

BACK TO TRAINING PRACTICES



PHYSICAL DISTANCING SESSION

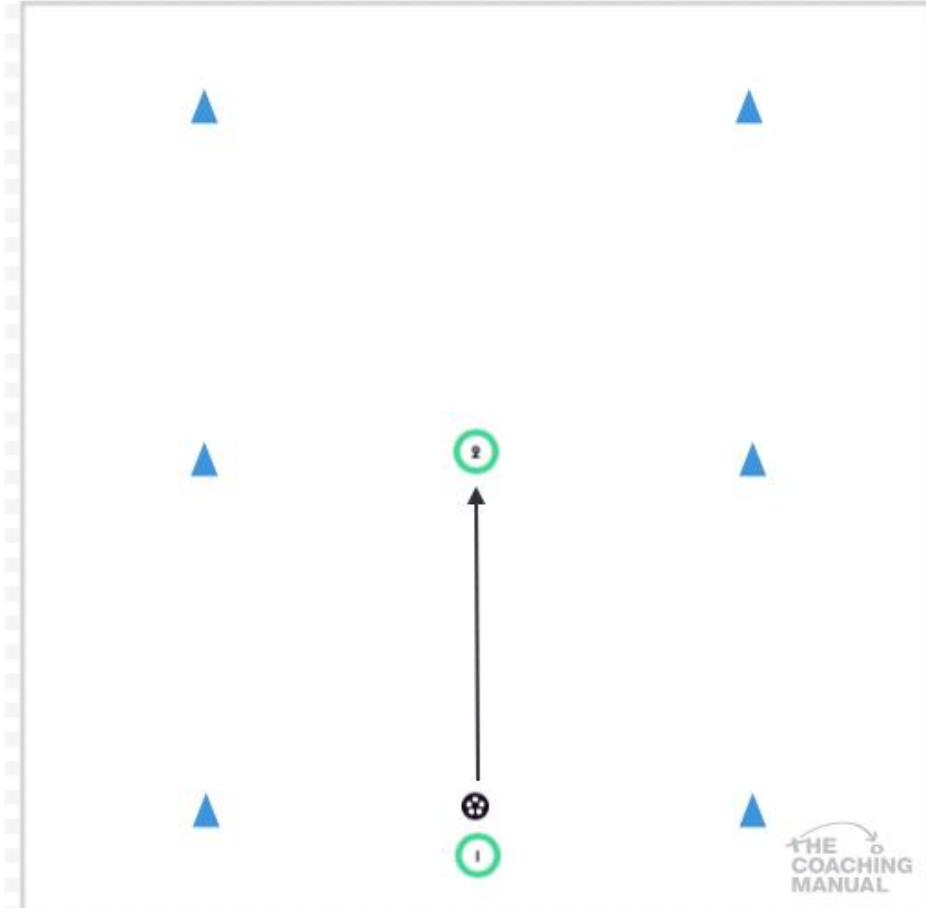
PASSING PAIRS (Set Up)

Set Up

In pairs pass the ball between players. Make sure receiving player takes at least 2 touches (1 to receive and 1 to pass).

Key Points

- **APPROACH** – the ball from angle straight line with one side
- **BODY SHAPE** - knee and head over the ball
- **CONTACT** – Non kicking foot next to the ball and kick with correct part of foot



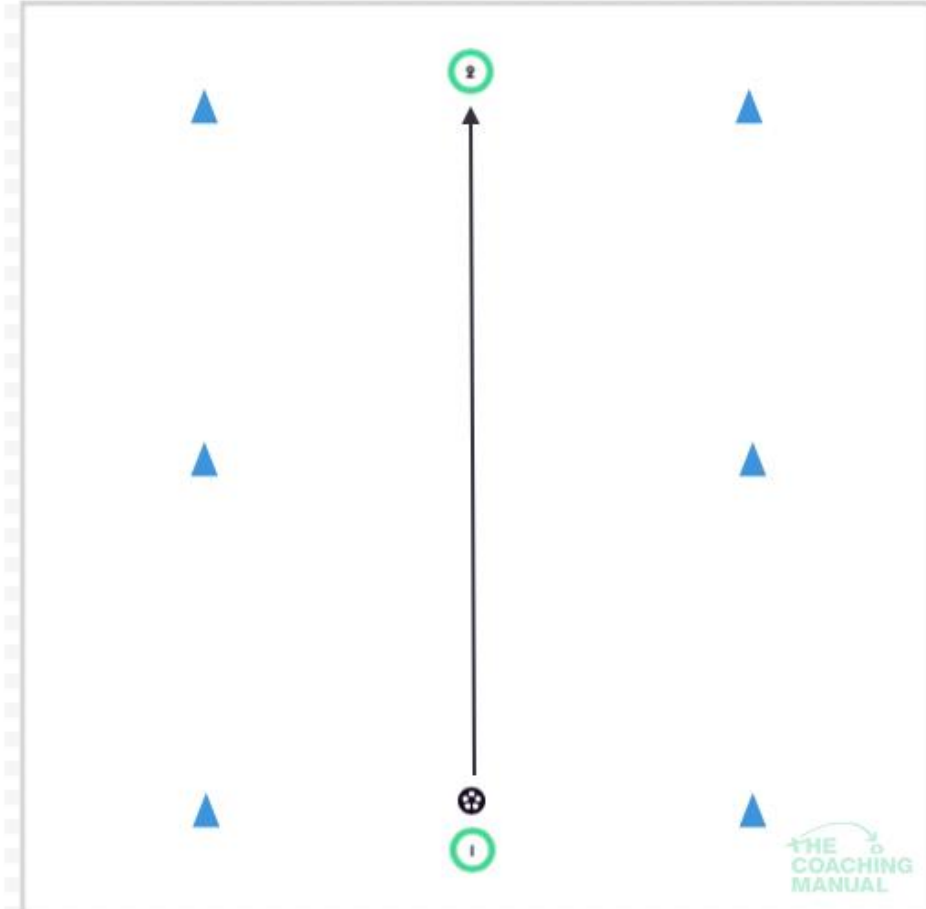
PASSING PAIRS (Progression 1)

