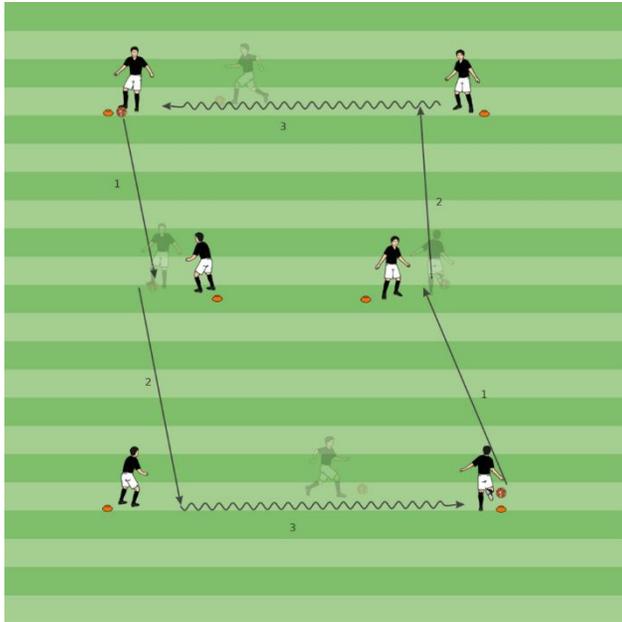


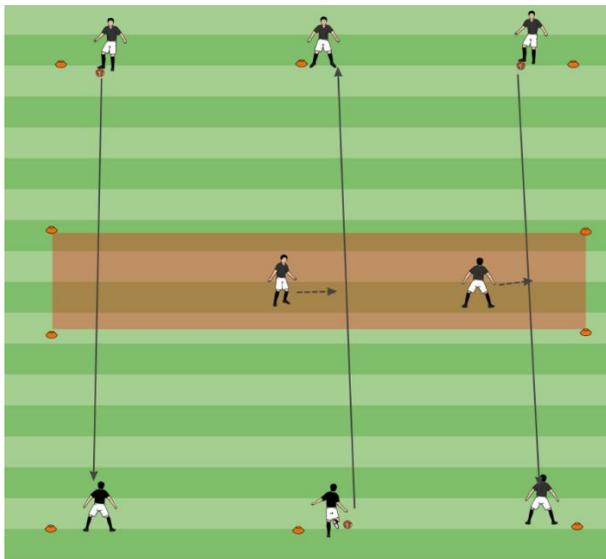
SOCIAL DISTANCE SOCCER: SMALL GROUP & TEAM ACTIVITIES



Activity: Hourglass Passing Pattern

Set Up: 6 cones, four outer cones are 30 x 30 with middle cones 15 yards from ends and 5 yards or so towards the center (can go bigger or smaller depending on work volume and types of passes/combinations desired). Balls will start in opposite corners and will begin working counter clockwise (focused on right footed passes, then will switch directions on the coach's word to focus on the left). 1st sequence, player with ball will play the ball to the player in the middle. Player in the middle will receive across the body with first touch, second touch will pass to the player on the other corner. Player on the corner will dribble across to the other corner to start the sequence again. One player per cone.

Coaching Points: weight of pass, location of pass, surface of foot used, first touch in reference to next pass, dribbling pace vs control



