

**Physical Distancing Set Up**

**Session Move**

**Pull Back**

	<p>8x8 yard training areas for each player with 2 yard buffer</p>	<p>Equipment cone should be easy to find for player to put his/her water &amp; bag</p>	<p>Players bring their own ball and train in their designated area</p>
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	<p><b>Activity Description</b></p>	<p><b>Set Up Diagram</b></p>	<p><b>Coaching Points</b></p>
<p><b>#1</b>  15 mins</p>	<p><b>Juggling On The Spot</b> Player controls the ball with no bounces upon the surface. 5 minutes for each: Feet only, Thighs only, any part of the body.  Younger age groups have them catch the ball after each touch and build on the success. Or allow one bounce in-between touches.  Add competition-keep count.</p>		<p>-Spring loaded with readiness to adjust to each touch.  -Eyes on the ball to coordinate and select the appropriate surface for each touch.  Adjust the weight of the touch for close control.</p>
<p><b>#2</b>  15 mins</p>	<p><b>Two Cone Dribbling</b> Player runs with the ball, cuts around the far cone and returns to the starting cone. Use the inside left, inside right, outside left, outside right and sole of the foot.  5 minutes for each variation.  Add competition-count how many times the player gets back to the starting cone.</p>		<p>-Explode with the first touch  -Soft touches to maintain control  -Sharp cut around the cones and accelerate in open space</p>
<p><b>#3</b>  15 mins</p>	<p><b>Footskills</b> Players dribbles quickly while cutting through each opening in a zig-zag fashion. Use inside right and left, outside right and left, any surface you want, sole of the foot.  5 minutes each variation  Add competition-count how many times the player gets back to the starting cone.</p>		<p>-Explode with the first touch  -Soft touches to maintain control  -Sharp cut around the cones</p>
<p><b>#4</b>  15 mins</p>	<p><b>Fitness With A Ball</b> Players do multiple exercises with the ball. Do 3 sets for 1 minute each -Ball in-between ankles jumps up and down. Little hops -Same as above with big hops (knees up) -Sitting down ball in-between legs and do crunches -Sitting down roll ball under and over the legs</p>		<p>-Challenge the players to increase their speed -Good technique -Cheer the on</p>

**5 Elements**

- Organized**-set up and ready to go
- Game like**-relate the activity to the game
- Repetitions**-repetition on what you are trying to achieve

- Challenging**-players need to be challenged
- Coaching**-the right coaching based on the age/level of the players