Set Up

Once players are consistently passing accurately, extend the distance between the two players. If the distance is too challenging, reduce the length.

Key Points

- **APPROACH** – the ball from angle straight line with one side
- **BODY SHAPE** - knee and head over the ball
- **CONTACT** – Non kicking foot next to the ball and kick with correct part of foot



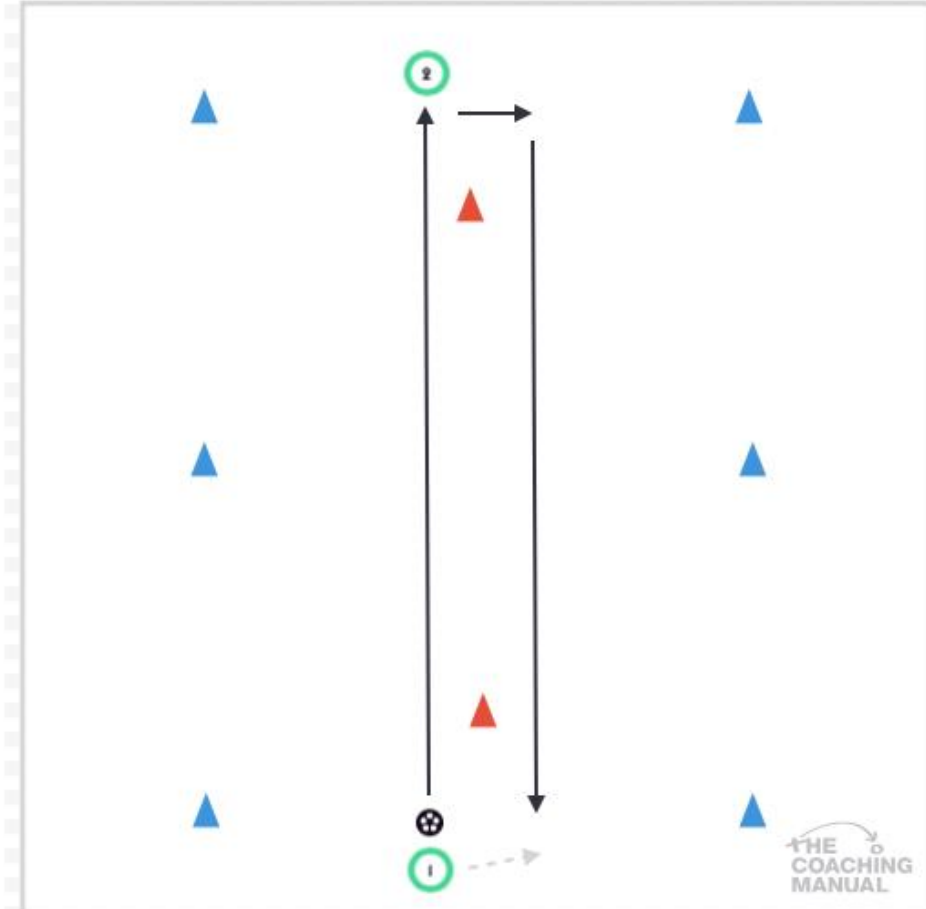
PASSING PAIRS (Progression 2)

Set Up

Place a cone in front of each player. Now when receiving, their first touch must move the ball across the back of the cone before passing.

Key Points

- **APPROACH** – the ball from angle straight line with one side
- **BODY SHAPE** - knee and head over the ball
- **CONTACT** – Non kicking foot next to the ball and kick with correct part of foot



PASSING TRIOS

(Set Up)

