



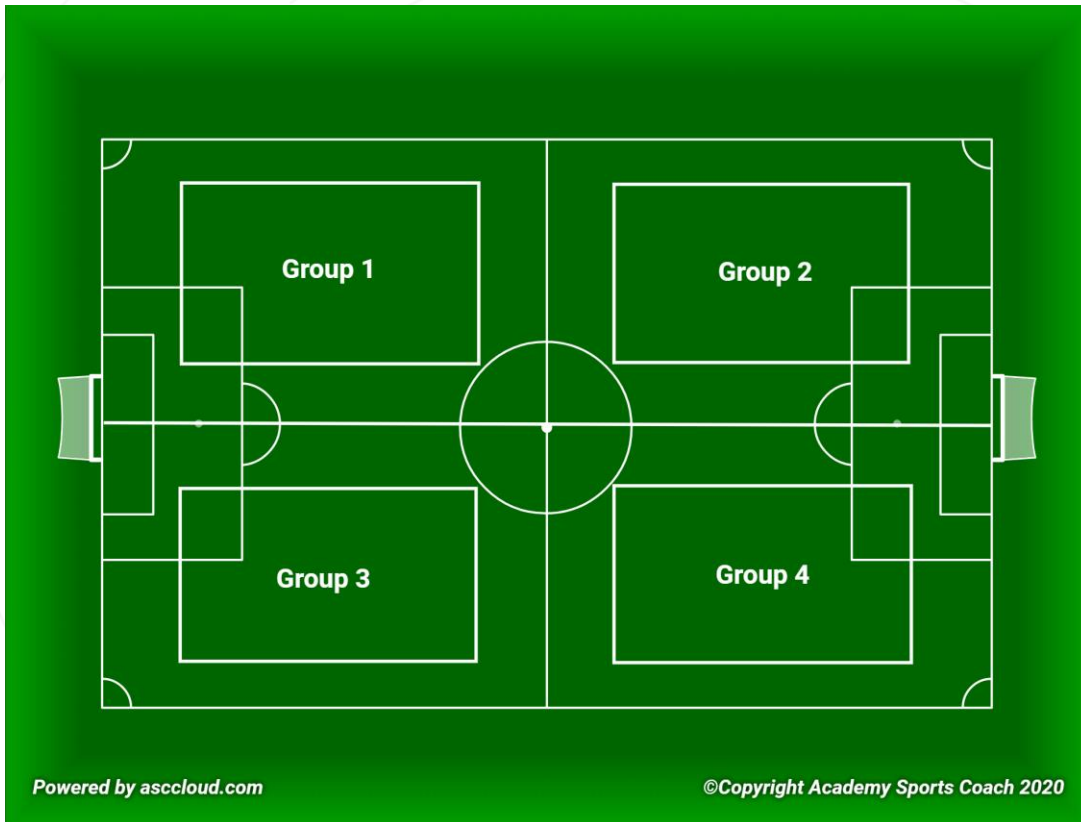
OVERVIEW

- 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 Participate 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 (Full-Size Field)



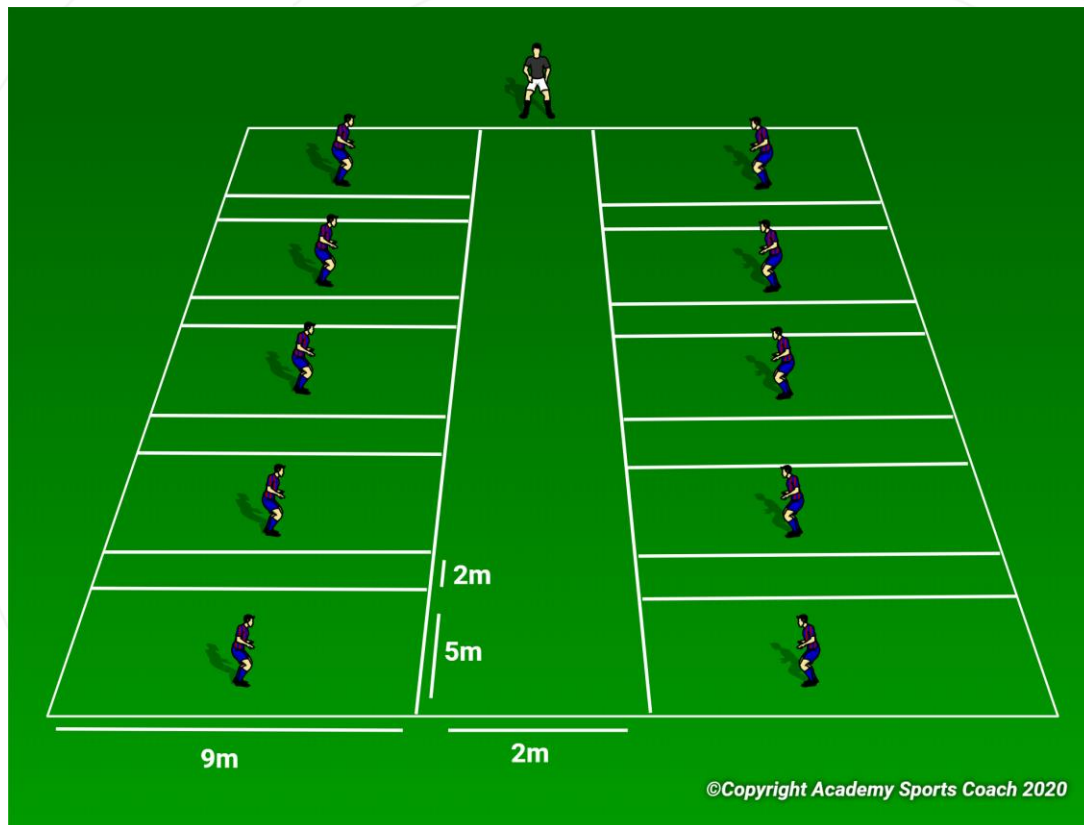
Description

- Number of groups = 4
- Number of players = 40
- Number of Coaches = 4-8
- Total number of people = under 50 (within Government guidelines)
- Area can be adjusted accordingly to fit the organization needs, but must allow room for players and coaches to move freely while keeping a 2m physical distance



GROUP LAYOUT

Field Dimensions (Quarter Field)



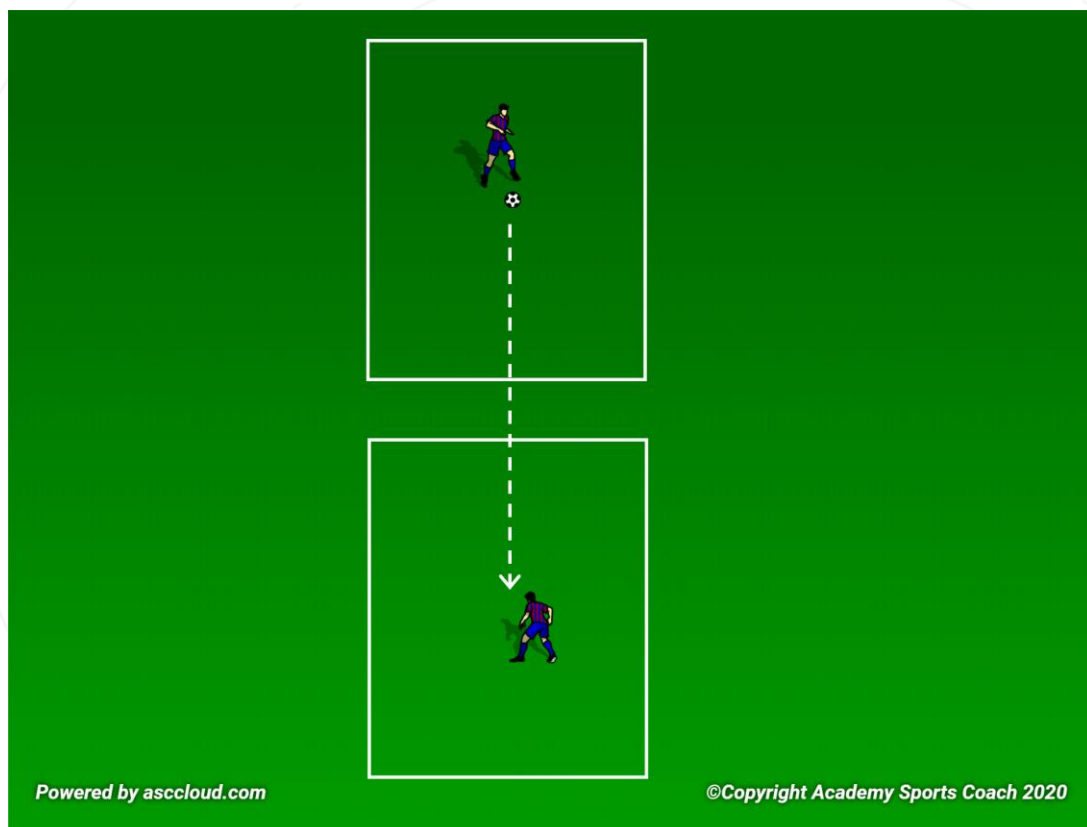
Description

- Number of players = 10
- Number of coaches = 1-2
- Each player has their own area to play in
- Cones can be used to outline each zone
- Area in between the zones is used for coaches to move around while keeping their distance



PASSING

Passing 1



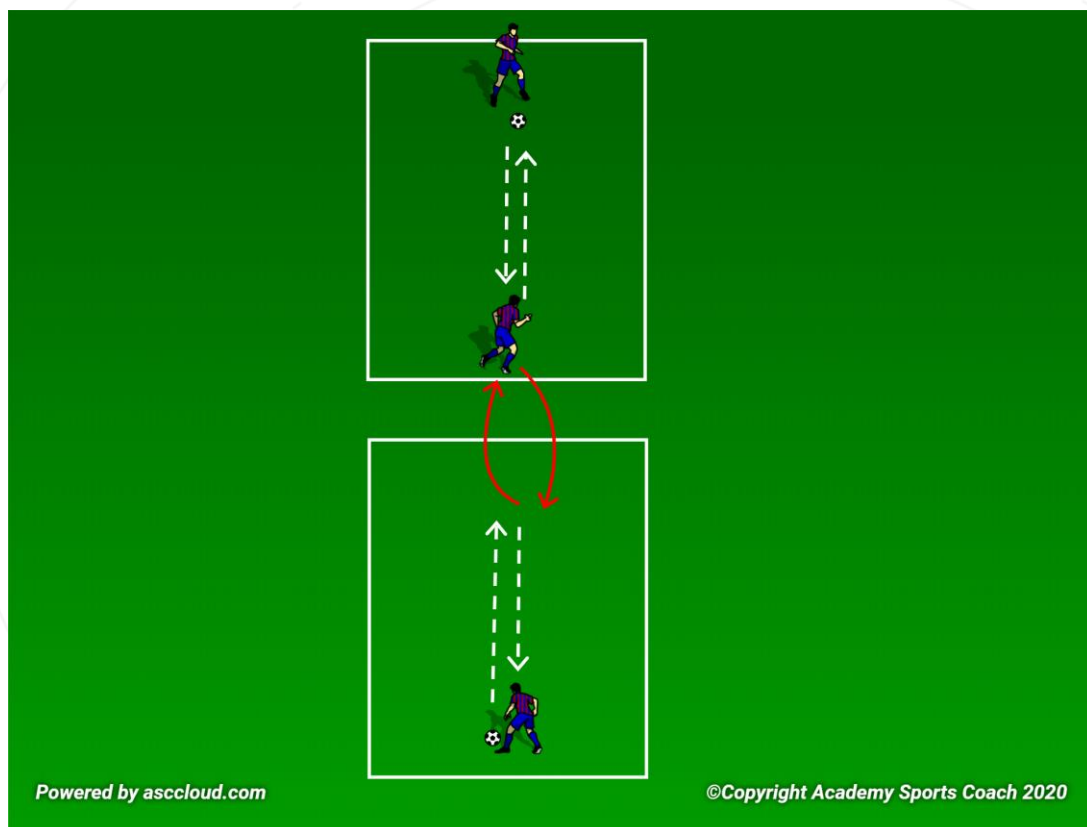
Description

- Players stay in their respective zones and pass to their teammate
- Encourage moving towards the ball to receive and to free up space before receiving
- Vary the number of touches until the pass
- Encourage using different parts of the foot to pass



