



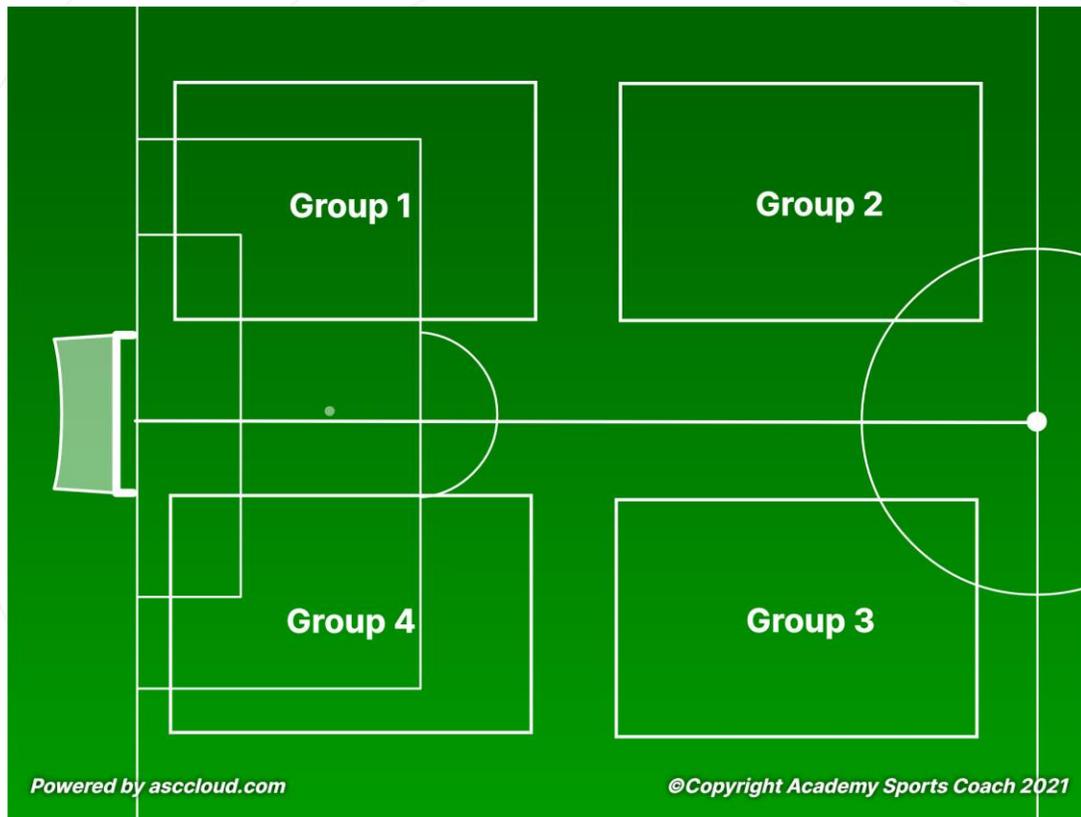
# OVERVIEW (AS OF MAY 9, 2021)

- Session may be from 45-80 minutes depending on the ages of the players
- Activities can be modified and adjusted according to the ability and age of the players
- Number of cones, balls, and any other equipment should be taken into consideration when designing your sessions
- All those involved must follow the guidelines set by the Provincial Government and the Provincial Sport Organization
- Ensure parents and players are aware of the Return to Play recommendations
- Ensure that the coach handles and sanitizes all training equipment before, during (if needed), and after the session
- Remind players to abide by the physical distancing guidelines before, during and after the session
- Pick-up and drop-off of players should be scheduled to not have large groups in the parking lot