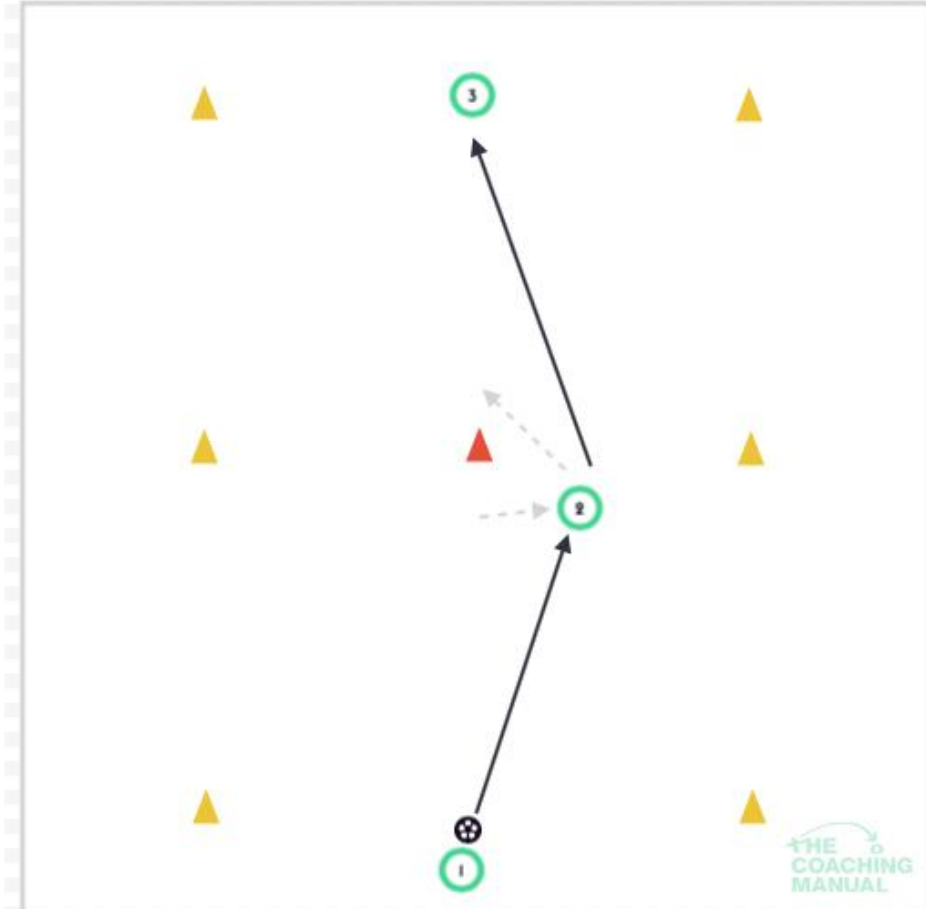
Set Up

Middle player starts on cone and moves towards ball to create space to receive to pass forwards.

Outside players to take 5+ touches to allow middle player to return to starting position on cone

Key Points

- **TIMING OF PASS** – Outside player to pass when receiver is in correct position
- **BODY SHAPE** – Receive on half turn
- **PASS FOCUS** – Pass to back foot of middle player



PASSING TRIOS

(Set Up)

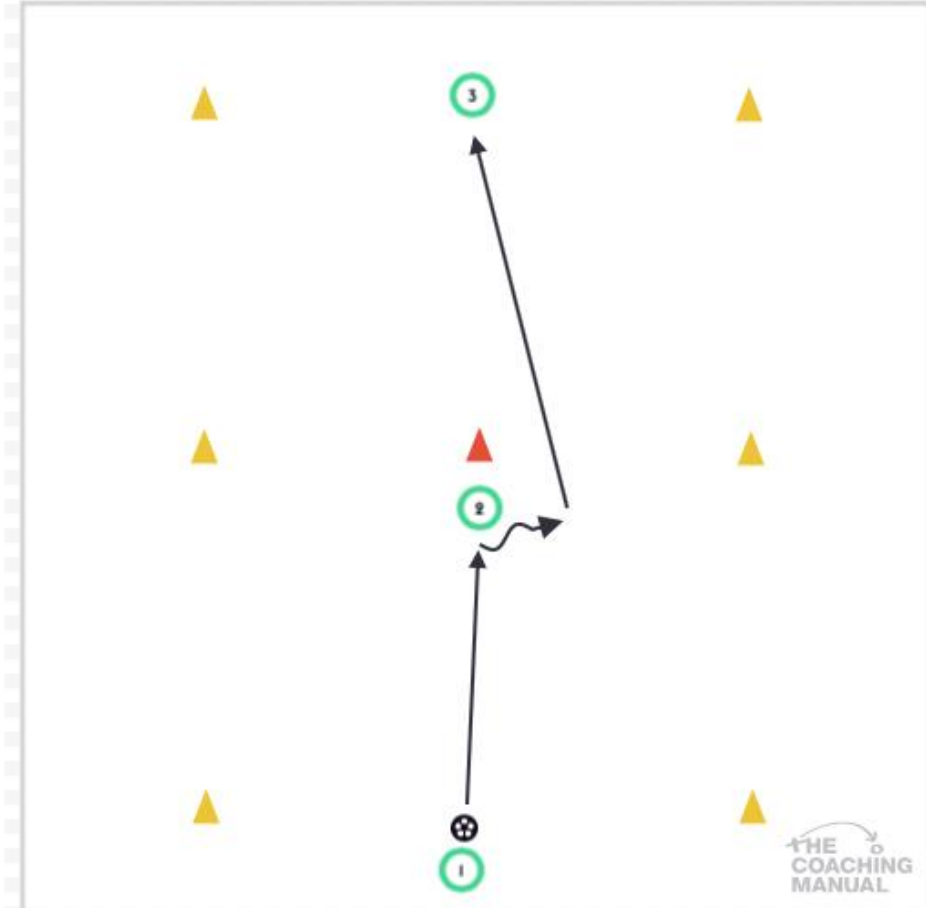
Set Up

Middle player starts on cone and moves towards ball to create space to receive to pass forwards.

