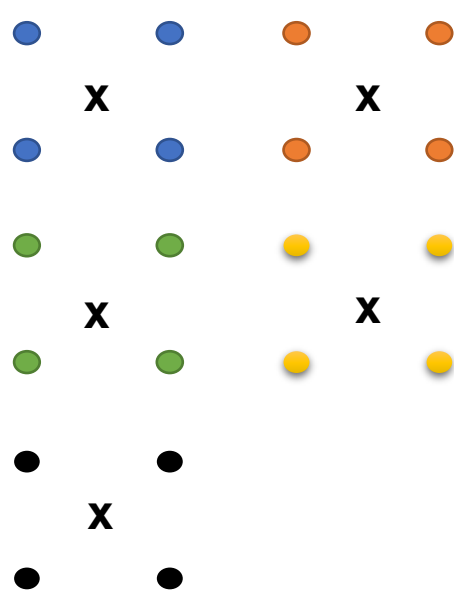


Introduction

- The following session (in order of slides) was successfully used to coach groups of U11 players with five players in each session while maintaining 2m social distancing
- Five pairs of cones were laid out along the side of the pitch to mark the area where each player left their water bottle etc.
- All players used provided hand sanitizer before and after training, and all equipment (including footballs and gloves) was sprayed with disinfectant
- The above is not intended to be a comprehensive protocol for training under social distancing, rather one coaches interpretation of how our club's protocol was implemented
- Drills are adapted from many sources, general guidance:
 - 'Constant' drills are generally easy to adapt
 - 'Variable' drills often require more adaptation – player rotation with a fixed area is a useful 'variable' to maintain distancing
 - 'Random' drills are harder to adapt - shooting drills at pace are used

Coaching Advice

- Set up all cones before session starts
- At the end of each drill, stop the activity and explain where every player is going next before the actual transition
- Flat cones are really helpful as you can mark out spacing but allow ball to roll unimpeded



