



BCSPI/Metro Fall #3

Because some sessions are 75 minutes and others 60 minutes. Timing for the 60 mins 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).

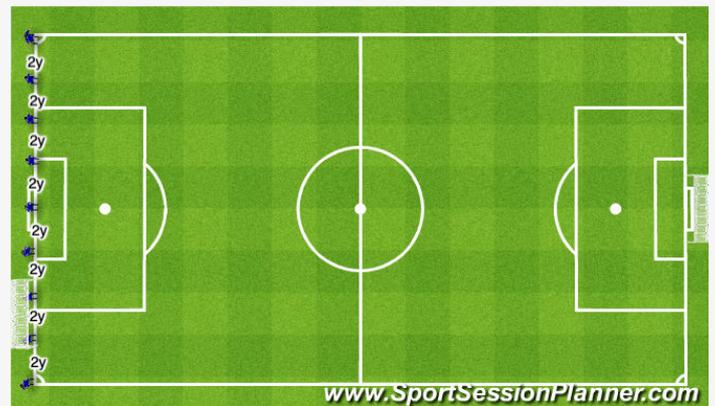
IF you feel not enough space is available on the end line make two groups on each side line ensuring social distancing space is respected as they warm-up towards each other.

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



4v2 SD Possession - 25 mins (20 mins)

Organization:

Set up social distanced spaces as shown on diagram with cones in front of the blue attacking space. 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:

Blue players try to pass it to the other blue players past the white defenders. If white defender taps the red cone with their foot twice while the blue player has possession of the ball it is deemed "tackled" and blue player will switch with the defender.

If the white player intercepts the ball they will switch with the passer of the ball.

*If an attacker plays 1 touch the defender cannot double tap the cone to win possession. They must intercept it.

Coaching Points:

Fast circulation of the ball



Accuracy of pass

Progressions:

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

Crossing Technique - 25 mins (20 mins)

Organization:

Have each player at a cone. Player A & B rotate while players C, D, and E rotate. If you have 12 players add an extra cone before A so AA, A, B rotate. Rotate rolls after 5 minutes, switch sides after 10.

Description:

Player A passes to player B; player B moves the ball to C for a give-and-go. Player B then passes down the line for player C to cross. Players go back to their lines after they finish. Opposite side goes. Player (E) plays ball back to A to make sure the team does not run out of soccer balls.

#1 - Crosser has the ball between the yellow and blue cone. Scorer holds run behind blue cone line and as the ball gets played in the channel (between yellow and blue cone) attacker accelerates to meet ball and finishes in a corner. Attacker should remain level with crosser in order to remain onside.

#2 - Crosser has the ball deep near the end line. Attacker sprints to red cone and drops back to yellow cone to receive cut back and finish in one of the corners.

Coaching Points:

- Movement of the striker
- Relate it to the game:

Cut Back: <https://drive.google.com/file/d/1tG01k3dd17eR2m3aXDxmRfiiJi7TIErc/view?usp=sharing>

Across: https://drive.google.com/file/d/1yIxO80qaRYvxFca5AyGV_Wf3I02Gb2WW/view?usp=sharing



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