PASSING

Passing 2



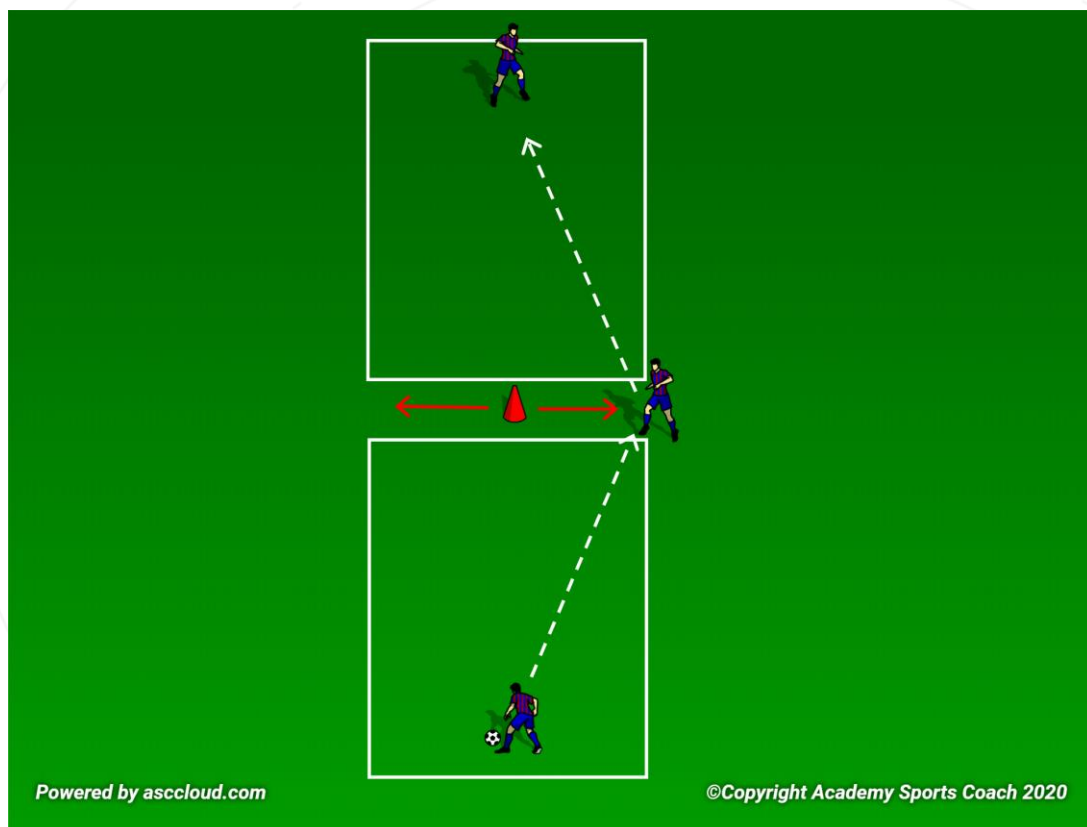
Description

- Add 1 player in between the zones. That player must come to receive the ball, while keeping a 2m distance, and pass back to the same player
- Vary the number of touches for the player in the middle
- Vary the types of balls (to the chest, thigh, etc.)
- Switch the middle player after 10 repetitions



PASSING

Passing 3



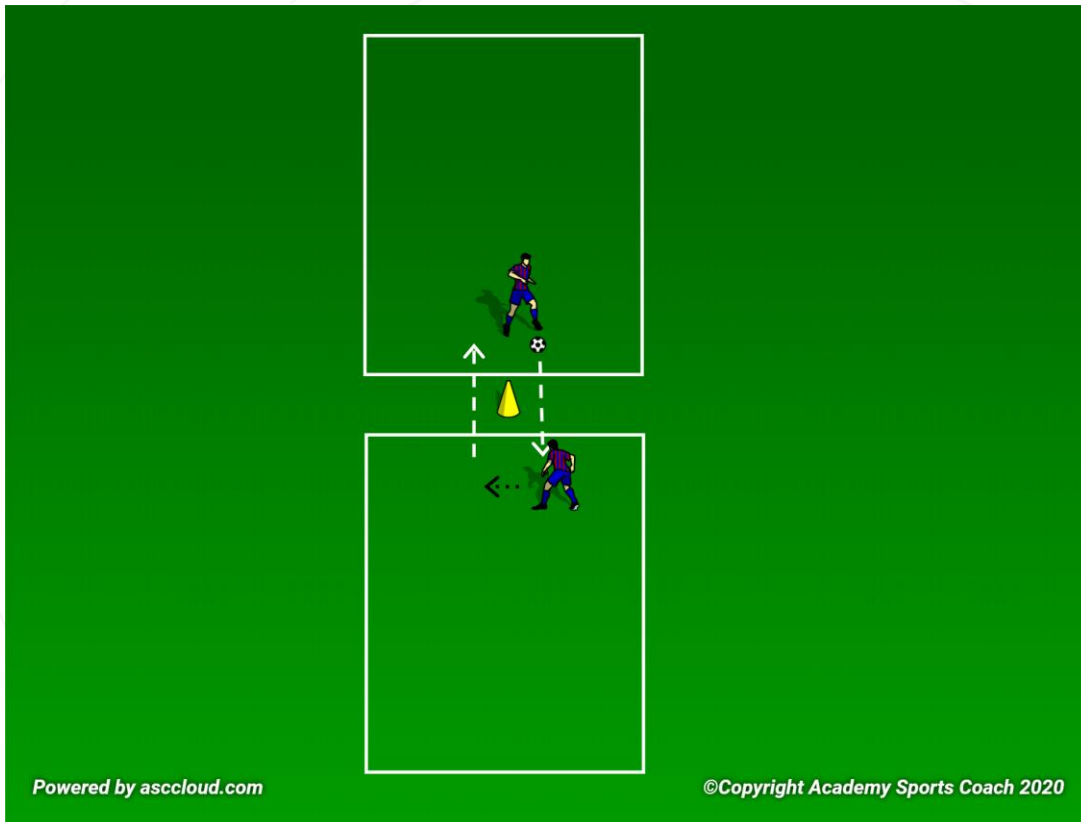
Description

- The middle players checks off the cone to receive the ball and play to the other side
- Encourage proper player habits when receiving (shoulder checks, quick movement off the cone, receiving open to the field)
- After 10 repetitions switch the middle player



PASSING

Passing 4



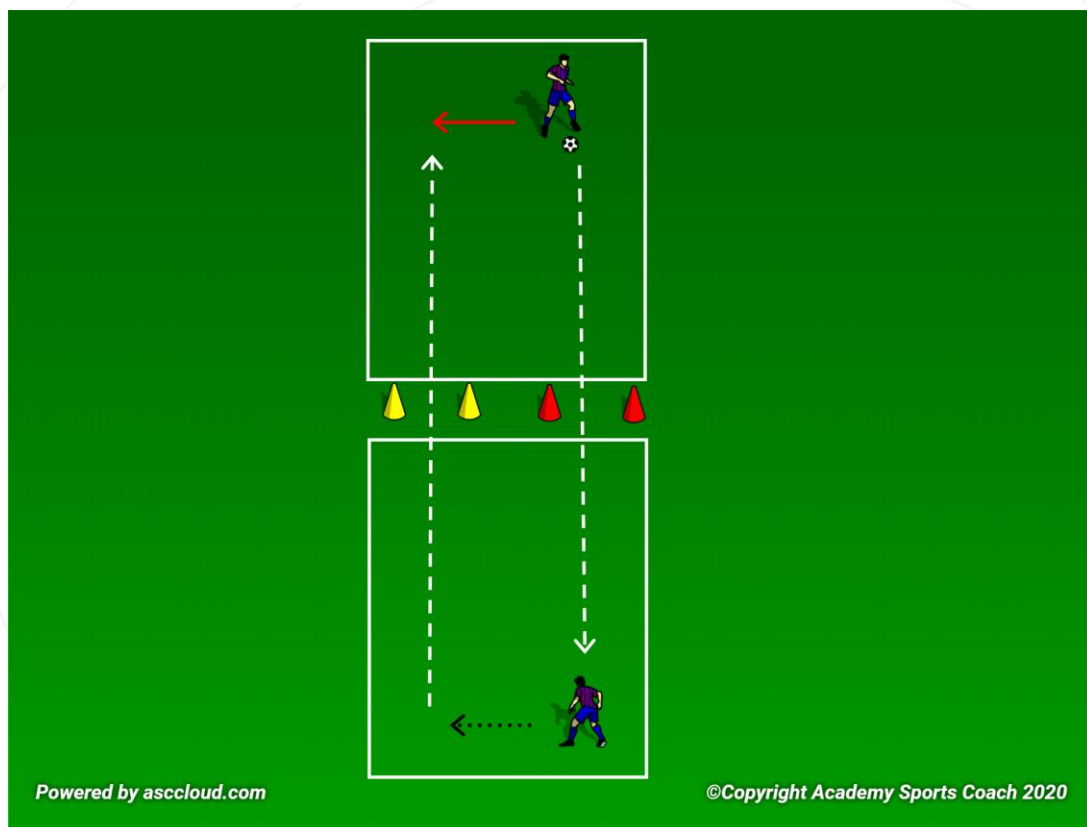
Description

- Players pass back and forth around the cone
- Vary the receiving style of the players (inside, outside, bottom of foot)
- Vary the number of touches before passing
- Players can perform skill moves before passing (toe-taps, juggle, etc)
- Vary the distances of the players