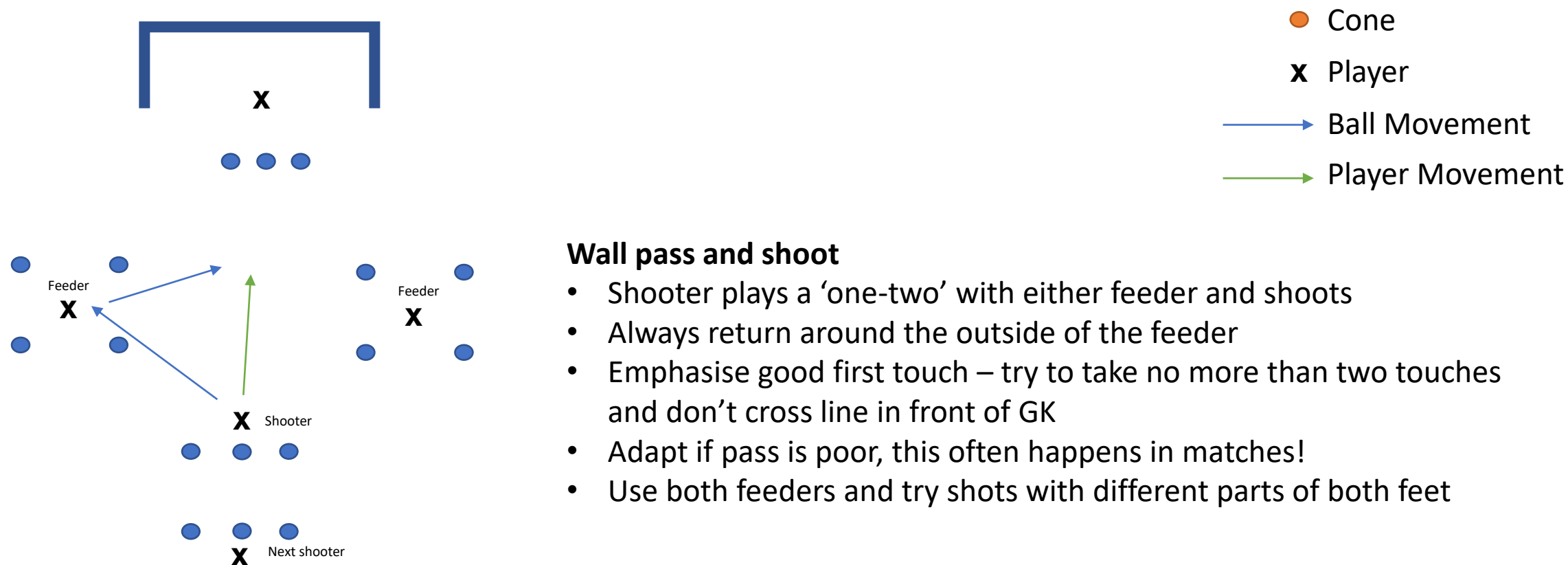
● Cone
X Player

Flick and Keepie-Uppies

- No hands, must start with a flick (great examples in link below)
 - <https://www.youtube.com/watch?v=1uSMLNm8MNo&t=10s>
- Once the ball is up, feel free to let it bounce between each contact
- If the ball starts to get away, rather than one last 'desperate' touch, if possible use a bounce to get it back under control

Coaching Notes:

- Great arrival activity as can start with as few as 1 player
- Squares deliberately different colours to make them clear
- Square separation is roughly 2.5 metres
- If/when a ball spills, verbal agreement between players on who will get it before retrieval

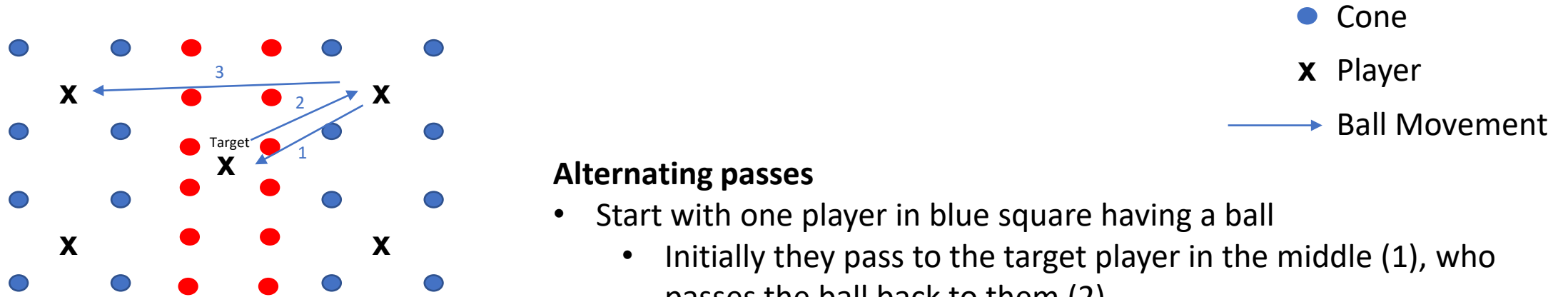


Wall pass and shoot

- Shooter plays a 'one-two' with either feeder and shoots
- Always return around the outside of the feeder
- Emphasise good first touch – try to take no more than two touches and don't cross line in front of GK
- Adapt if pass is poor, this often happens in matches!
- Use both feeders and try shots with different parts of both feet

Coaching Notes:

- Deliberately very early in session to improve engagement
- Constantly rotate feeders and shooters
- Make sure your observer is behind the goal to get the balls!