Outside players to take 5+ touches to allow middle player to return to starting position on cone

Key Points

- **FIRST TOUCH** – Receiver to use inside foot taking ball across body (right foot to left side)
- **BODY SHAPE** – Stay facing forwards to disguise first touch
- **TIMING OF PASS** – Outside player to pass when receiver is in correct position



SKILLS CORRIDOR TURNING (Set Up)

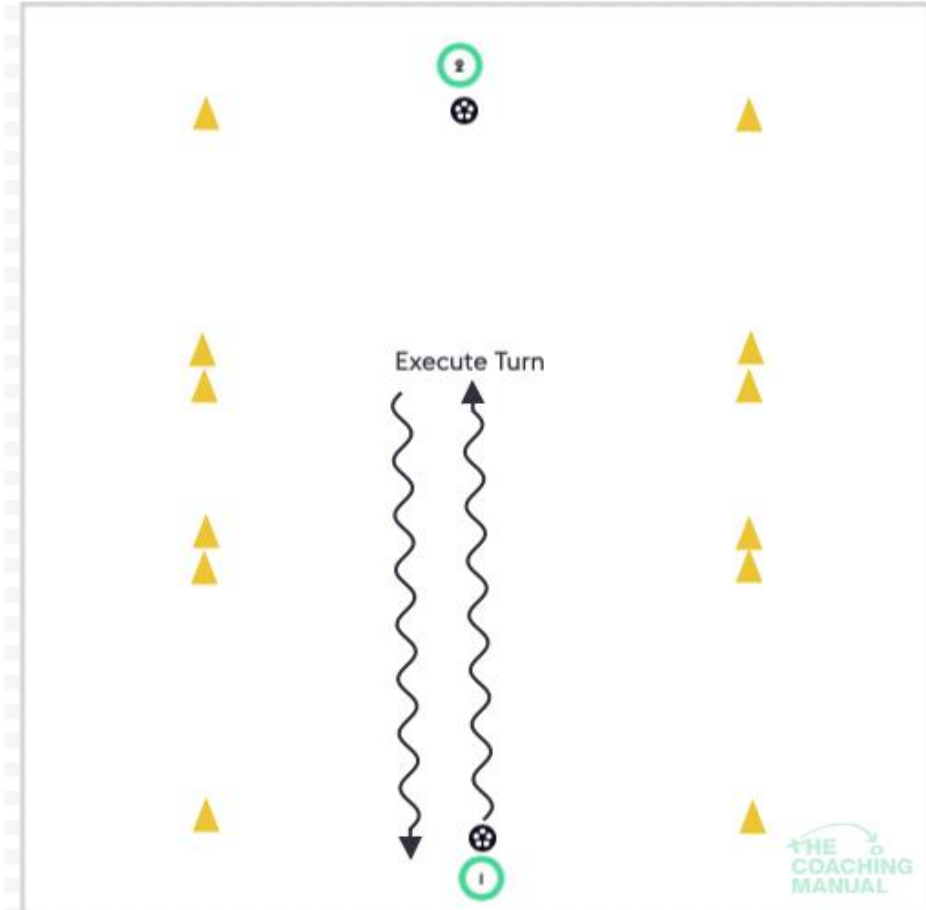
Set Up

Each player has a ball but only one player goes at a time.

Players dribble to 2nd set of double cones and does the designated turn and returns to start position. Player 2 then goes.

Key Points

- **PACE** – slow into the turn, quick out of the turn
- **BALL CONTACT** – Use correct surface of the foot when turning
- **TOUCHES** – Take fewest touches to turn



SKILLS CORRIDOR TURNING (Progression 1)

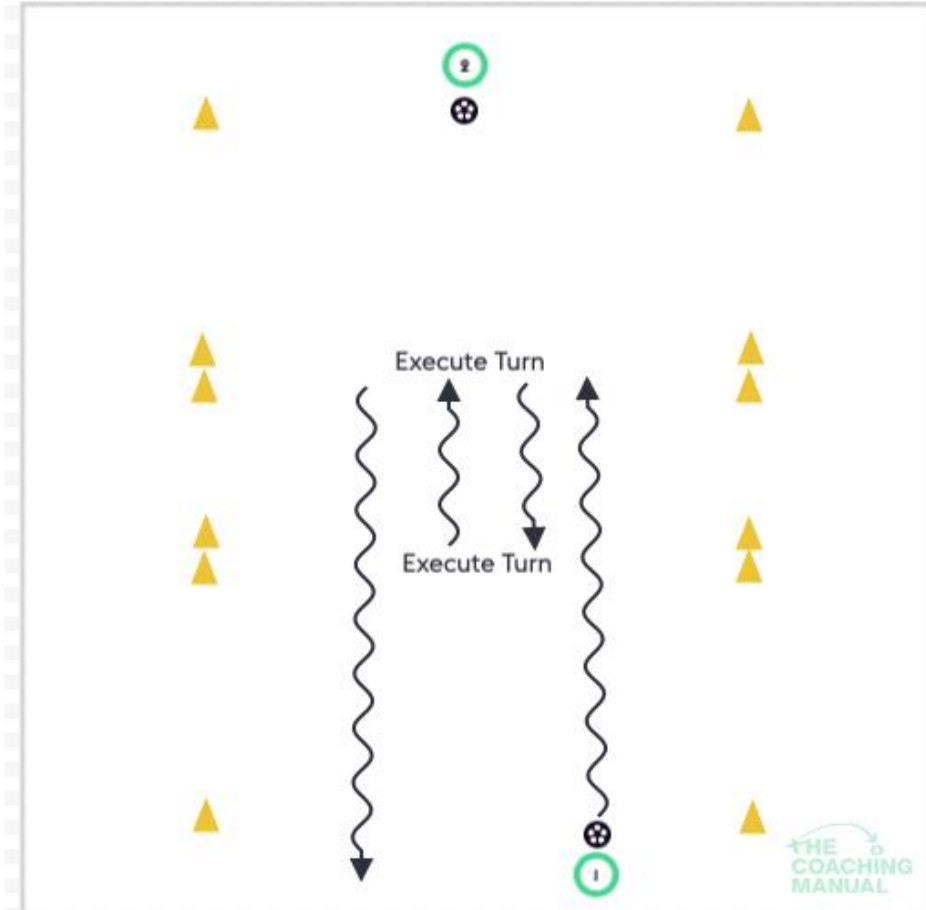
Set Up

Each player has a ball but only one player goes at a time.