PASSING

Passing 5



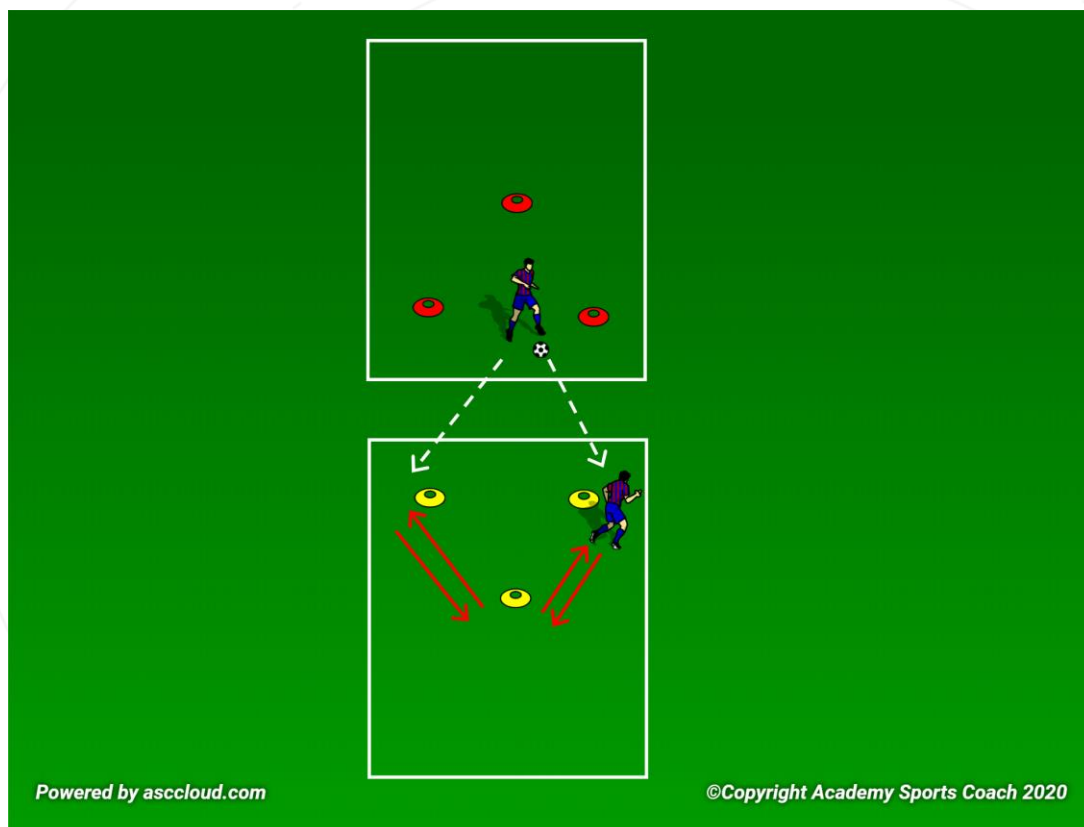
Description

- Players try to pass between the middle set of gates
- Every time it goes between the gates = 1 point
- Focus on the pace and accuracy of the pass
- Vary the distances of the players and the size of the gates



PASSING

Passing 6



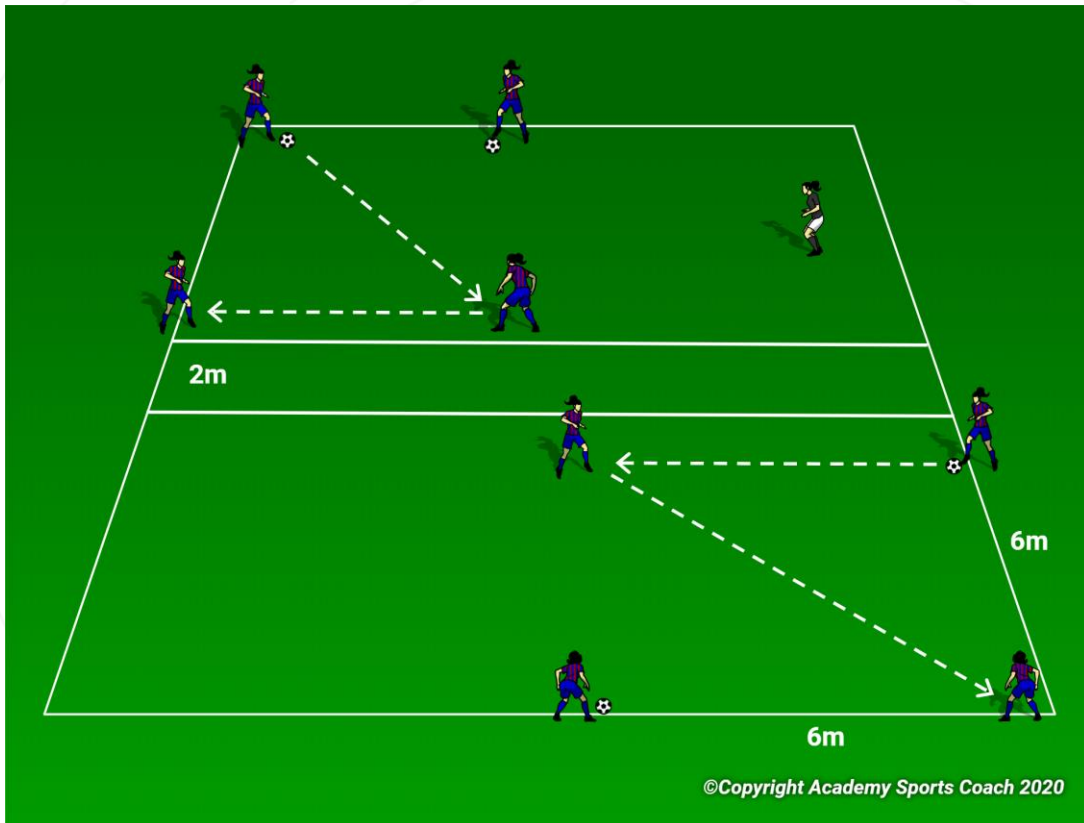
Description

- Player without the ball starts at the bottom cone and runs to the right cone
- Teammate with the ball passes as soon as the player gets to the cone
- The player passes back in either 1-2 touches and backpedals to middle cone to go to the other side
- Repeat 10 times and switch players



PASSING

Passing 7



Description

- 1 player is working to receive the ball
- That player must find the free player without a ball
- Vary the number of touches that player has
- Play for 45 seconds and switch players
- Make it competitive and fun if the players are succeeding (who gets the most passes in 45 seconds?)



PASSING

Passing Pattern 1



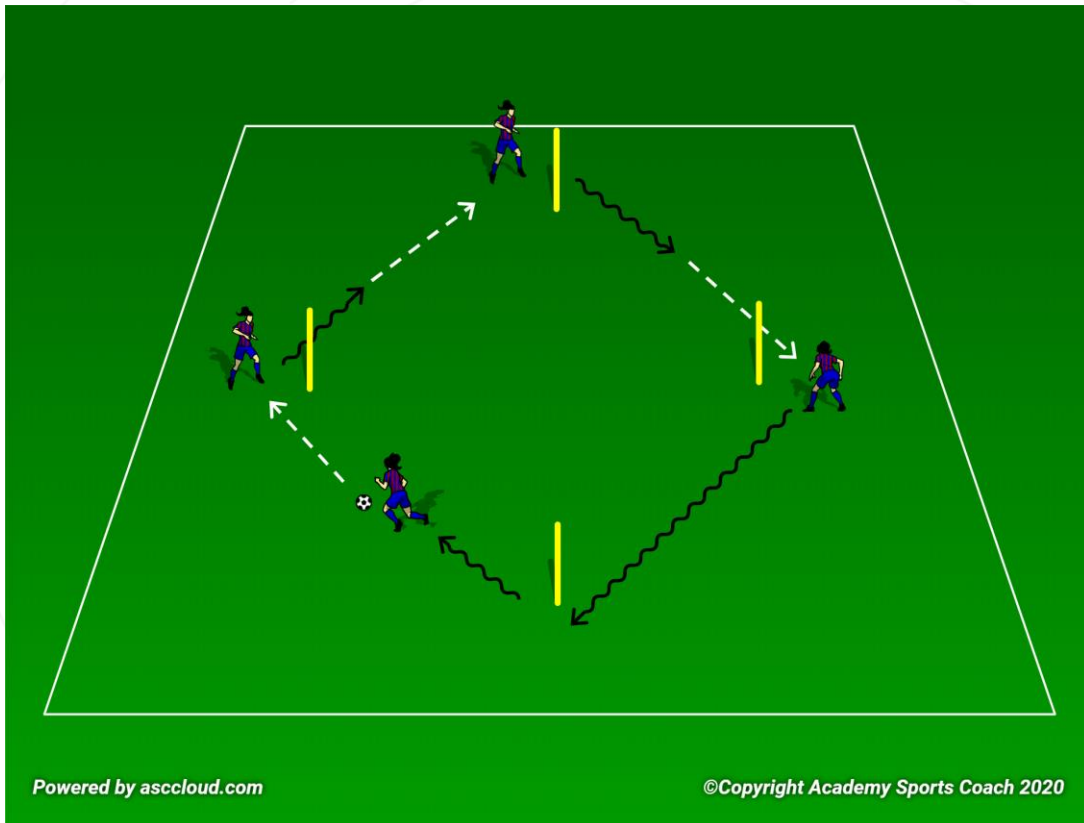
Description

- Players pass in a diamond pattern
- Before receiving the ball, the player must check off the pole
- Depending on the skill level, players have 2-3 touches to pass to the next player
- Switch directions of the pass



PASSING

Passing Pattern 2



Powered by ascloud.com

©Copyright Academy Sports Coach 2020

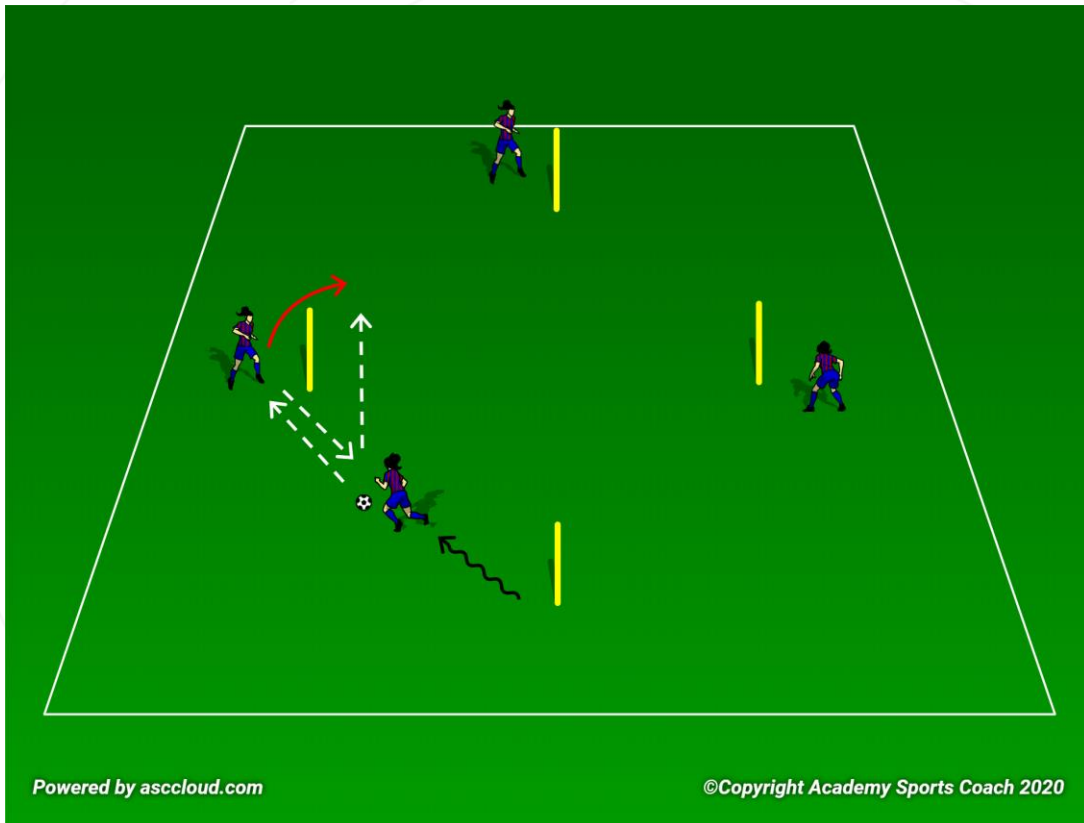
Description

- Players dribble half-way and then pass to the next player
- Receiving player checks off the pole before the teammate's pass
- The last player dribbles to the end and starts the sequence over
- Switch directions



