

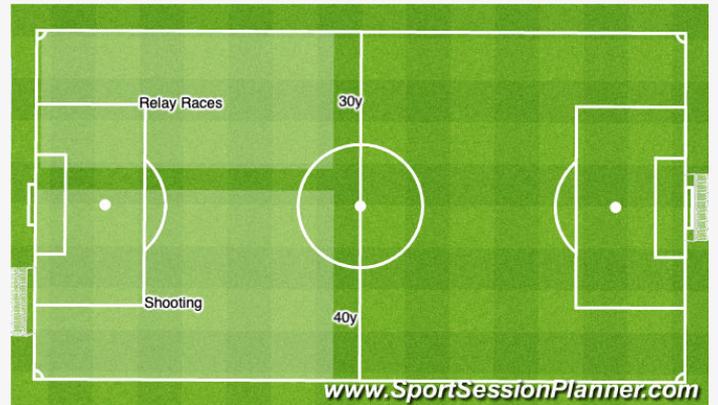


## BCSPL/Metro Fall #2

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

### Session Set-Up

Vertical 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).

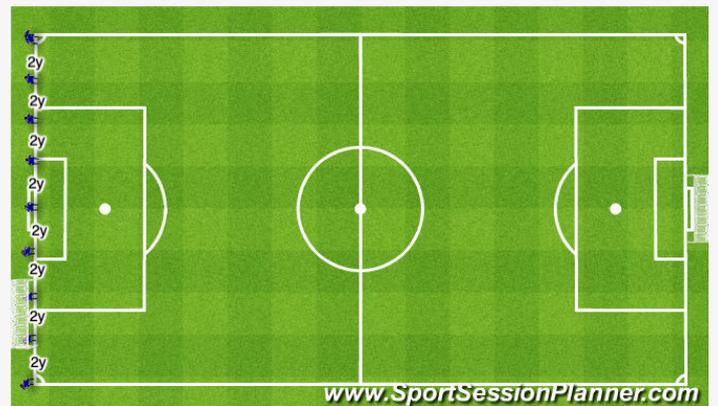
**IF** you feel not enough space is available on the end line make two groups on each side line ensuring social distancing space is respected as they warm-up towards each other.

**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



### Relay Races #1 - 25 mins (20 mins)

**Organization:**

Divide group into three teams with the set up as shown. Make sure that as players finish, and the next player starts, players are keeping social distancing.

**Description:**

Physical Literacy (8 min):

Side-shuffle through cones: forwards, backwards, sideways

Sprint forward & Back Pedal

Jumps: one leg, two legs (forwards & Sideways)

Dribbling (8 Min):

Dribble through cones: strong foot, weak foot, both feet

Running with the ball: Left foot (up the left side and back down the right), Right foot

Passing (8 Min):

Player will face the players in line and pass with left foot, side shuffle to other side of yellow cones and pass with right foot.



Moving further down the cones after the two passes. Once done at the top of the line they will sprint back to the line and next player(s) will go.

\* can add core work to players in line while they wait for extra fitness

## Unopposed Shooting - 25 mins (20 mins)

### Organization:

Two players will start at cone "A" with a player each at cone "B" and "C" and one behind the goal (D). Make sure lines are staggered and both teams are not going at the same time.

### Description:

This passing pattern works on the striker (C) movements outside the area to create space for themselves to shoot. Pattern can differ but the emphasis should remain the same.

Player A passes to player B to start the pattern. Player B then passes to Player C to finish with a strike at goal. All players follow their pass in the pattern and should look to play 2 touch at a high tempo.

To keep the activity fun make it a competition for goals between the two lines.

Switch sides every 4min and rotate coaching power & finesse.

Player D is in charge of kicking the balls back, so their team does not run out during the 4 min. Rotate all players for this role.

### Coaching Points:

- Good strong passing through pattern
  - Good first touch towards goal
  - Strike with laces, shoulders over ball, strong follow through
  - Movements before receiving with appropriate angle in relation to defender (cone)
- Power - Head down and striking through the ball with laces.  
Finesse - Place the ball with your instep past the goalkeeper



## 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 sideline 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