# FIELD LAYOUT

## Field Size (Half Field)



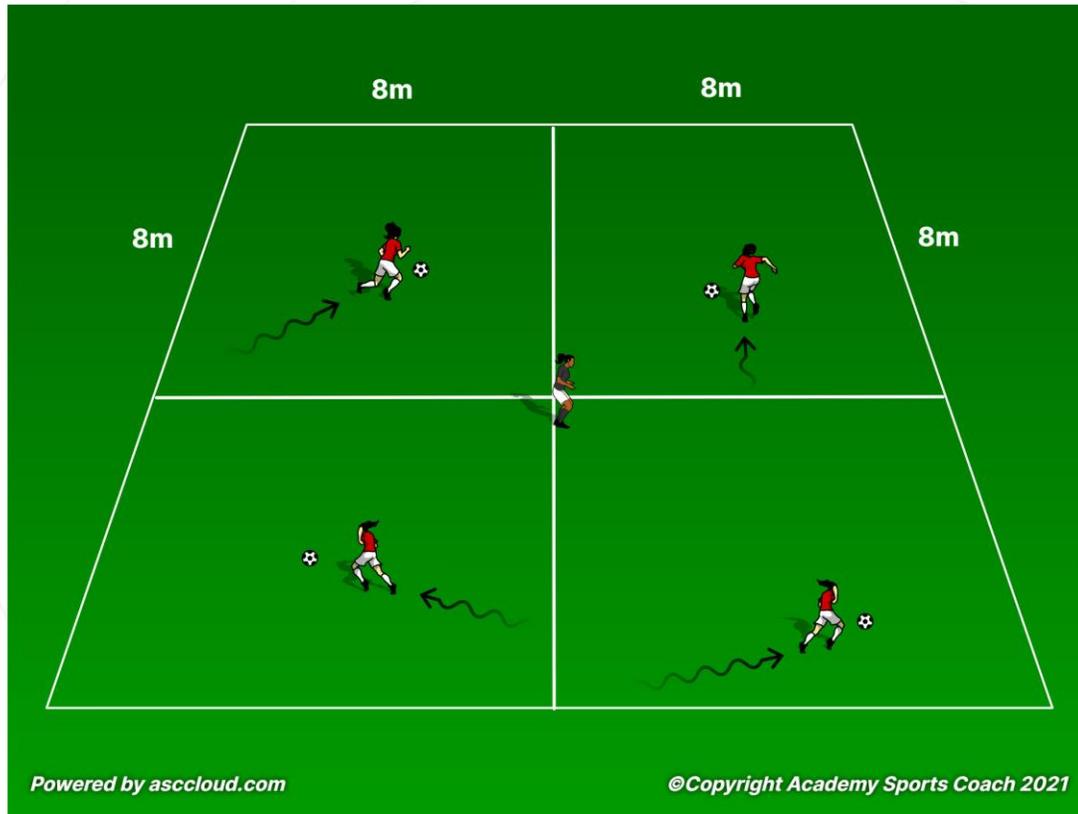
## Description

- Number of groups = 4
- Number of players = 4 players/group
- Number of Coaches = 1 per group
- Total number of people = up to 40 people on a full-size field
- Area can be adjusted accordingly to fit the organization's needs, but must allow room for players and coaches to move freely while keeping a 2m physical distance
- Group sizes and soccer activities may need to be adjusted according to the most recent RTP protocols



# DRIBBLING

## Traffic



## Description

- Each player does a free dribble inside the area. Encourage players to use the entire space
- Coach can give commands
  - Highway = players dribble fast
  - School zone = players dribble slow
  - Parking = players stop and perform a move (4 toe taps) to refill gas, once completed the players can move again.