PASSING

Passing Pattern 3



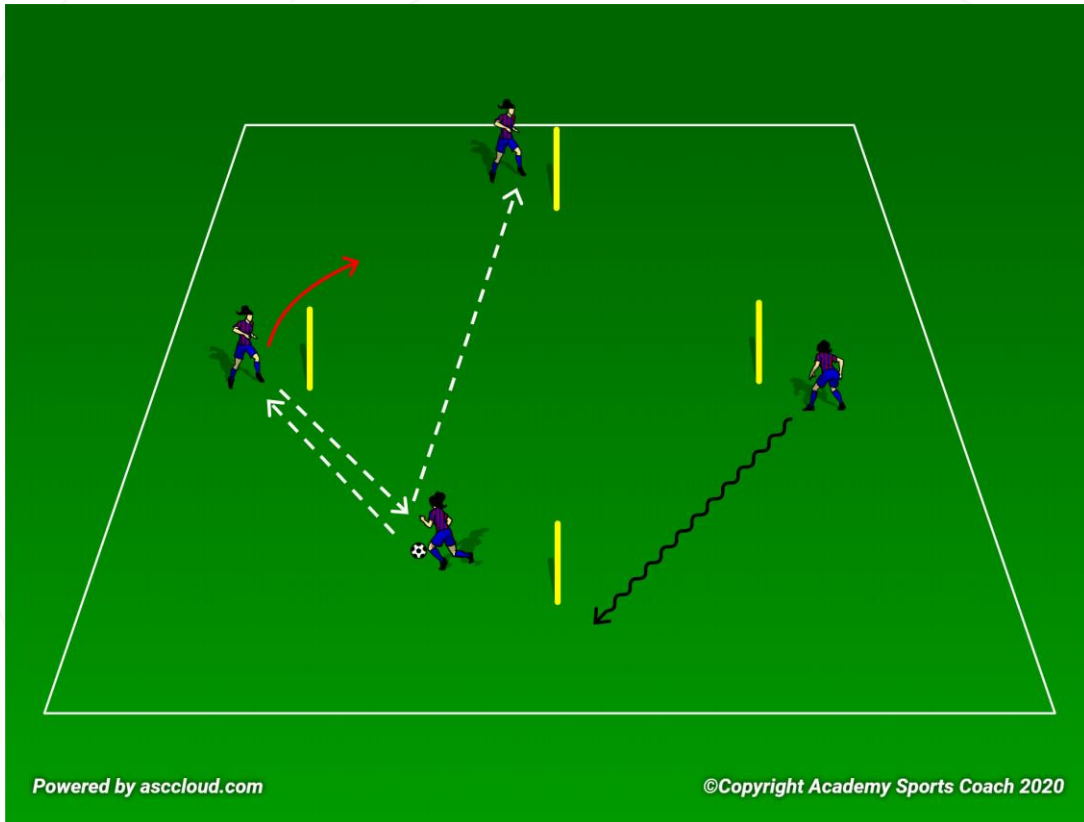
Description

- Players dribble half-way and then pass to the next player
- Receiving player plays a give-and-go with their teammate around the pole
- Continue the sequence until the last player. Last player dribbles to the end point and starts again
- Switch directions



PASSING

Passing Pattern 4



Powered by ascloud.com

©Copyright Academy Sports Coach 2020

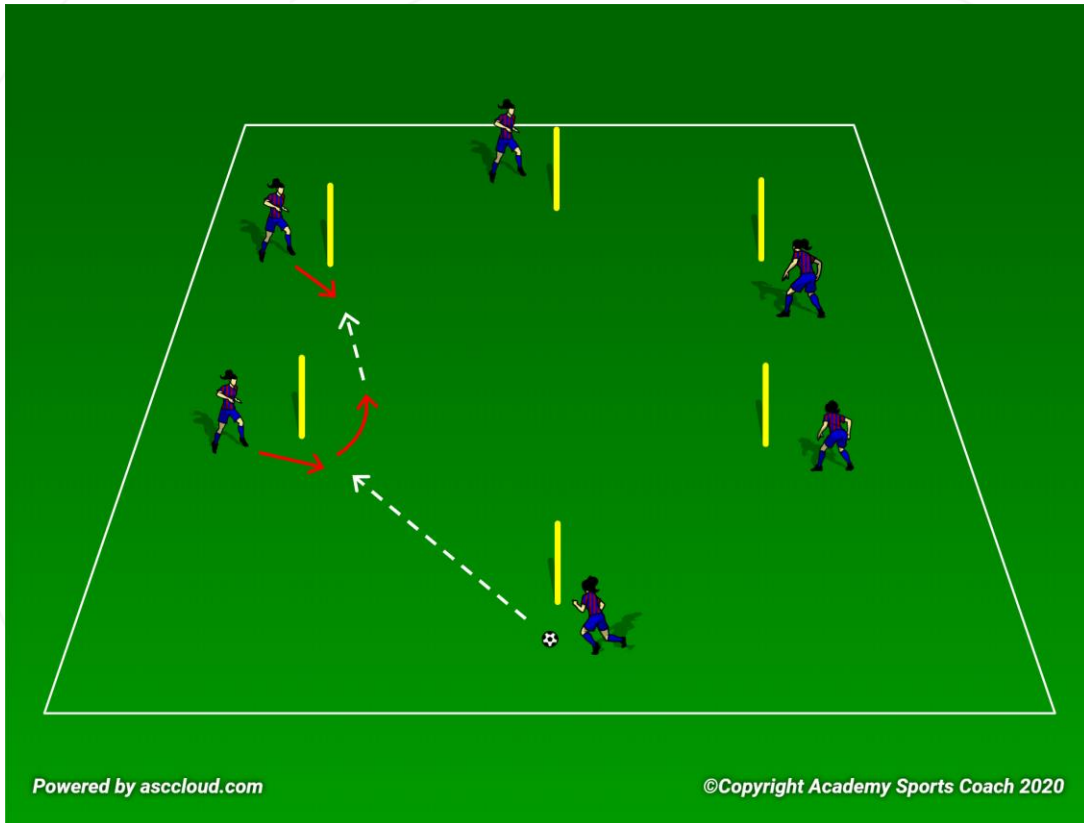
Description

- Players dribble half-way and then pass to the next player
- Receiving player passes back to their teammate who then plays a long ball to the next player
- Continue the sequence to the last player who dribbles to the end point and starts again
- Switch directions



PASSING

Passing Pattern 5



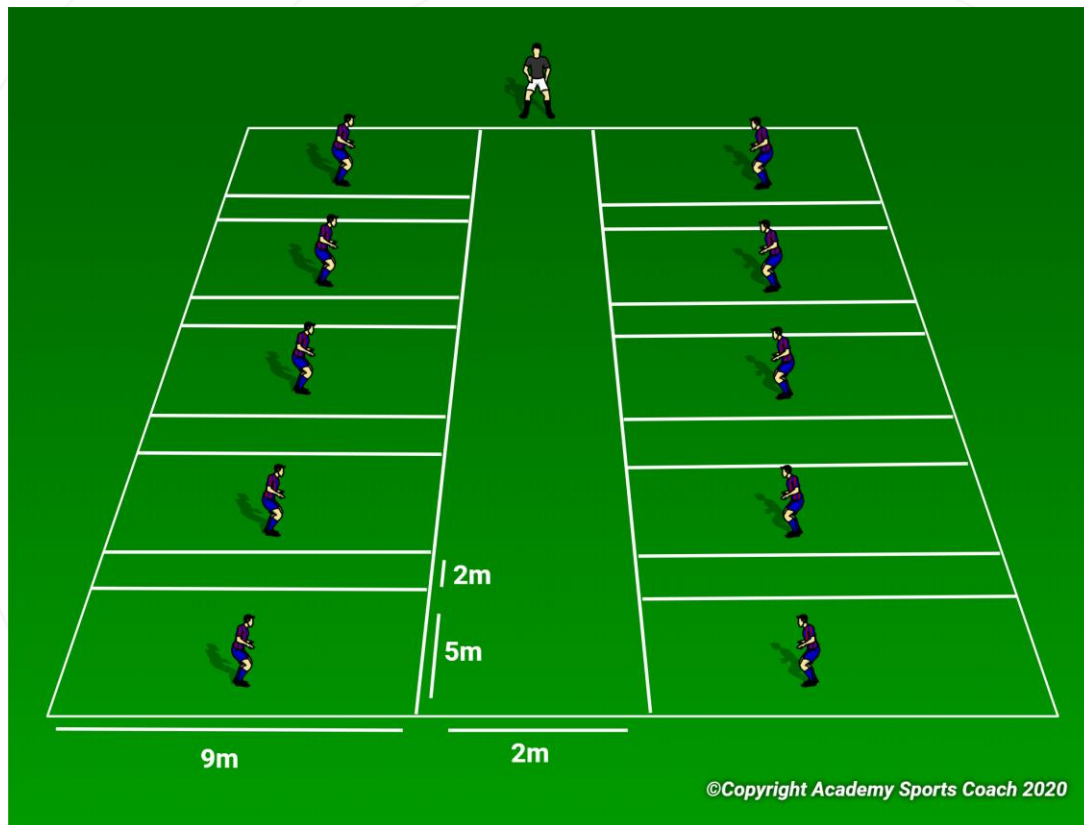
Description

- Players play a pass in front of the pole
- Receiving player must step in front of the pole to receive the ball
- Continue the sequence until the last player. Last player dribble to the end and starts again
- Switch directions



GROUP LAYOUT

Field Dimensions



Description

- Number of players = 10
- Number of coaches = 1-2
- Each player has their own area to play in
- Cones can be used to outline each zone
- Area in between the zones is used for coaches to move around while keeping their distance