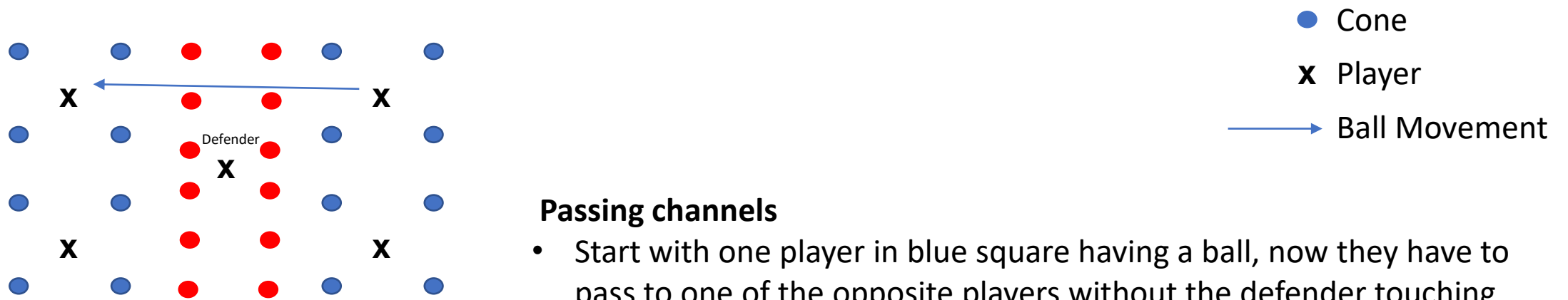


Coaching Notes:

- Players will be alternating passes between target and far sides
- For target, emphasise body shape and awareness
- Rotate the target

Alternating passes

- Start with one player in blue square having a ball
 - Initially they pass to the target player in the middle (1), who passes the ball back to them (2).
 - The next pass (3) must be long, to either one of the players on the opposite side
- Sequence repeats with the receiving player now playing to the target
- Once up and running, add another ball
- Progression 1: Target does not have to return the ball to the player who passed, it can go to any free player
- Progression 2: Two touch maximum, where two touches are with different body parts

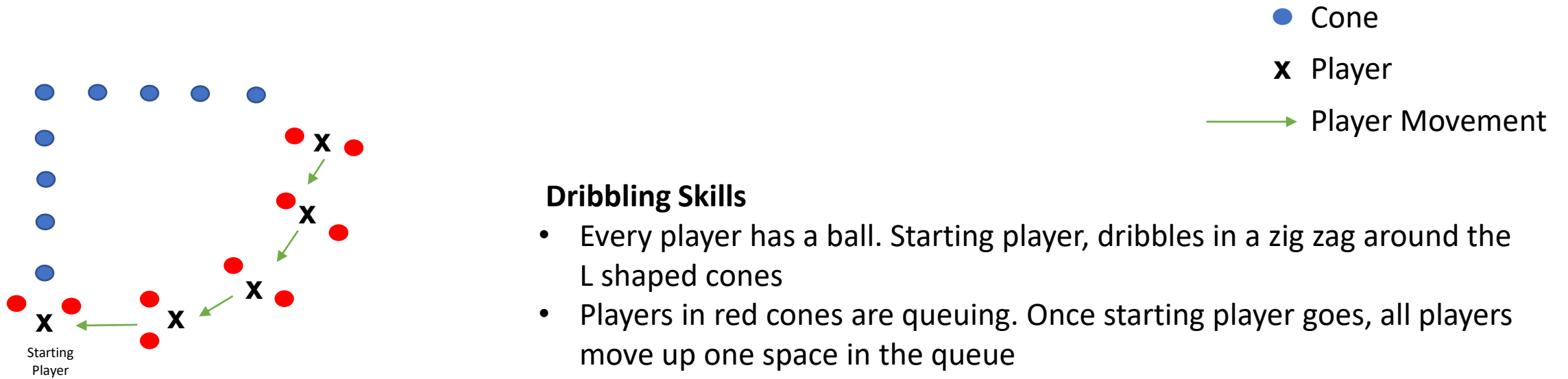


Passing channels

- Start with one player in blue square having a ball, now they have to pass to one of the opposite players without the defender touching the ball
- Every time defender touches the ball or a pass goes astray, the defender swaps out
- Progression 1: Ball can't stop, if it does, defender swaps out
- Progression 2: Limit touches