# DRIBBLING

## Candy Store



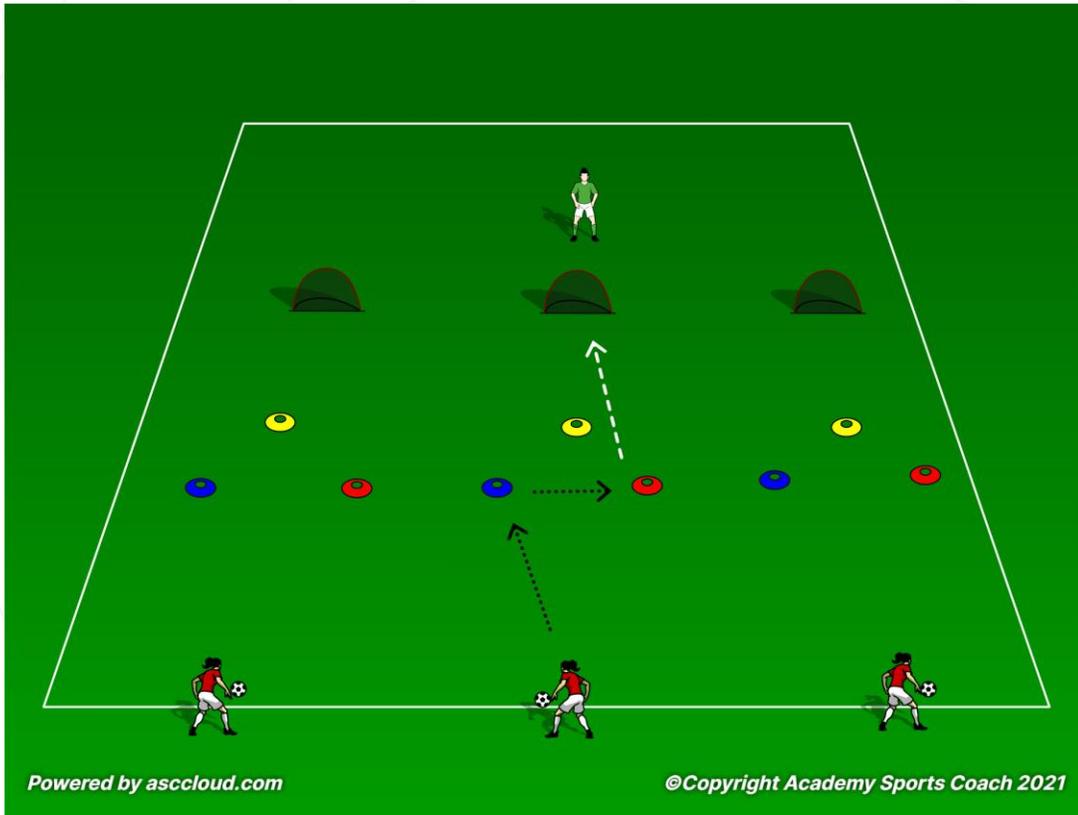
## Description

- Free dribble. Encourage player to use the entire space. Encourage players to use all parts of their feet.
- Coach can give commands based on cone colour. Players must dribble towards this cone.
  - Red cone = Twizzlers, Yellow cone = Starbursts, etc.
  - Add multiple candies at once = Starbursts and twizzlers!