Players dribble to 2nd set of double cones and does the designated turn, repeat at 1st double cones and again at 2nd double cones. Return to start.

Key Points

- **PACE** – slow into the turn, quick out of the turn
- **BALL CONTACT** – Use correct surface of the foot when turning
- **TOUCHES** – Take fewest touches to turn



SKILLS CORRIDOR

DRIBBLING

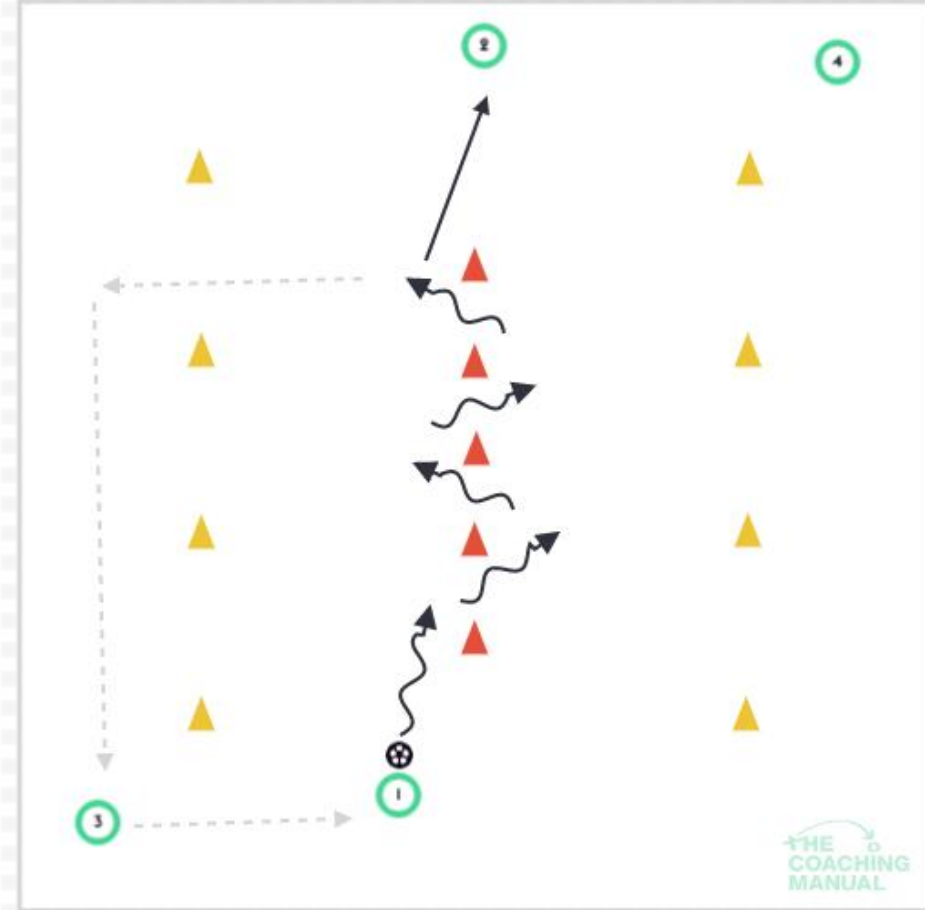
(Set Up)

Set Up

Player 1 dribbles through cones with designated technique then passes to player 2. Player 2 repeats and passes to player 3 etc. After pass return to beginning via the outside of area.

Key Points

- **SPEED** – Dribble slowly taking more touches
- **HEAD POSITION** – Keep head up as much as possible during the dribble.
- **BALL POSITION** – Keep ball close to body



SKILLS CORRIDOR

DRIBBLING

(Progression 1)