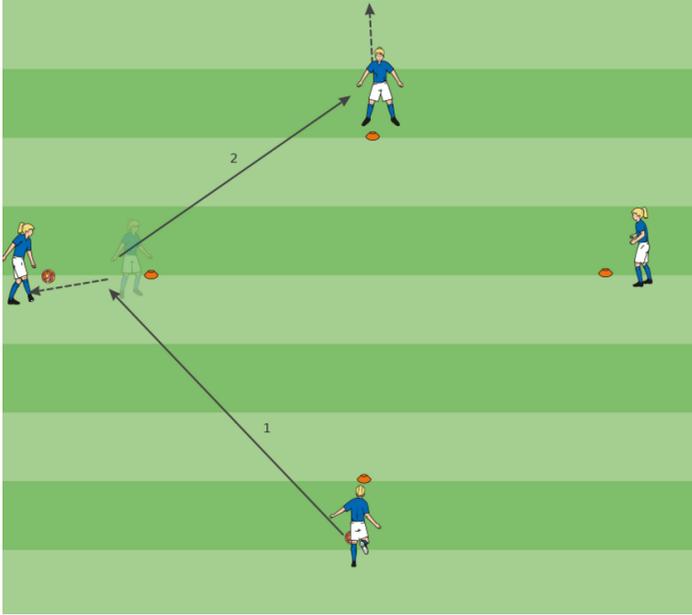
Activity: Passing Through the Lanes (Game)

Set Up: Grid will be 30 by 20 with a 5-yard lane across the middle. Each pair will have a ball. Passes must be on the ground. Start with only one defender. If defender wins the ball, they switch with the player they intercepted the pass from. Add a defender. Can either switch individually or work in pairs (if one defender wins a pass, they switch with the pair that they intercepted from). Expand the zone to give different issues on how to pass around the defenders. Defenders should exit the field to the side of the zone while attackers switching in will need to come straight into the zone. Can use less balls as it progresses to make it more challenging.

Coaching Points:

What surface of the foot to strike with, weight of the pass, when to pass. Head up looking for opponent and teammate.

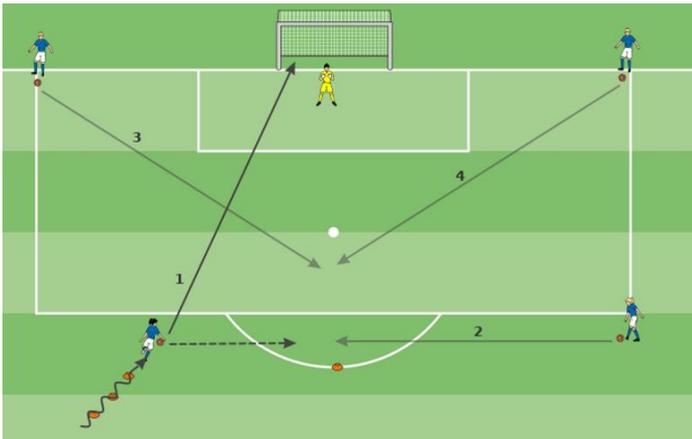
SOCIAL DISTANCE SOCCER: SMALL GROUP & TEAM ACTIVITIES



Activity: Passing Squares

Set Up: Passing pattern. Player without the ball drops off the cone to receive, as they are receiving, the next player starts dropping off. Start by going in one direction, then can switch directions and sequences. Can make it a race with 2 or more groups. 10 yard square. Can vary it to where players are following their passes.

Coaching Points: Timing of when to create space. Placement of pass. Weight of pass. Head up to see target. Direction of first touch. Surface of the foot for the pass.