# SHOOTING

## Relay Race



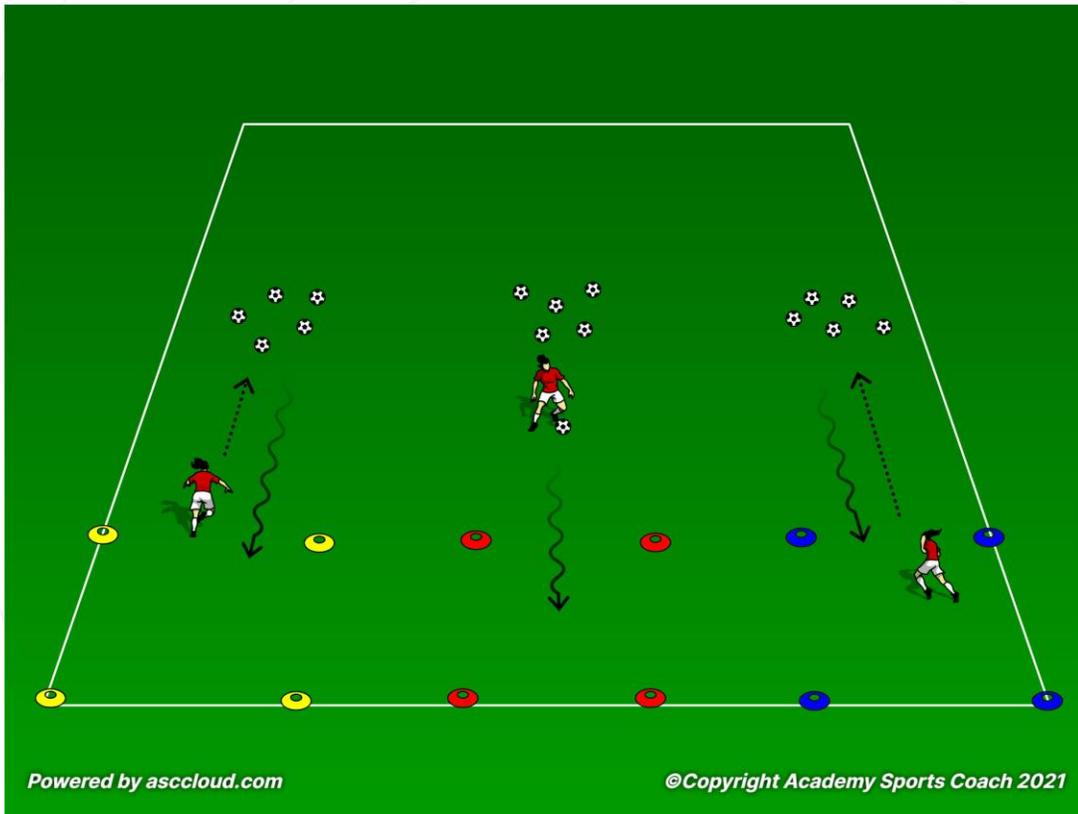
## Description

- Players start on the endline with a ball
- On coach's command the players must dribble around each cone and then score
- In the diagram the coach says, BLUE and RED, after the player shoots on goal and retrieves their ball
- Have players in different starting positions: laying down, on their knees, etc.



# AGILITY AND COORDINATION

## Hungry Hungry Hippo



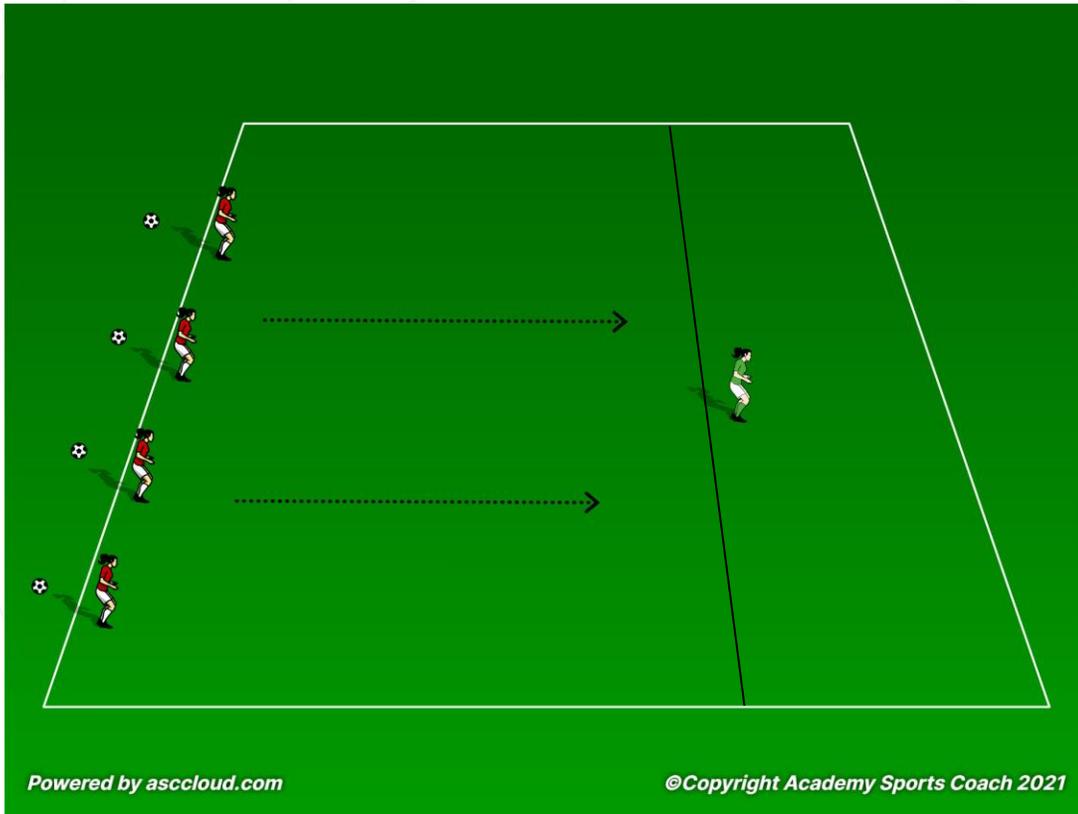
## Description

- Players start inside their area (home) across from their group of balls
- When the coach says GO, the players run to the balls (food) and dribble 1 ball back to place inside their fridge
- Once all the balls are back, that player gets a point. To start again, the players must return the food back from their fridge to the store because it's spoiled
- Add different dribbling/running techniques. Ex. only left foot, can only hop to the ball, etc.



# AGILITY AND COORDINATION

## Red Light, Green light



## Description

- Players start on the end-line, first without a ball
- Coach turns around and calls GREEN LIGHT (players move forward), on RED LIGHT the coach turns around and if a player is caught moving then they return to the start
- First player to pass the coach wins!
- Add a ball the next round
- Players must keep their distance throughout the activity