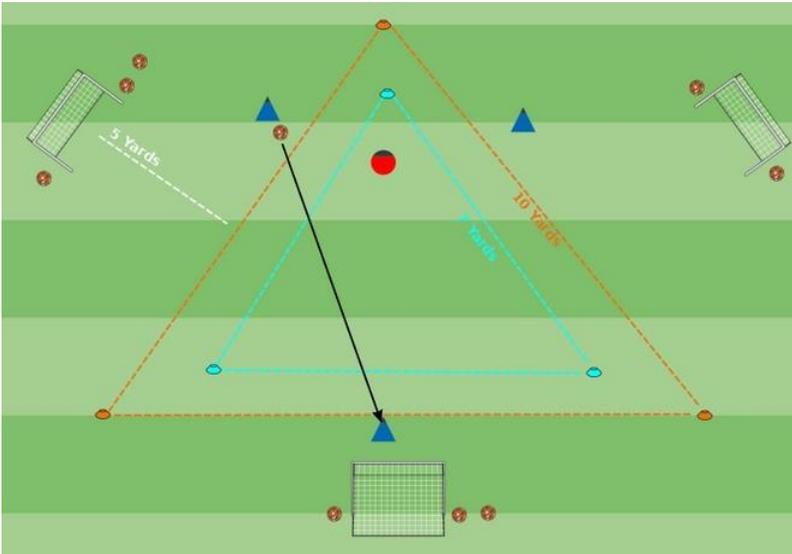


SOCIAL DISTANCE SOCCER: SMALL GROUP & TEAM ACTIVITIES

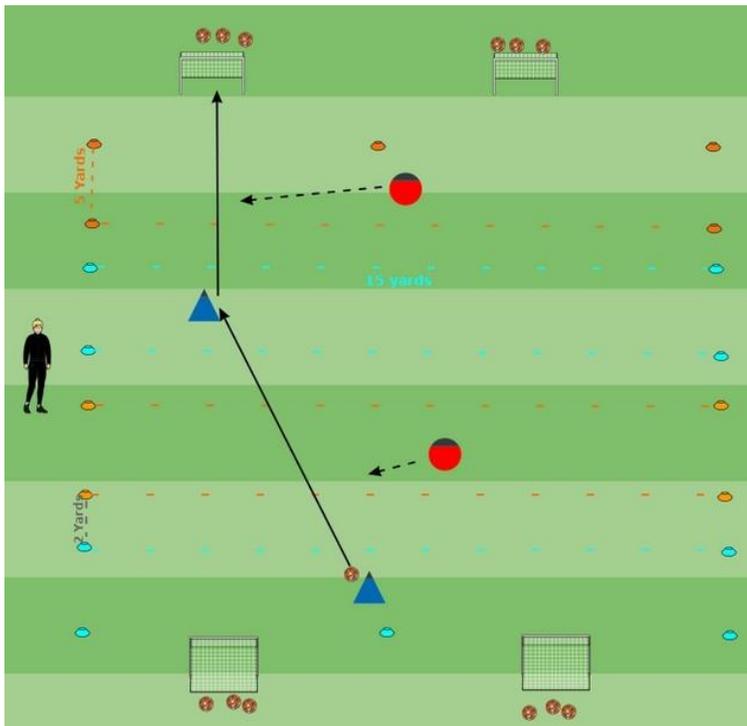


Activity: 3 vs 1 Rondo to counter goals

Set Up: Defender inside the inner triangle (7 yards each side), attackers on the outside triangle (10 yards each side) with counter goals at least 5 yards behind the attacker sides. Attackers look to keep possession by playing the ball thru the interior triangle. If the defender wins the ball, they can score 3 points by scoring in the goal in two touches or one point if they intercept the pass. Play in one minute intervals, rotating players into the middle triangle. Players on the outside must either keep the ball moving at all times, or are limited in touches

Coaching Points: Attackers: weight of pass, location of pass, surface of foot used, first touch in reference to next pass. Movement off the ball to be an option

Defenders: taking away one option, looking to intercept pass and play quickly when won.

