

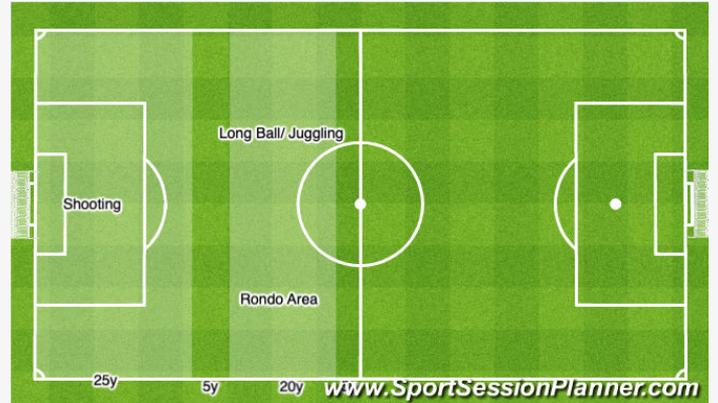


BCSPL/Metro Fall #1

Because some sessions are 75 minutes and others 60 minutes. Timing for the 60 mins sessions is in parenthesis.

Session Set-Up

Horizontal Set-Up



SD Warm-Up - 15 mins (10 mins)

Organization:

Line up players on the end line all socially distanced (6 feet/ 2 meters apart).

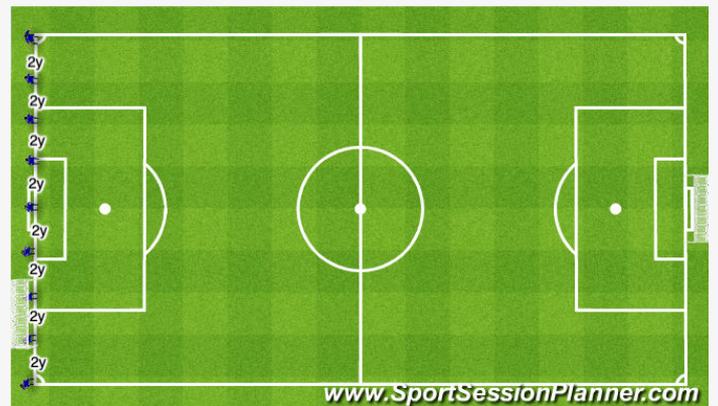
IF you feel not enough space is available on the end line make two groups on each side line ensuring social distancing space is respected as they warm-up towards each other.

Description:

Perform Primary Running exercises: Jogging, Hip Out, Hip In, Side shuffle. Jumps, quick forwards & backwards

Perform Strength exercises: Planks, Nordics, Squats, Lunges, Vertical Jumps

Perform Secondary Running Exercises: Sprints, Bounding



4v1 SD Rondo - 25 mins (20 mins)

Organization:

The middle square can vary in size, the bigger the size the easier it is for the attackers. Set up a "rest area" beside the grid for an extra player to juggle while waiting to get into the rondo. Long balls between 2 players are also an option (Space dependant).

Description:

Attacking players must try to pass the ball through the middle square for a point. Maximum 5 passes before attempting a through pass.

Coaching Points:

Fast ball circulation to move the defender as they try to cut of the two passing lanes available to the attacking team.

Progressions:

Manage spacing of the grids and amount of taps a defender has to do to "tackle" according to player ability.



Finishing From Different Points Of Attack - 25 mins (20 mins)

Organization:

Setup three points of attack and have player line up evenly in each line.

Line A - 24y from goal

Line B - 26y from goal

Line C - 30y from goal

Description:

Activity start with player in Line A dribble at the flag and make a move to finish with a strike at goal from an angled area. The player from line A then turns and plays a wall pass with player in line B to finish at goal straight on. Player from line A then continues on to play a wall pass to player in line C to cross from wide area. Both Player from line B and Line A make runs in the 18y box to finish of the cross.

Players stay in their line and pattern repeats. Change lines every 4-5min so players attack goal from a different area.

Coaching Points:

- Quick movements
- Power and finesse strikes on goal
- Communication



SD Cool Down - 10 mins

Organization:

Line up players on the end line all socially distanced (6 feet/ 2 meters apart).

IF you feel not enough space is available on the end line make two groups on each side line ensuring social distancing space is respected as they warm-up towards each other.

Description:

Dynamic Stretches: Lunge with twist, Knee to Chest, High Kicks, Toe touches, Hip in/out

Static Stretches: Hamstrings, Glutes, Quads, Hip Flexors, Back, Neck