DRIBBLING

Dribbling 1



Powered by ascloud.com

©Copyright Academy Sports Coach 2020

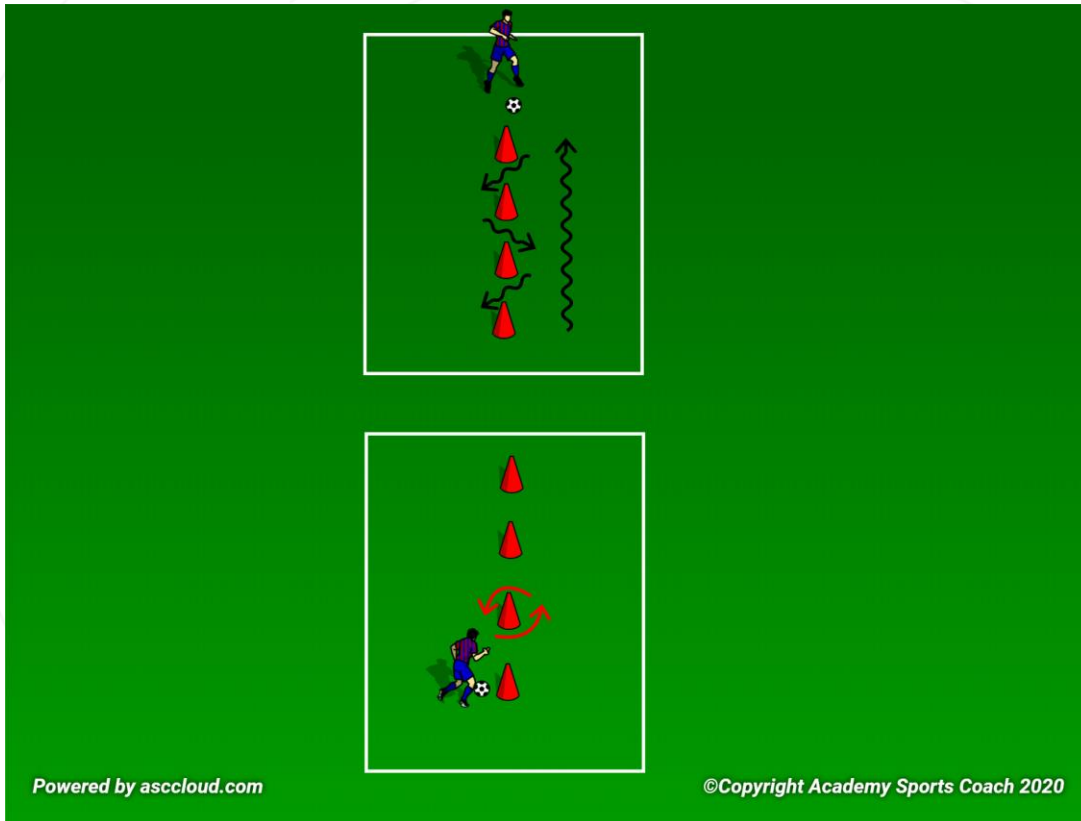
Description

- Free dribble
- Encourage player to use the entire space
- Encourage players to use all parts of their feet and to change their speed
- Coach can give commands
 - Skill
 - Juggle
 - Switch balls (pass/receive ball from a teammate)



DRIBBLING

Dribbling 2



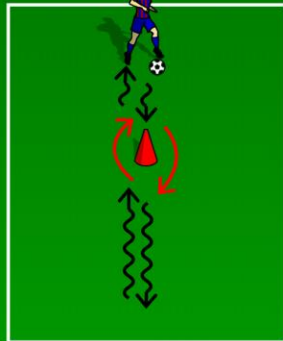
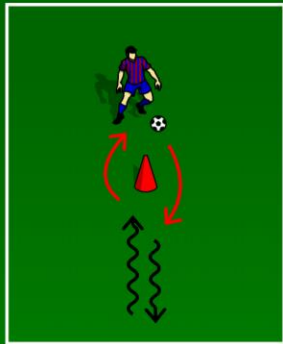
Description

- Players dribble in between the cones
- Vary the type of dribbles
 - Only left/right foot
 - Bottom of the foot
 - Only inside/outside of foot
 - Make a circle around each cone
- Make it fun and competitive if the players are succeeding



DRIBBLING

Dribbling 3



Powered by ascloud.com

©Copyright Academy Sports Coach 2020

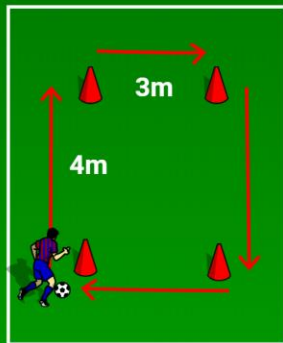
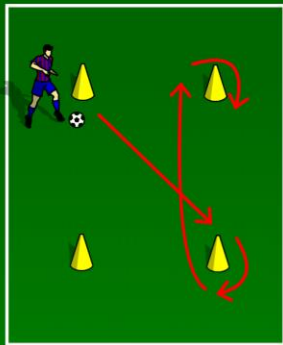
Description

- Players dribble towards the cone and perform a move (step-over, roll over, body fient, etc.)
- Encourage to accelerate after the move
- Allow players to be creative in their moves. Let them show their skills to other players and allow the teammates to try
- Players can perform different turns on the cone (cutback – inside/outside of foot, Cruyff turn, pull back)



DRIBBLING

Dribbling 4



Powered by ascloud.com

©Copyright Academy Sports Coach 2020

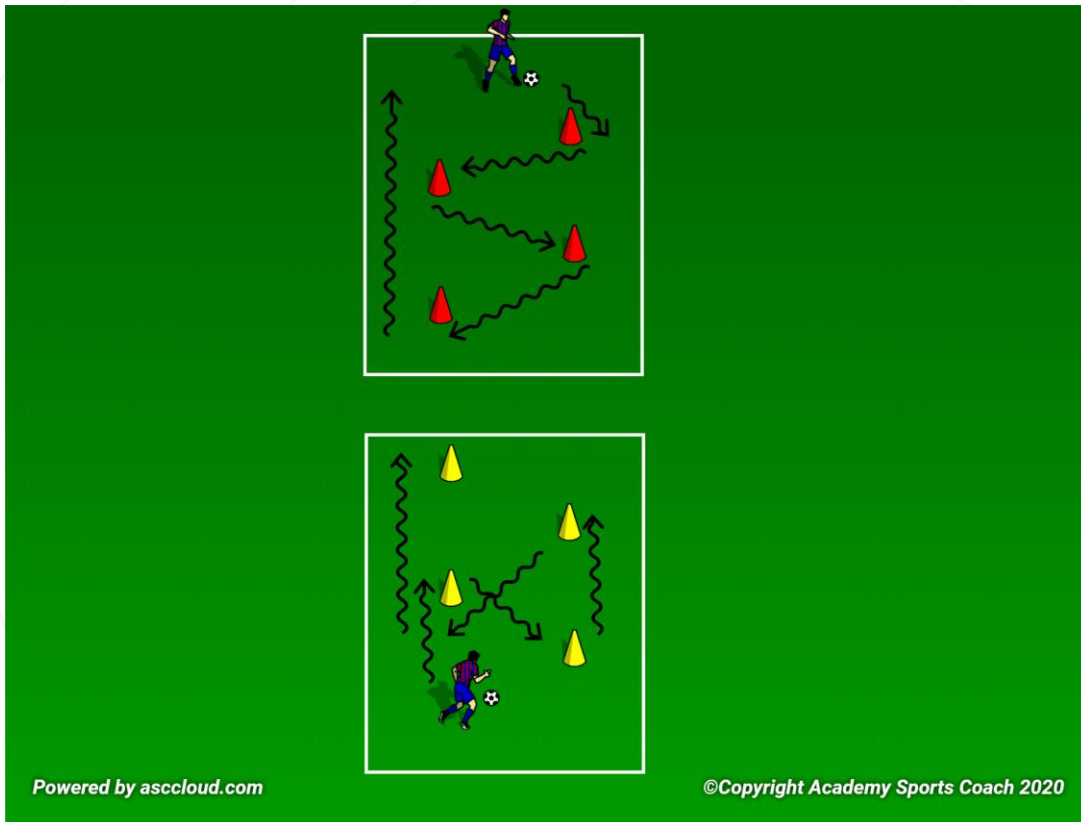
Description

- Set the cones in a square
- Give the players different patterns to dribble
- Encourage using both feet and all parts of the foot
- Make it fun and competitive if the players are succeeding



DRIBBLING

Dribbling 5



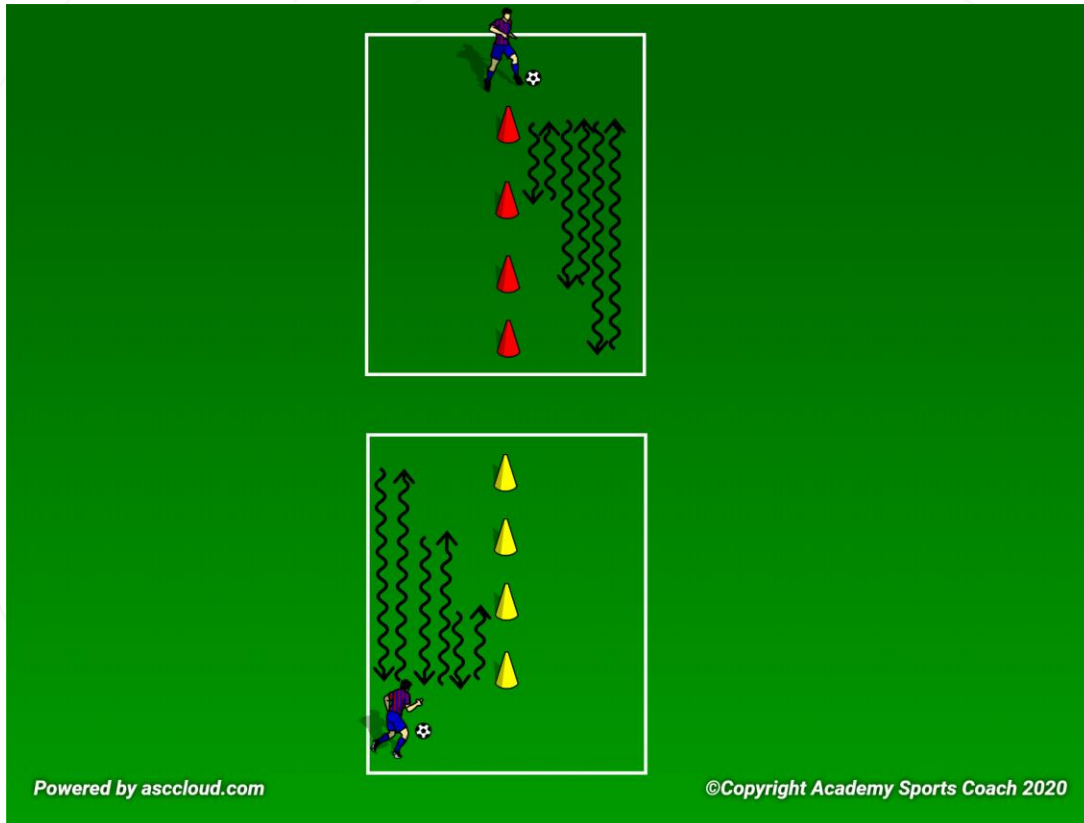
Description

- Set the cones in a zig-zag pattern
- Players dribble using different parts of their feet
- Add variations
 - Make a circle around the cone
 - Perform a cut at the cone
- Change the dribbling pattern
- Make it fun and competitive
 - Relays