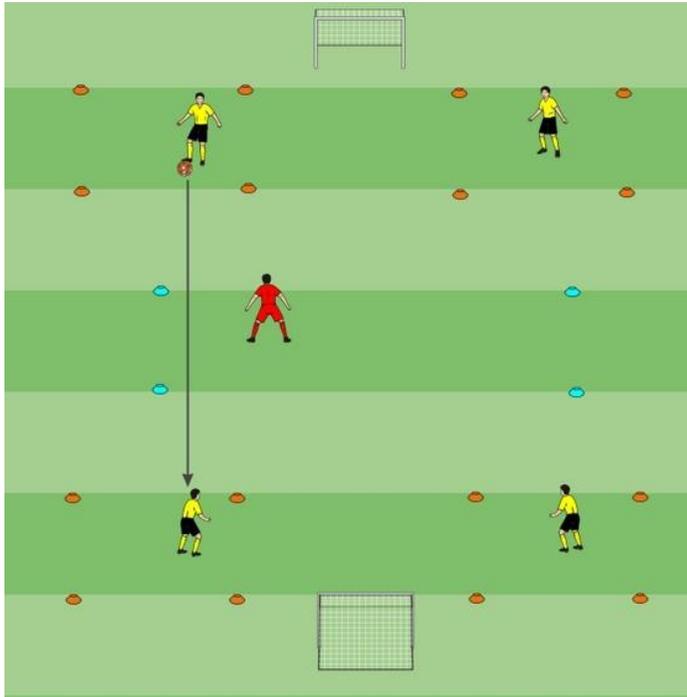


Activity: 2 vs 2 vertical zone to 4 goals (Game)

Set Up: The field will be divided into four zones, 5 yards by 15 yards, with a 2 yard zone between grids. Players can advance the ball by passing to their teammate in the other zone, or they can look to score in one of the two goals they are attacking. Defenders can look to cut off their passes or shots to goal. The ball must keep moving during the game.

Coaching Points: What surface of the foot to strike with, weight of the pass, when to pass. Head up looking for opponent, teammate, and goal. Player off the ball looking to provide a passing option without cutting off an angle to shoot. Defenders looking to force them into cover or away from goal.

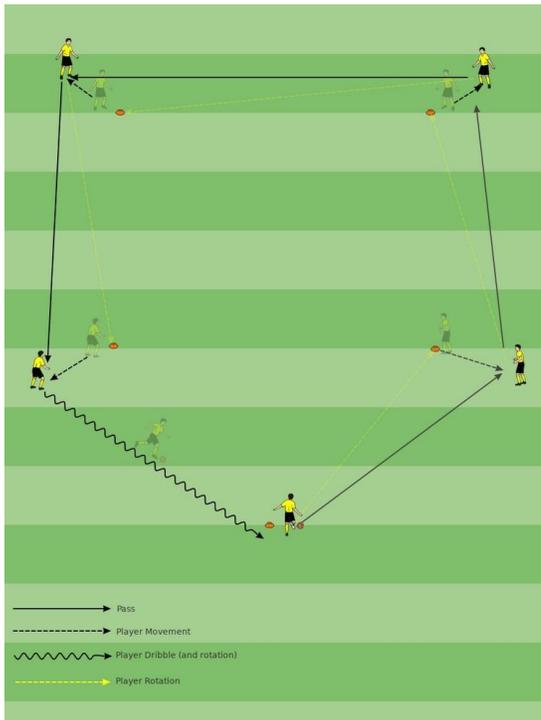
SOCIAL DISTANCE SOCCER: SMALL GROUP & TEAM ACTIVITIES



Activity: 4 vs 1 rondo to counter goals.

Set Up: Four attacking players each have their own grid (size will depend on player ages and ability) with a defender in their own grid which its width should be halfway of the attacker's grids. Attackers get one point for passing the ball thru the defenders grid to a teammate. Defenders get a point for intercepting the ball and three points if they can finish the interception into the goal with two touches. The attackers must keep the ball moving. Play for one minute and rotate players. Player with the most points wins.

Coaching Points: Attackers: weight, location of the pass. Head up before receiving to see where defender and teammates are before they receive. Movement off the ball to create openings. Defender: look to try to keep attackers from passing across the grid.