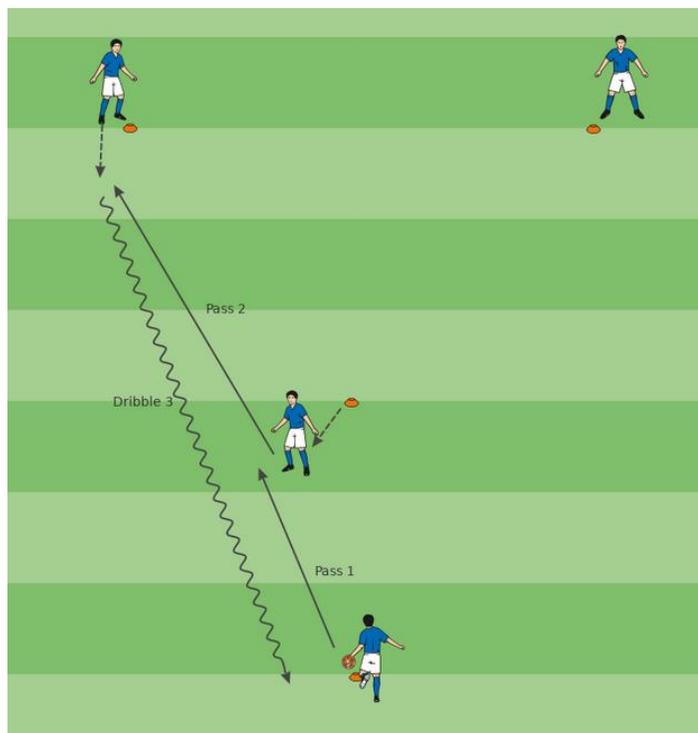


Activity: Four Ball Finishing

Set Up: Player will begin the sequence by dribbling thru cones and attempt to score outside of the penalty area. Then checks to the middle to receive the ball from player 2 in the arc and finish outside the 18 (2 touch). Shooter will then go to the cone at the top of the arc before running into the area to shoot from #3 first time. Shooter then will check back to the cone before doing the same for #4

Coaching Points: Dribbling at pace (how fast can they get the ball off their foot and shoot), first touch towards the frame, which surface of the foot to strike with and why.

SOCIAL DISTANCE SOCCER: SMALL GROUP & TEAM ACTIVITIES

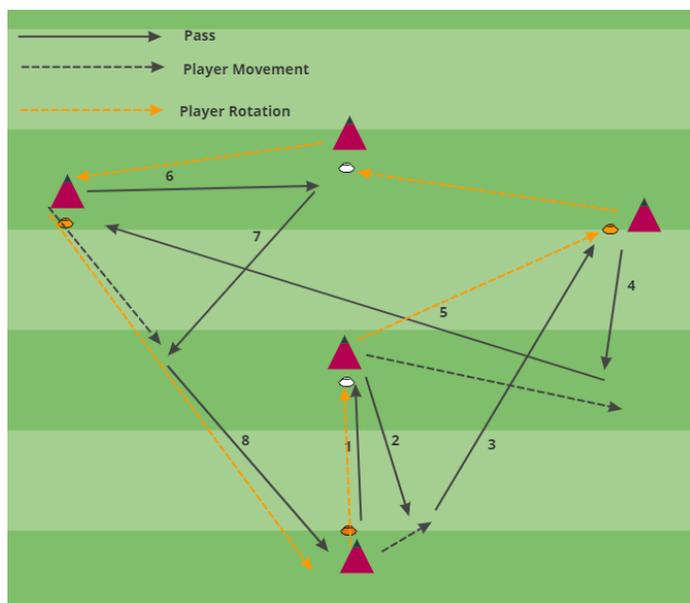


Activity: Y Pattern Passing (one player per cone)

Set Up: Sequence will begin with player checking to the player at an angle, based on that angle, the server will play a ball into the player, where the player will receive the ball across their body, and then play the player on the end. Player on the end will dribble to the base of the Y to start the sequence again. Players will follow their pass. Players in the middle will need to make sure to change the angle they check to so that players on both ends are involved.

Can change into several different patterns (ie wall passes, overlap runs, etc), ways to pass the ball, etc.

Coaching Points: Player checking at an angle. Head looking up to see next pass before they receive. How they receive the ball. Keeping the ball shielded with their first touch away from the middle. Accuracy of pass (is it to feet, is it to space?) Weight of the pass. Surface of the foot to pass with.



Activity: RSL Passing Pattern

Set Up: Six cones in roughly a t-shape, with about 10 yards between cones. (See diagram). Each pass is 1 touch if possible, two at most. After a time, coach will change direction. Players will rotate based on their first pass.

Coaching Points: Weight of the pass (different if trying to make the next pass a one touch vs two touch). Surface to pass with. Play to space vs to feet. Timing of runs off the ball (when to move based on when the other player will be ready to play).