DRIBBLING

Dribbling 6



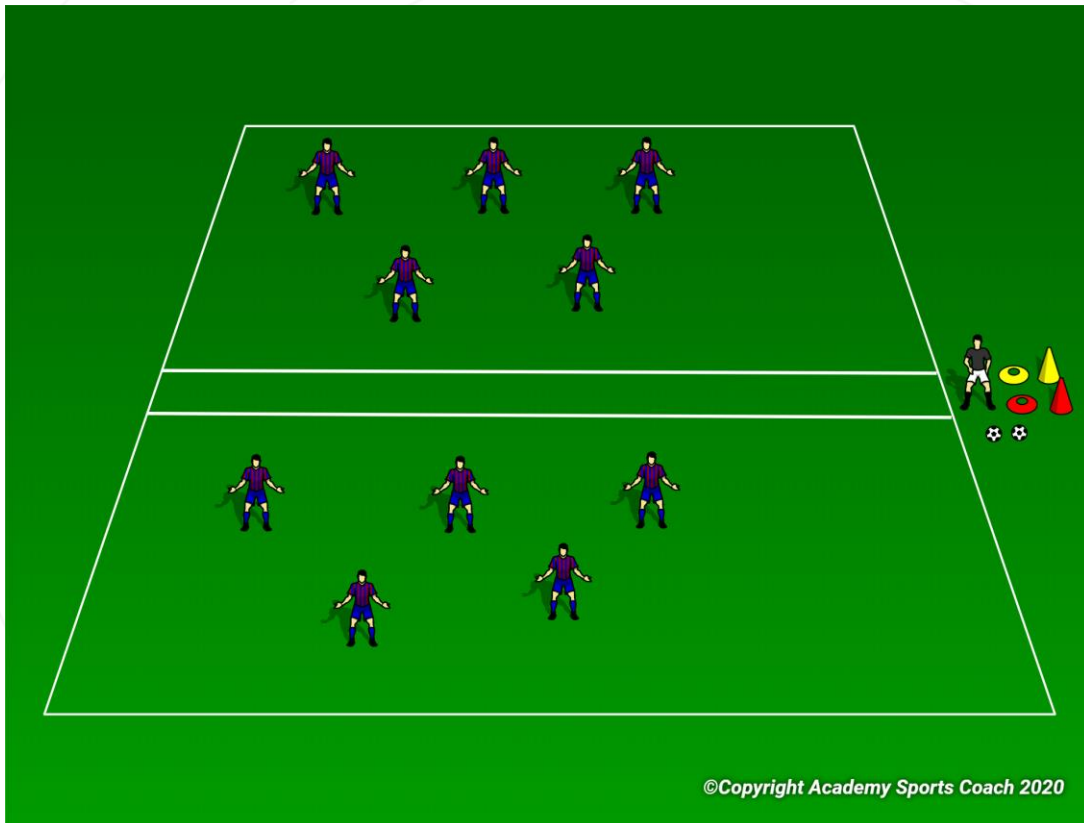
Description

- Set the cones 2m apart
- Players run to each cone and return to the beginning each time
- Encourage small touches and keeping the ball close
- The longer the distance, the bigger the touches can be



GROUP LAYOUT

Field Dimensions (Quarter Field)



©Copyright Academy Sports Coach 2020

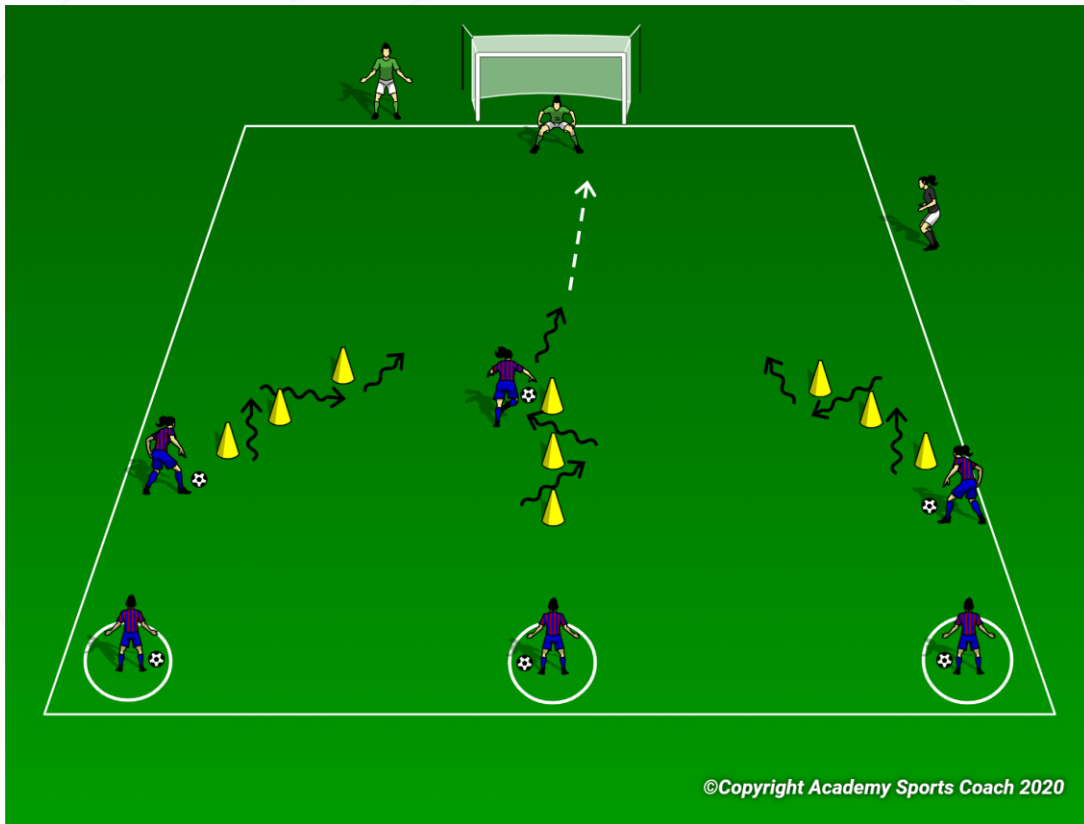
Description

- Number of players = 10-12
- Number of coaches = 1-2
- Split the field in 2 sections with 5-6 players per side
- Cones can be used to outline each zone
- Area in between the zones is used for coaches to move around while keeping their distance



SHOOTING

Shooting 1



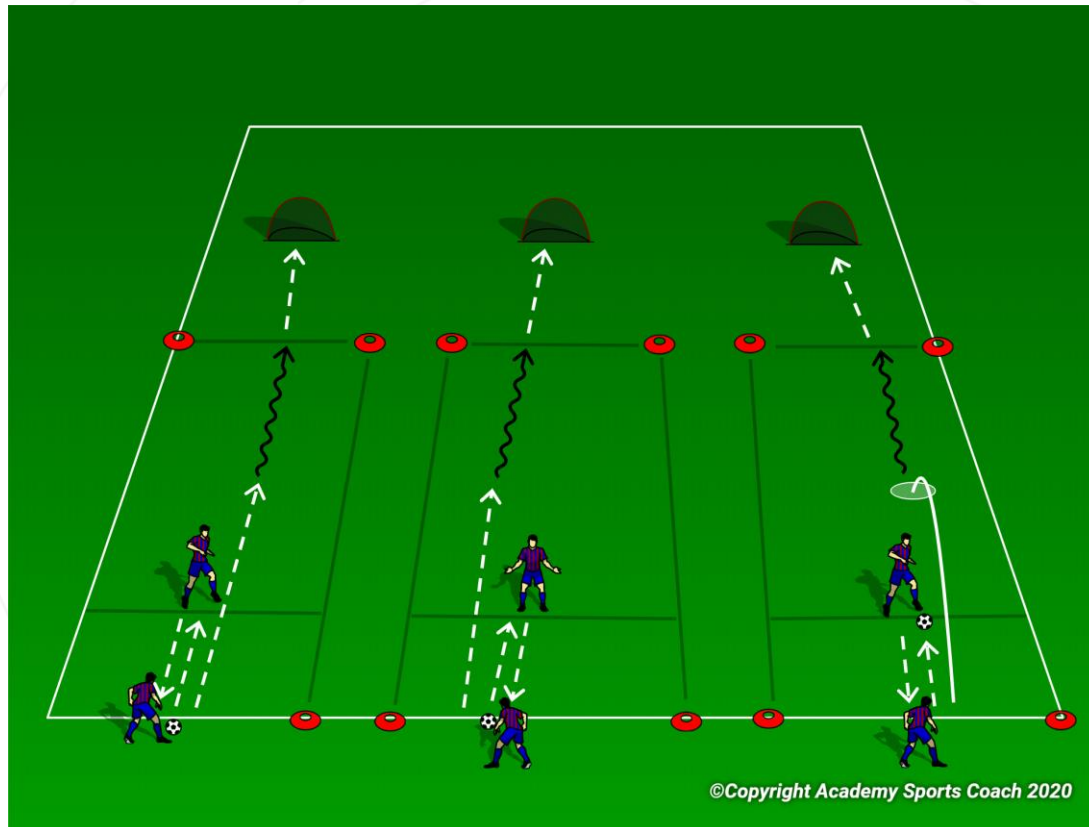
Description

- Players dribble through the cones and take a shot on net
- Once the first line shoots, then the next line can go
- Players waiting must remain in the circle until the player in front has gone



SHOOTING

Shooting 2



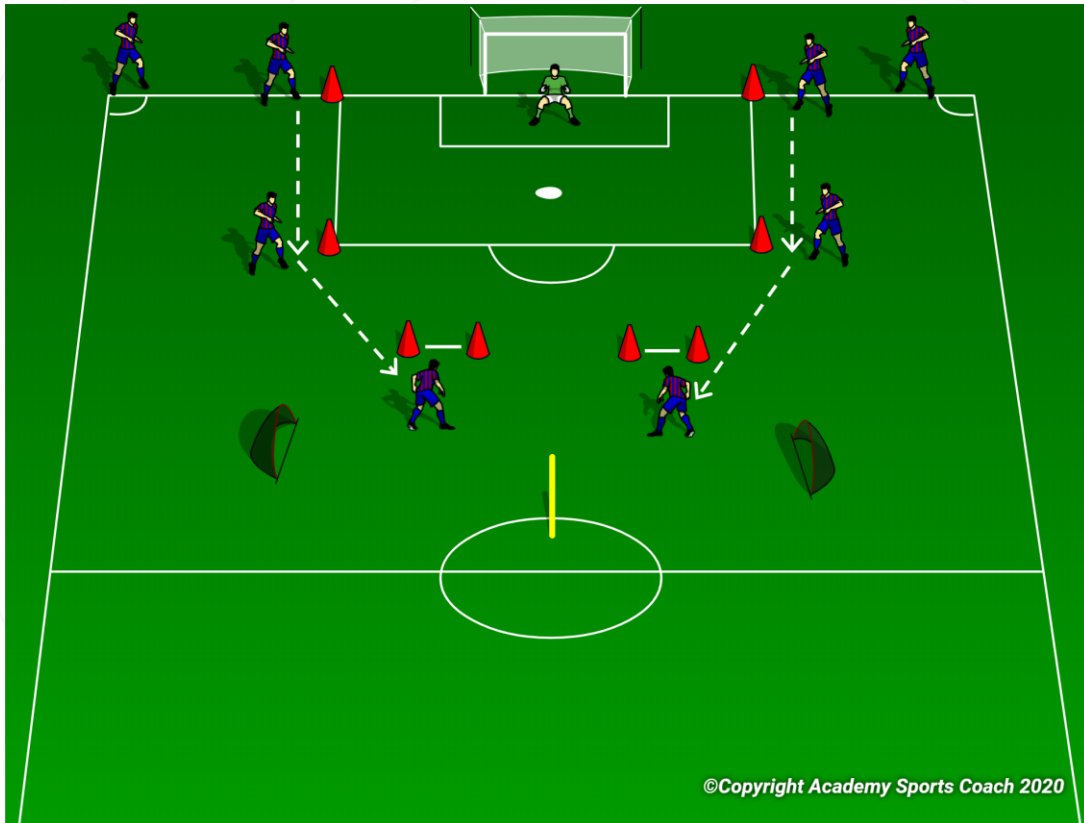
Description

- Players pass back and forth with their partner
- When the coach says “GO”, then the player on the end-line gives a ball behind for the player to run on
- That player must dribble to the end of their zone and shoot on the pug goal
- First player to score gets 1 point
- Vary the passes (juggling) and the pass (in the air)