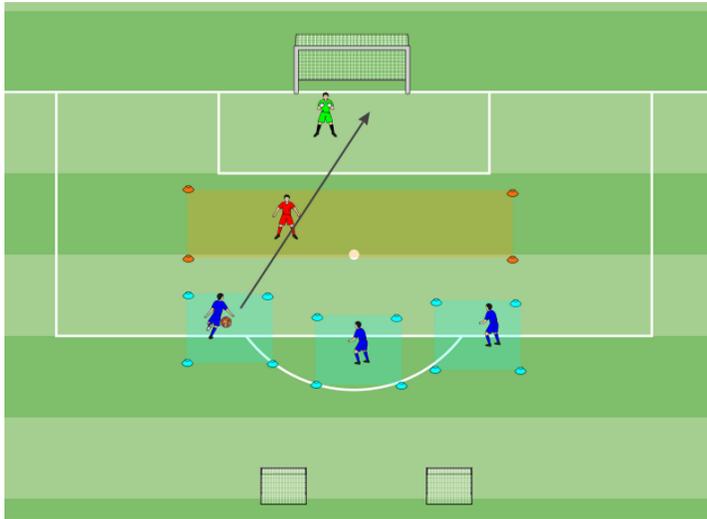


Activity: 5 point passing pattern

Set Up: 4 cones set up in a 10-15 yard square with one other cone set 7 yards from one side of the square in the middle. Each player starts on a cone. Player receiving the first pass will drop off the cone to open space, then will look to pass to next player. Players follow their pass. Last player to receive will dribble the ball back to the starting cone to restart the sequence. Coaches may add more complex passing moves to simulate game situations.

Coaching Points: Weight and location of the pass. Timing of the runner to drop off to create space. First touch when receiving to open up to the next pass.

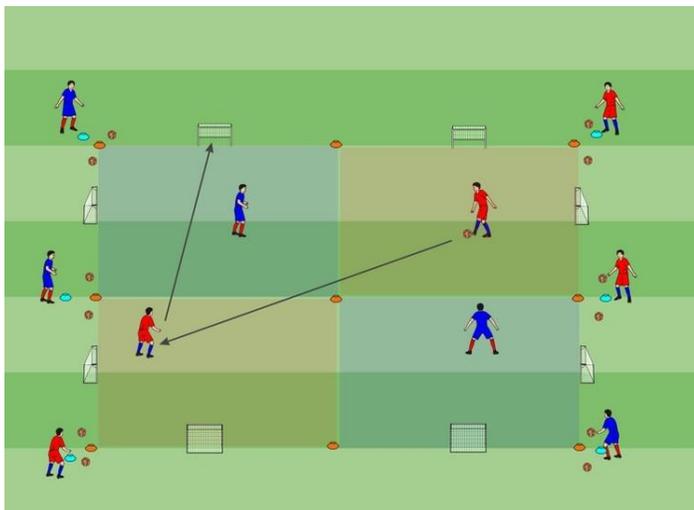
SOCIAL DISTANCE SOCCER: SMALL GROUP & TEAM ACTIVITIES



Activity: 3 vs 2 goal to counters

Set Up: Attacker each have their own zone around the top of the penalty area (size depends on age and ability). The defender will have a zone that stretches the width of the attackers zone that will from the 6 yard box to the penalty spot. Attackers must move the ball quickly in order to shoot thru an opening. If the defender intercepts the ball or the gk claims the ball, they can attack the counter goals (set up five yards or more behind the attackers).

Coaching Points: Attackers look to quickly play the ball across to create openings. They may look to bypass the middle attacker to get a quicker shot off. Head up to see where the defender and teammates are before they receive the ball. Surface of the foot when they pass and striker. Use the defender to screen the goalkeeper on some shots.



Activity: 2v2 diagonal zone game

Set Up: Four grids of around 10x10 yards. Teammates are in diagonal zones. Each zone has two goals to defend set up at five yards on each side. Attackers will have a 2 v1 situation whenever in possession. Play for one to two minutes before rotating players on and off. Can use bumper players on the outside to keep the game moving quickly.

Coaching Points: Attackers need to have their head up to see if they have an angle to shoot/pass into the goal. Off the ball attacker needs to find an angle where they can either pull the defender out of position for their teammate to shoot, or have an angle to shoot when they receive.