Techniques

Inside foot

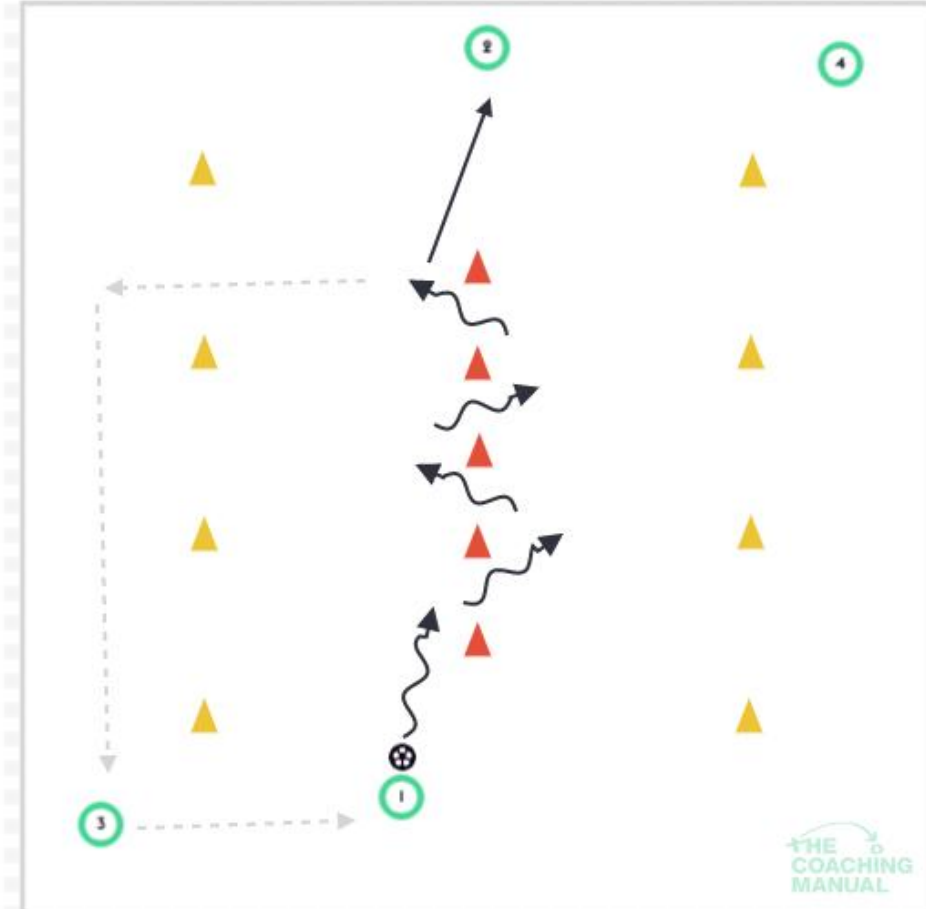
Outside foot

Laces

Sole of foot

Key Points

- **SPEED** – Dribble slowly taking more touches
- **HEAD POSITION** – Keep head up as much as possible during the dribble.
- **BALL POSITION** – Keep ball close to body



PASSING GRID

(Set Up)

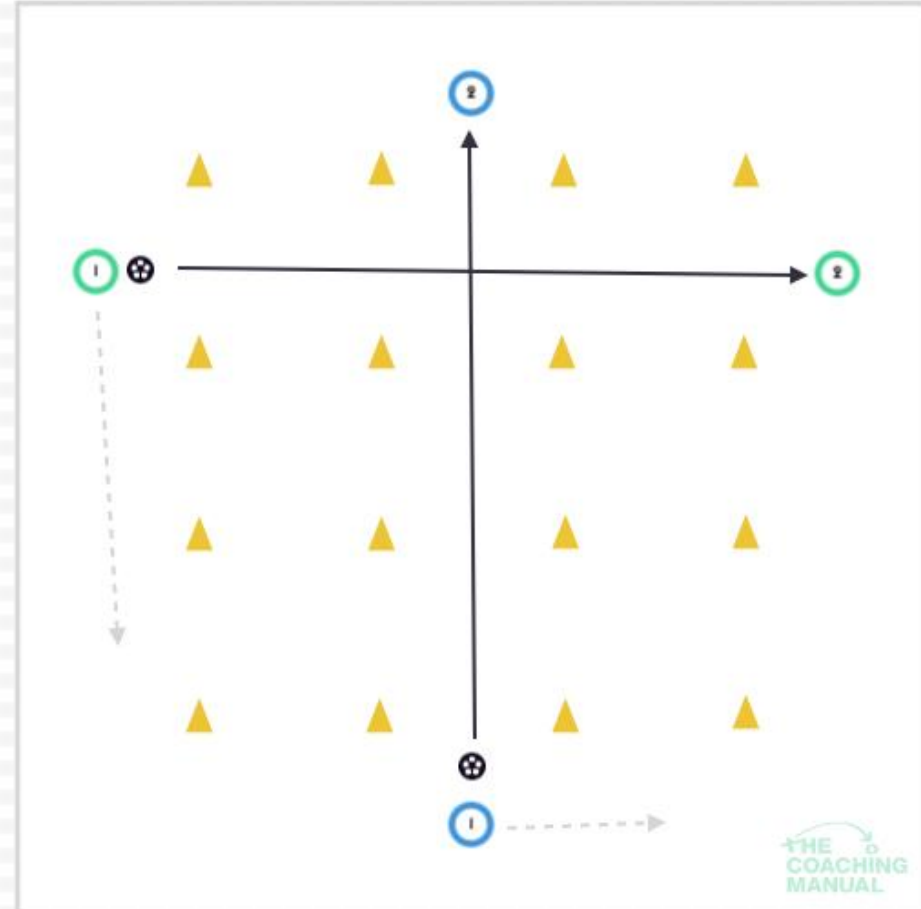
Set Up

Green pair has ball, blue pair has a ball.