SHOOTING

Shooting 3



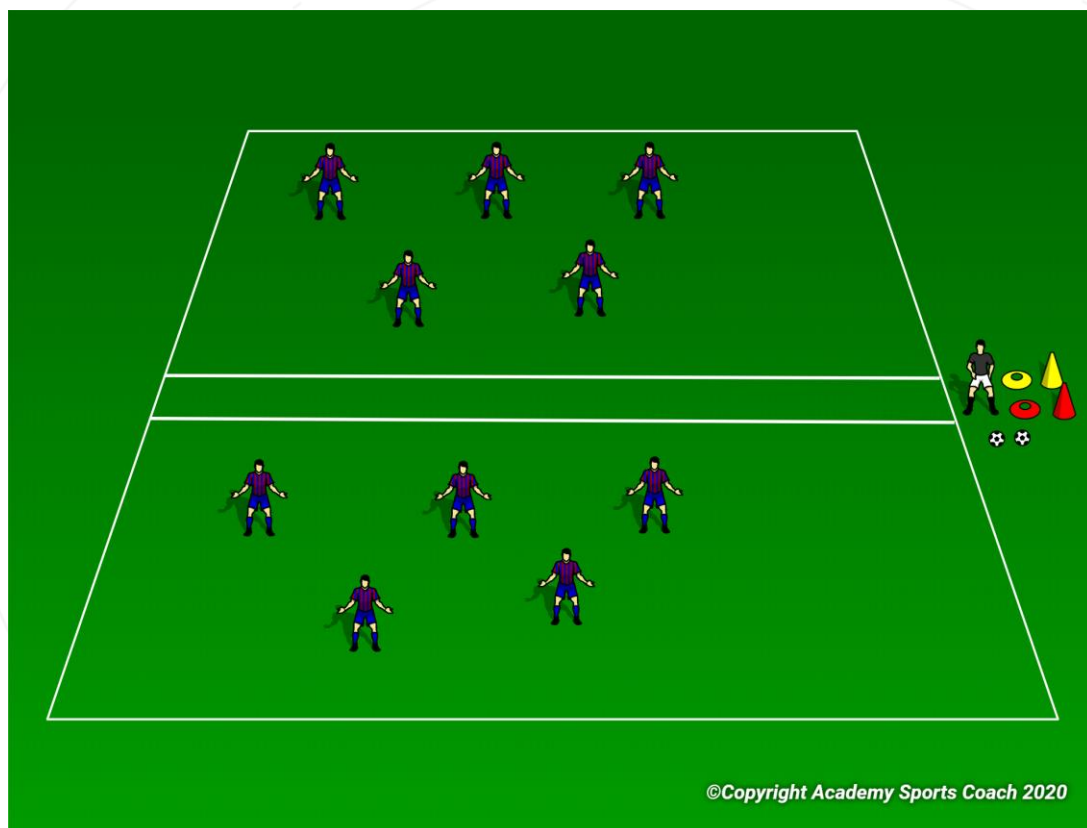
Description

- Players start at the same time and pass in sequence
- The first player to dribble through the gate may score on the goalkeeper (Winner = 2 points + goal = 2 points; Total 4 points)
- The other player must turn and dribble around the pole and shoot in the pug net (1 point for dribble + goal = 1 point; Total 2 points)



GROUP LAYOUT

Field Dimensions (Quarter Field)



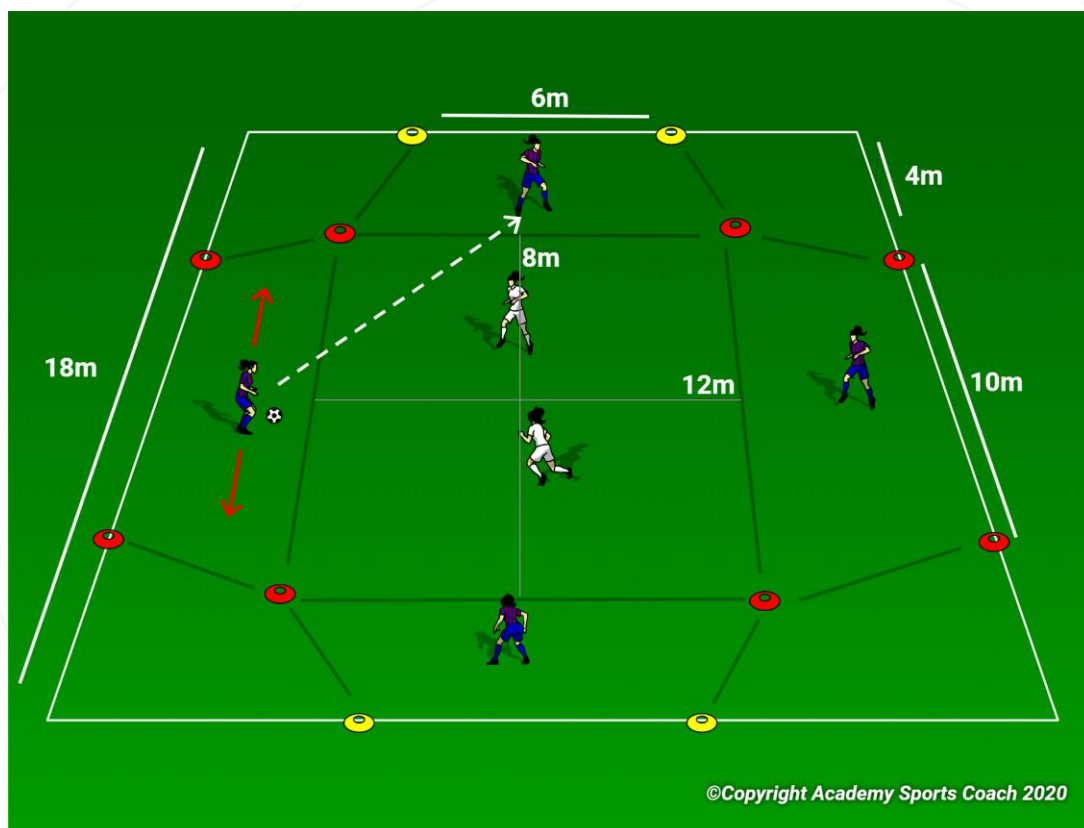
Description

- Number of players = 10-12
- Number of coaches = 1-2
- Split the field in 2 sections with 5-6 players per side
- Cones can be used to outline each zone
- Area in between the zones is used for coaches to move around while keeping their distance



GAME ACTIVITIES

Game 1



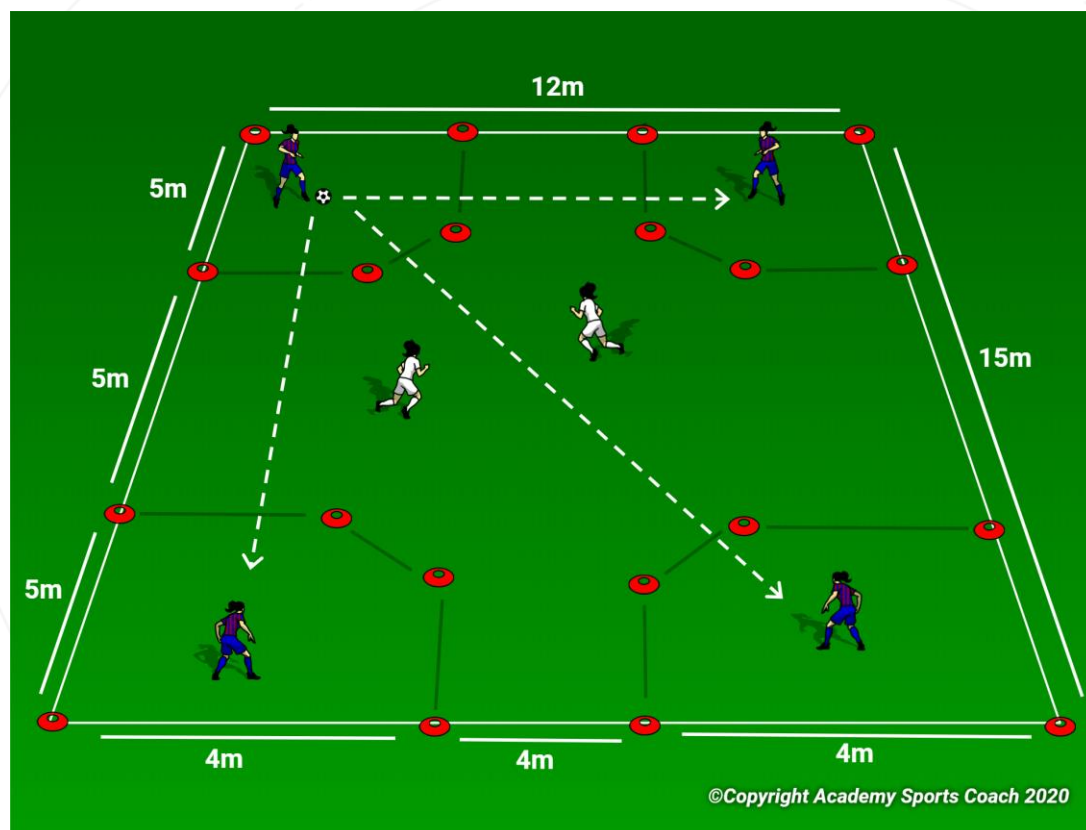
Description

- 4v2 rondo
- Players can only stay in their designated zones. Defenders cannot be in the same square
- Limit the number of touches for the outside players
- If the defenders win the ball or the ball goes out of bounds, then they switch with the player that lost it
- Encourage quick ball movement. Players should not take too long, because the defender cannot enter their zone



GAME ACTIVITIES

Game 2



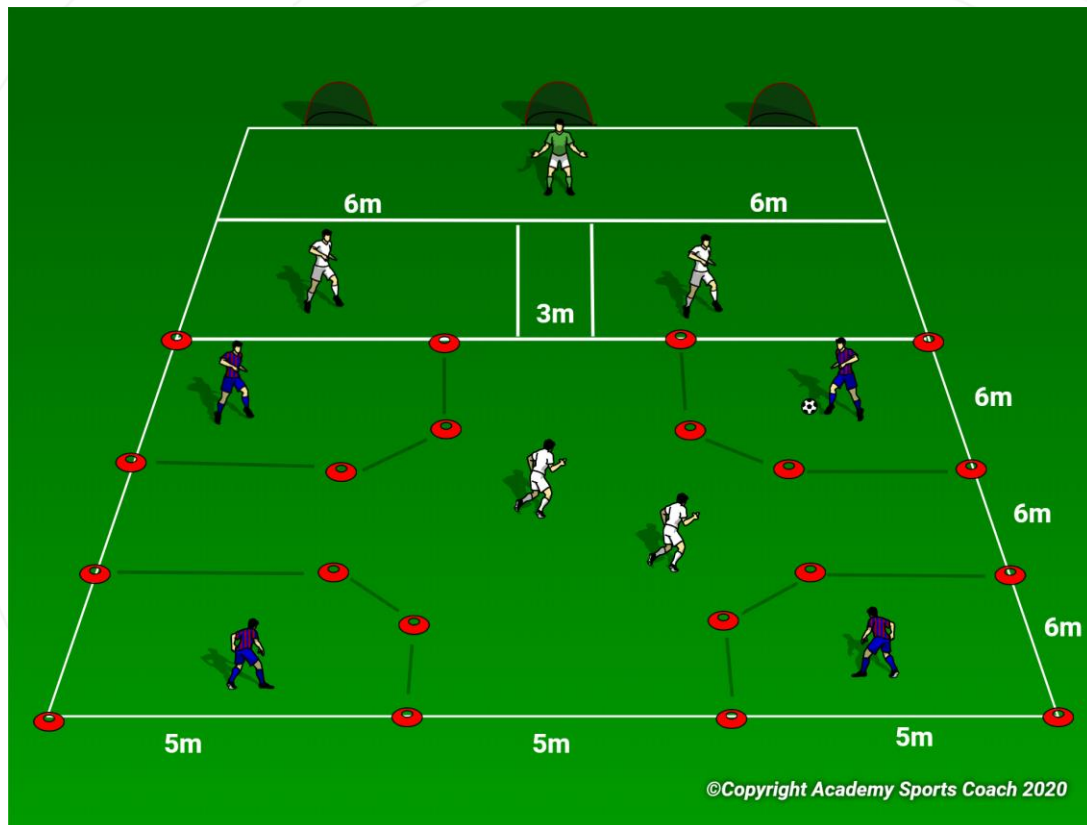
Description

- 4v2 rondo
- Players can only stay in their designated zones. Defenders cannot be in the same square
- Limit the number of touches for the outside players
- If the defenders win the ball or the ball goes out of bounds, then they switch with the player that lost it
- Encourage quick ball movement. Players should not take too long, because the defender cannot enter their zone