Coaching Notes:

- Identical layout to before
- Although the drill seems different, emphasise that the passing skills are similar

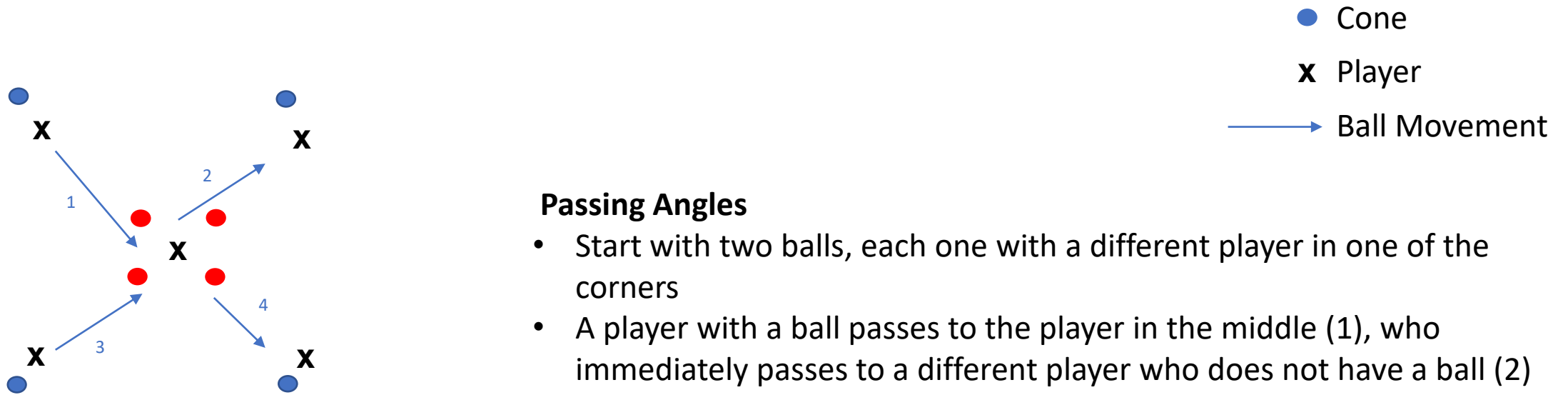


Coaching Notes:

- Ensure at least 3m separation between queueing spots
- If a player slows down, next player must also slow

Dribbling Skills

- Every player has a ball. Starting player, dribbles in a zig zag around the L shaped cones
- Players in red cones are queueing. Once starting player goes, all players move up one space in the queue
- Run 1: Use any part of either foot
- Run 2: Only right foot
- Run 3: Only left foot
- Run 4: Only insides of feet
- Run 5: Trick at every cone (step over/croqueta/roulette...)
- Run 6: Backwards (using soles of feet)

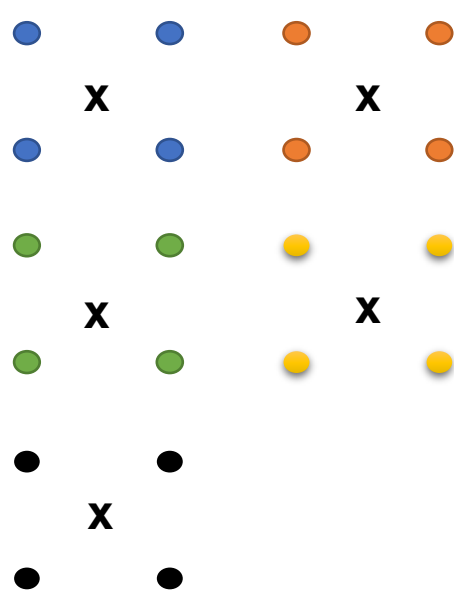


Coaching Notes:

- If a ball goes loose, ensure a verbal agreement between players on who retrieves it
- Emphasise the need to recover quickly when balls go astray
- Rotate the middle player

Passing Angles

- Start with two balls, each one with a different player in one of the corners
- A player with a ball passes to the player in the middle (1), who immediately passes to a different player who does not have a ball (2)
- This repeats, with the initial pass now coming from the other player that started with a ball (3)
- This repeats, with every pass from the outside going to the middle player, who has to find a free player with the return pass
- Progression: Add a third ball (now only one free player each time)



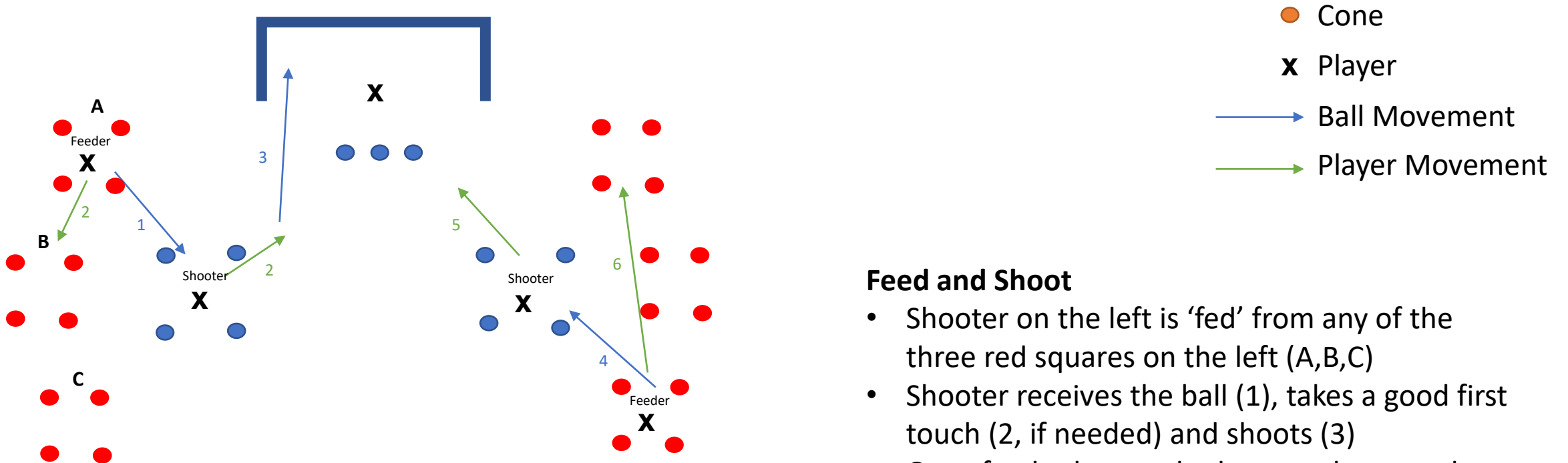
● Cone
X Player

Long Passing

- Each player starts in their square and ideally doesn't leave (unless a ball goes astray)
- Two balls are passed between squares, initially only constraint is to pass to a player who is not about to receive the other ball
- Progression 1: Ball cannot stop
- Progression 2: Maximum of two touches
- Progression 3: Maximum of two touches with different body parts
- Progression 4: Unlimited touches, but ball can't bounce outside of squares

Coaching Notes:

- Same layout as arrival activity
- If/when a ball spills, verbal agreement between players on who will get it before retrieval
- Emphasise quick recovery if balls go astray



Coaching Notes:

- Constantly rotate feeders, shooters and sides
- Make sure your observer is behind the goal to get the balls!

Feed and Shoot

- Shooter on the left is 'fed' from any of the three red squares on the left (A,B,C)
- Shooter receives the ball (1), takes a good first touch (2, if needed) and shoots (3)
- Once feeder has made the pass they can then choose where to feed next ball from (2)
- Sequence repeats on the right side