Player with ball pass to their partner then moves to another channel. Receiver controls ball towards channel of partner

Key Points

- **AWARENESS** – Knowing where the other pair's ball is
- **TIMING** – Pass when partner is in position and opposite ball is out of the way.
- **COMMUNICATION** – Receiver to call for ball when they want it



PASSING GRID

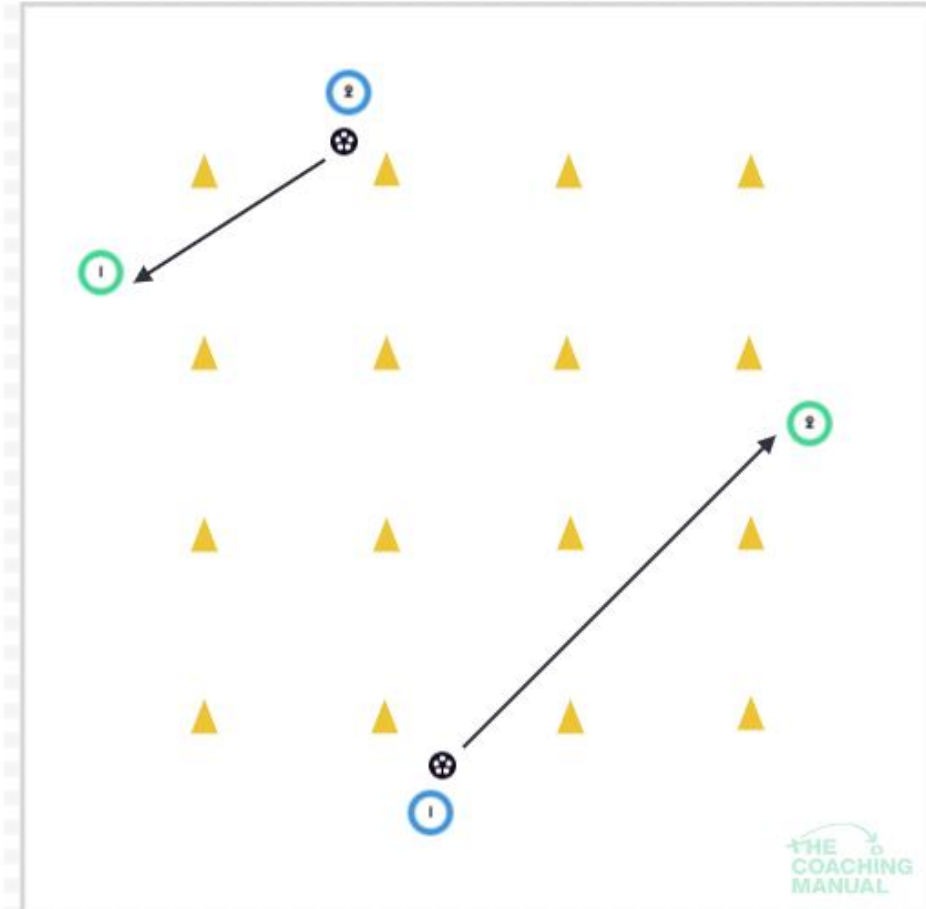
(Progression 1)

Set Up

Green and blue player start with ball and pass to player of opposite colour.

Key Points

- **AWARENESS** – Knowing where the other pair's ball is
- **TIMING** – Pass when partner is in position and opposite ball is out of the way.
- **COMMUNICATION** – Receiver to call for ball when they want it



PASSING GRID

(Progression 2)

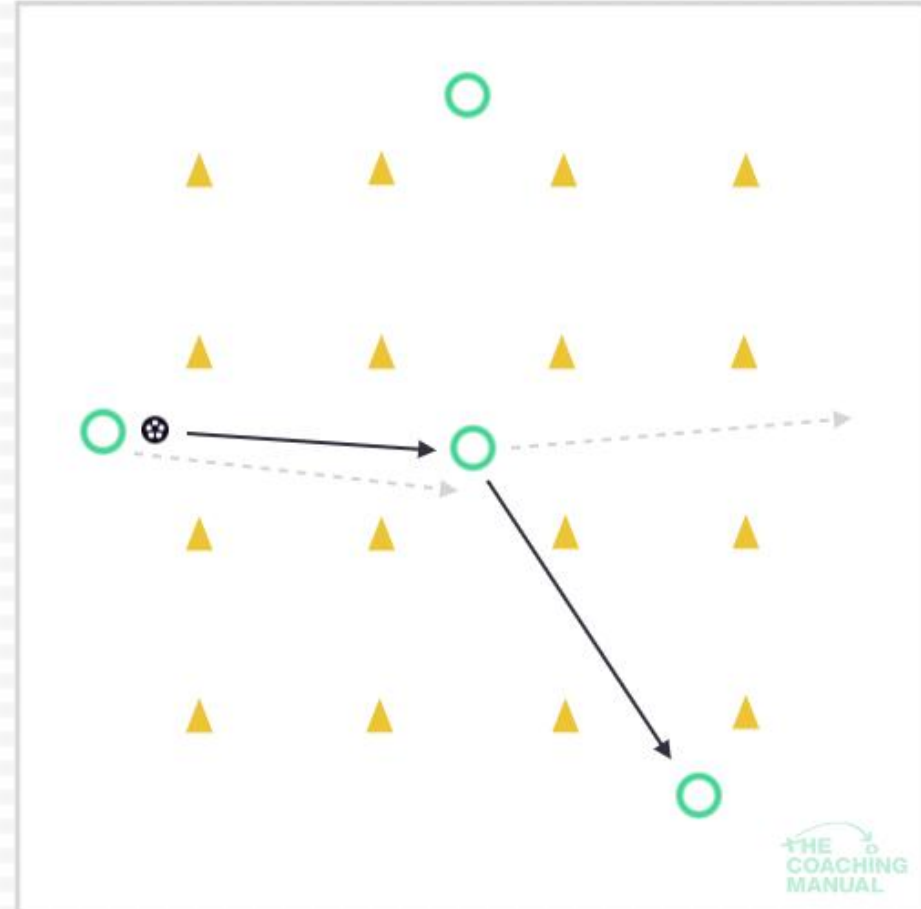
Set Up

3 players on outside, 1 on inside. 1 ball.