GAME ACTIVITIES

Game 3



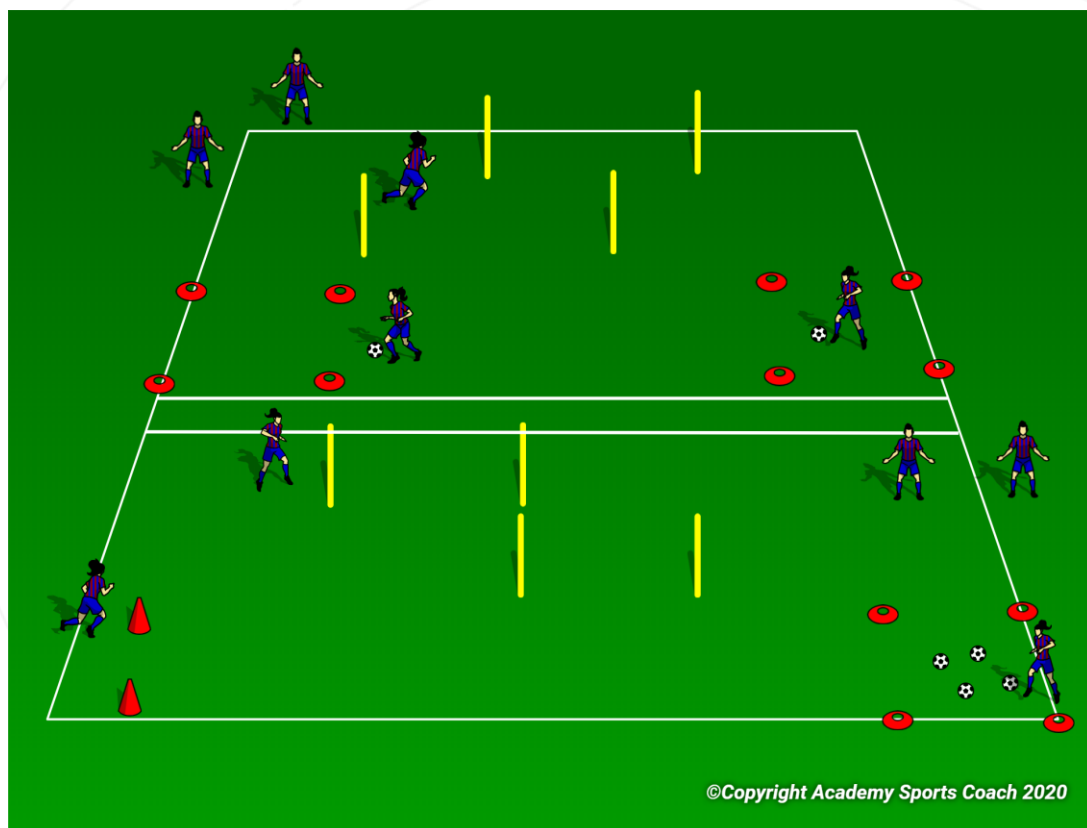
Description

- Players play a rondo 4v2
- All players must stay in their respective zones
- Once they complete 5 passes, they can shoot into the pug nets
- The defenders and goalies can block the shots



GROUP LAYOUT

Field Dimensions (Quarter Field)



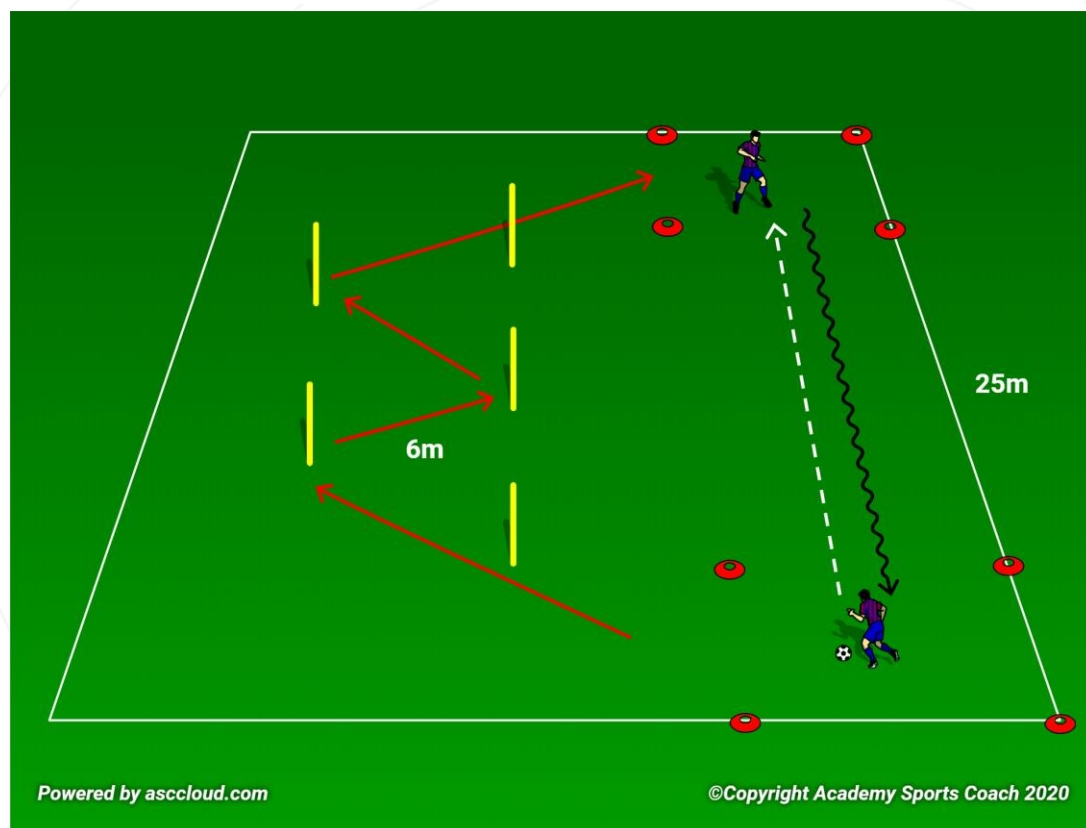
Description

- Number of players = 10
- Number of coaches = 1-2
- Split the field in 2 sections with 5 players per side
- Cones can be used to outline each zone
- Area in between the zones is used for coaches to move around while keeping their distance
- 3 players are active while the other 2 are performing body weight exercises (sit-ups, push-ups, etc.)



AGILITY AND COORDINATION

Activity 1



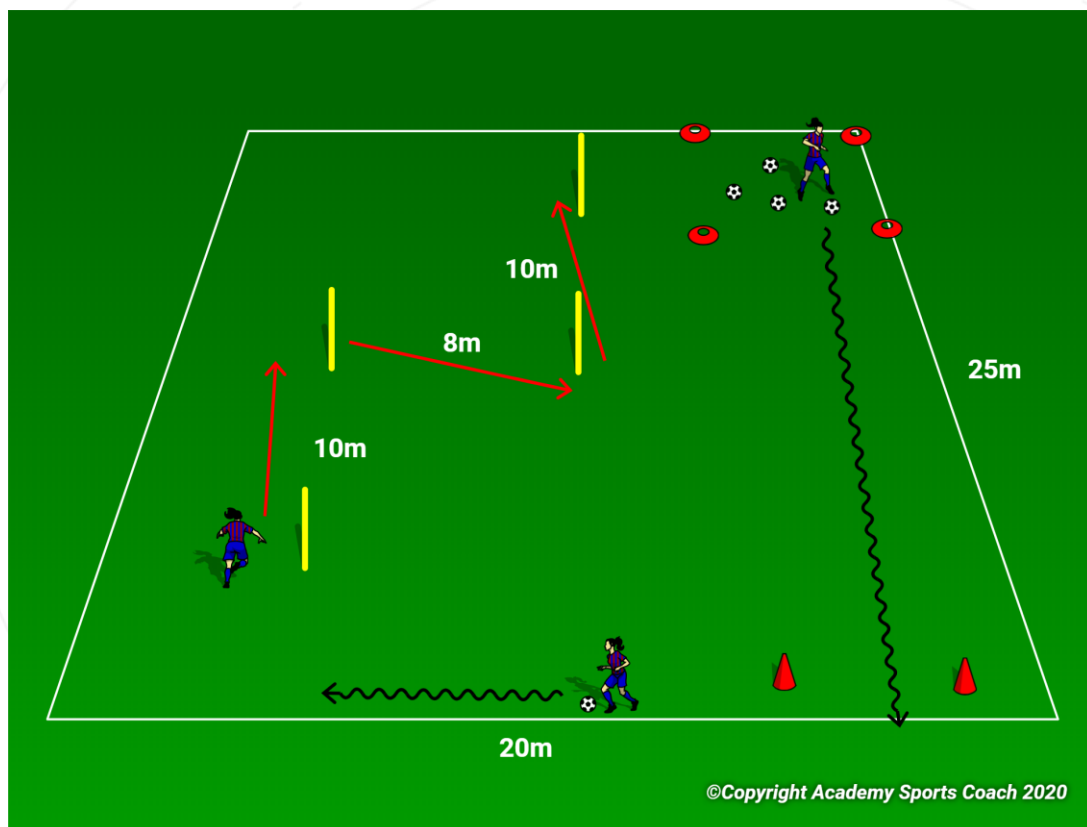
Description

- Player with the ball passes across to the teammate
- After the pass, move with speed through the poles until you reach the other end
- Player that receives the pass dribbles with speed to the other end
- Players must keep their distance throughout the activity



AGILITY AND COORDINATION

Activity 2



Description

- Players are placed like in the diagram
- One player moves throughout the poles (first without a ball) until they reach the end
- Once they reach the area with the balls, they must dribble with speed through the gate
- Second round, players move through the poles with the ball, leave the ball at the end box, and sprint through the gate
- 3 sets with the ball, 3 sets without the ball