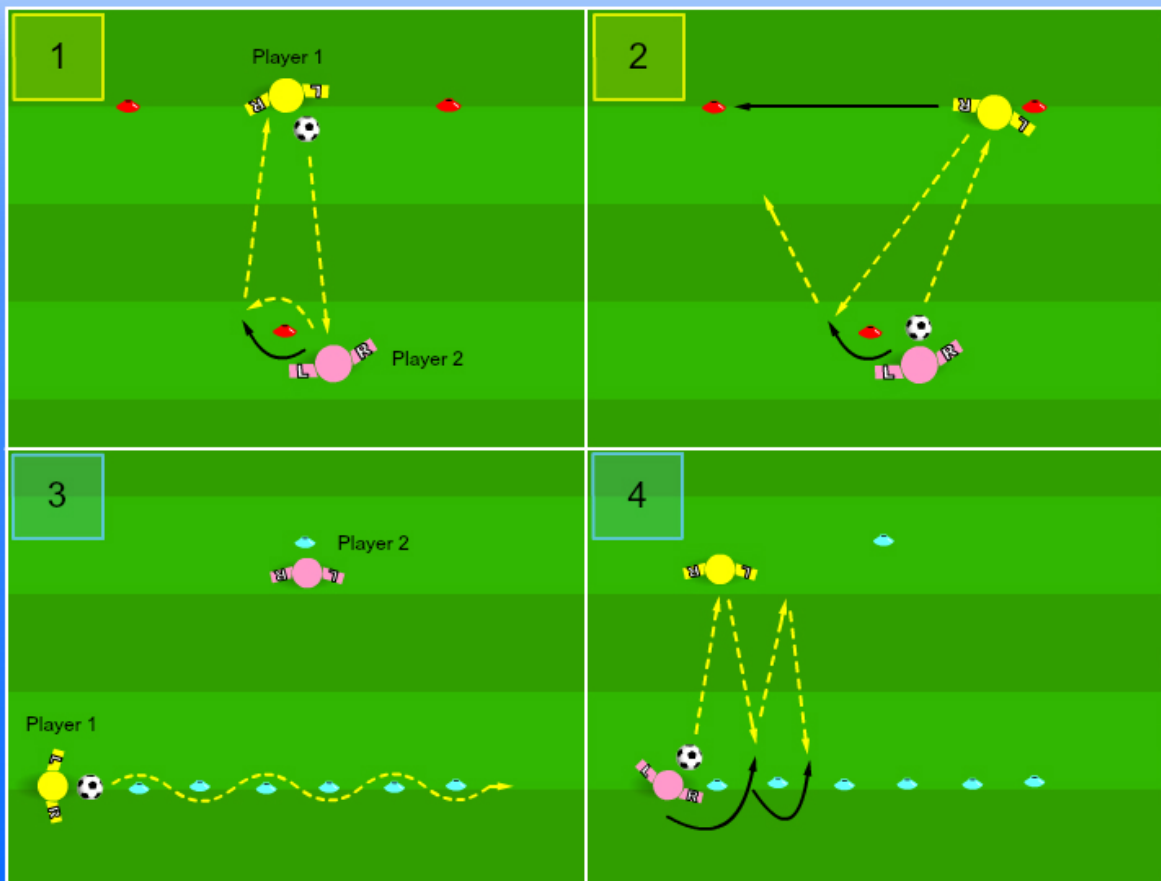
<b>Session:</b>	<b>SOCIALLY DISTANCED WARM UP IN PAIRS</b>		
<b>Duration:</b>	15 mins	<b>Equipment:</b>	Balls, 10 cones
<b>#Players:</b>	4-6	<b>Age Group:</b>	U8 - U18

## Introduction

These warm ups involve some basic footwork, passing, receiving and dribbling, all in a socially distanced way, to ensure they stick to government guidelines during the Covid-19 outbreak. There are 4 exercises, but there are plenty of others you can come up with using the same setup. Be creative!!

## Setup

- **Exercises 1 & 2:** 3 cones, in a triangle, with a 2.5m gap between each cone.
- **Exercises 3 / 4:** 6 cones in a line, with one more cone 3m away, half way along.
- See below for both setups.



Created using Soccer Tutor.com Tactics Manager

### Exercise 1 (top left)

- Player 1 (yellow) starts between two of the cones, with the ball.
- Player 2 (pink) starts behind the other cone, to one side.
- Player 1 passes the ball to player 2. Player 2 touches the ball round the front of the cone and moves round the back of the cone to then pass the ball back to player 1.
- Repeat in the opposite direction. Switch players roles after a minute. Increase pace.

**Challenge:** how many passes can the pair complete in 1 minute?

**Coaching points:** body shape to receive pass, first touch, passing accuracy & weight, communication between players, stay on the balls of your feet, ready to receive the ball.

### Exercise 2 (top right)

- Player 2 starts on the same cone they started the previous exercise on, with the ball.
- Instead of starting between two cones, player 1 starts on one of the two spare cones.
- Player 2 passes to player 1 and moves round the back of their cone.
- Player 1 passes the ball back and moves to the spare cone, to receive a pass back.
- Player 2 moves round the back of their cones. Player 1 passes back to player 2 and the process repeats.
- Switch roles every minute.

**Challenges & coaching points:** as per exercise 1

### Exercises 1 & 2 - Progressions

**Challenges & coaching points:**

- Play in one touch.
- Players to come up with other passing sequences themselves.
- Increase the size of the area to challenge players to make longer passes and cover more ground.

### Exercise 3 (bottom left)

- Player 1 dribbles through the cones.
- At the end, they pass to player 2, who dribbles the ball to the start and does the same.
- Try different methods of controlling the ball on each turn (sole of foot, inside, outside of foot, only left foot etc.)

**Challenge:** how quickly can the pair complete 1 / 3 / 5 circuits? Add time penalties for hitting cones.

**Coaching points:** accuracy over speed initially, weight of touch, balance, concentration. The players should struggle with this initially. If they don't, move the cones closer together. As they repeat the exercise over the weeks, they should improve accuracy and speed.

#### Exercise 4 (bottom right)

- Player 1 starts with the ball at one end of the line of cones.
- Player 2 starts opposite them, around 3m away.
- The players play passes between them, with player 1 moving round the back of each cone in between each pass, coming through each gate to receive the ball.
- Player 2 moves along in line with player 1, remaining 2 - 3 meters away throughout.
- Move back along the line, then switch roles.

**Challenge:** how quickly can the pair complete a circuit?

**Coaching points:** weight of pass, accuracy of pass, stay on the balls of your feet, ready to receive a pass, think about where your partner wants the pass played, communication.

#### Exercises 3 & 4 - Progressions

##### Challenges & coaching points:

- The player moving in and out of the cones can chip passes back to player 1, for variety (but no heading).
- Play in one touch
- Extend the space between the players for longer passing practice (may also move cones further apart if doing that).