Player passes to middle player and follows pass to middle. Middle player passes to outside players and moves to outside (to free side).

Key Points

- **AWARENESS** – Knowing where the other pair's ball is
- **TIMING** – Pass when partner is in position and opposite ball is out of the way.
- **COMMUNICATION** – Receiver to call for ball when they want it



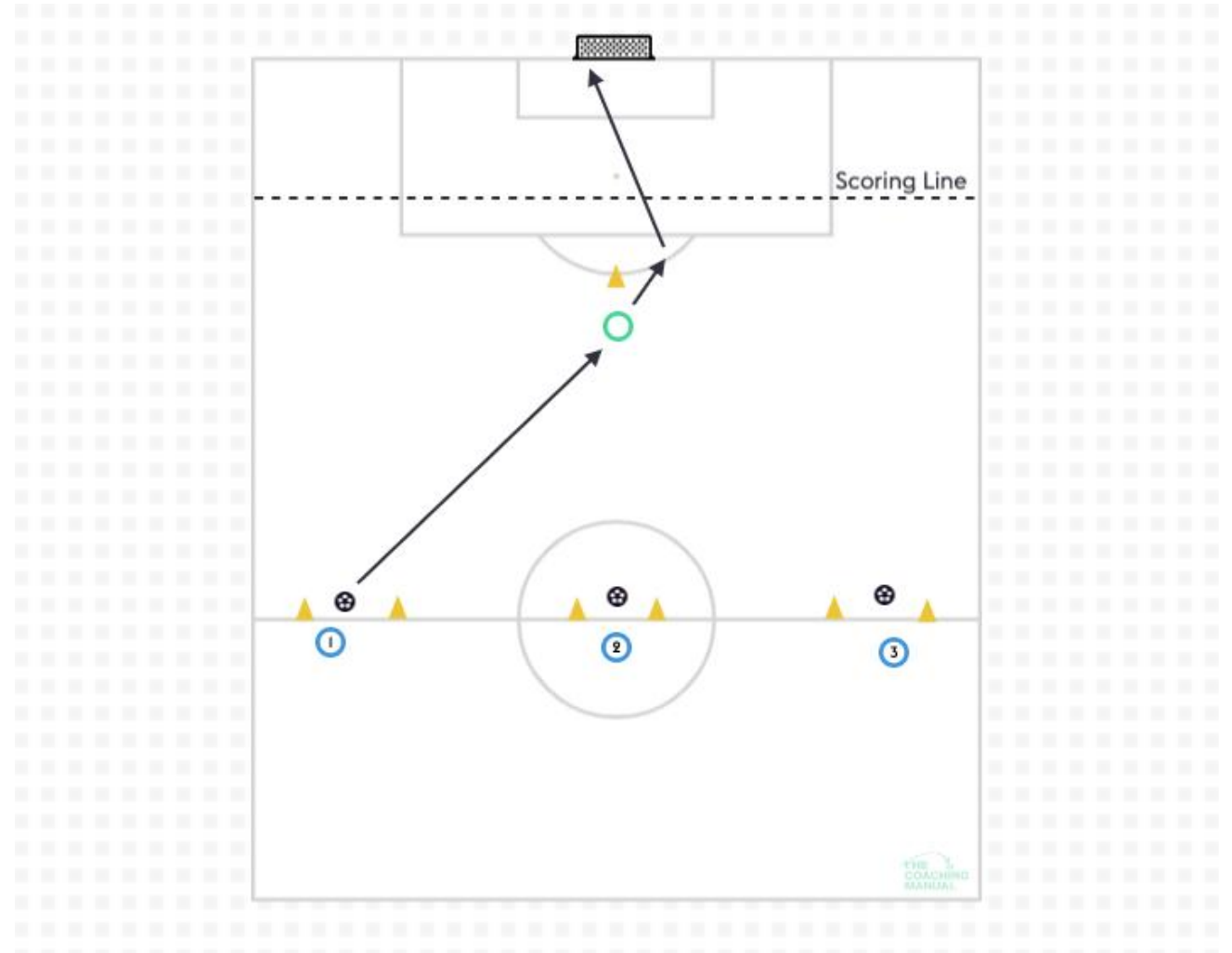
SHOOTING COMPETITION (Set Up)

Set Up

1 player on cone will be shooting. 3 players in gates with a ball. B1 passes to green, green has to shoot before scoring line.

Key Points

- **TOUCHES** – Shoot in minimal touches
- **MOVEMENT** – Move away from cone to create space to receive
- **COMMUNICATION** – Receiver to call for ball when they want it



SHOOTING COMPETITION (Progression)

Set Up

B1 passes to receiver on cone (black).

B2 Passes to receiver, receiver passes back and B2 passes in behind (grey).

B3 dribbles in the wide area and crosses for receiver to receive behind the cone (red)

Key Points

- **TOUCHES** – Shoot in minimal touches
- **MOVEMENT** – Move away from cone to create space to receive
- **COMMUNICATION** – Receiver to call for ball when they want it

