

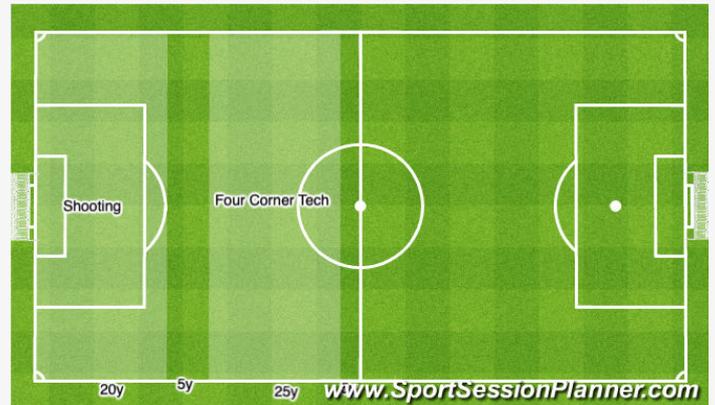


## BCSPL/Metro Fall #4

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).

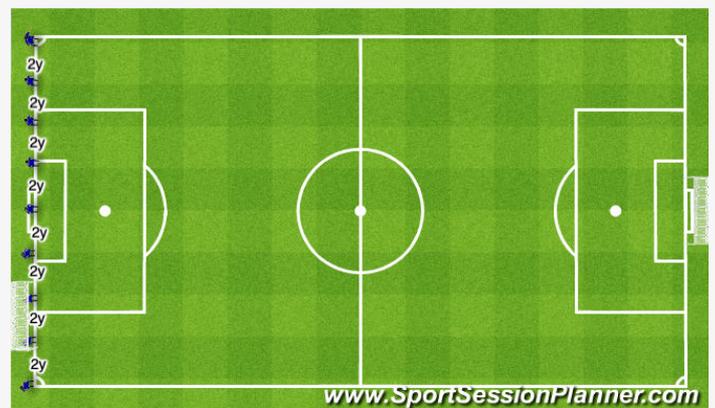
**IF** you feel not enough space is available on the end line make two groups on each side line ensuring social distancing space is respected as they warm-up towards each other.

**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



### Four Corner Technical Activity - 25 mins (20 mins)

**Organization:**

Setup gates in the corner of a 20y x 20y area with four cones in the middle to direct the players when dribbling.

**Description:**

Players start with No ball and work on physical literacy movements to middle cone then finish at line to their right.

Physical Literacy Movements:

- Jog to middle cone/Jog to right gate
- Knees up to middle cone/heals up to right gate.
- Side shuffle to middle cone/change sides and shuffle to right gate
- Forward jog to middle cone/backwards to right gate

Stretch and add ball to each player

Ball exercises:

- Dribble to middle cone/ Turn Inside left foot/Dribble to right gate
- Dribble to middle cone/ Turn Outside right foot/Dribble to right gate



- Dribble to middle cone/ Turn Inside right foot/Dribble to left gate
- Dribble to middle cone/ Turn Outside left foot/Dribble to left gate
- Dribble to middle cone/ Step-over or Scissors/Dribble to left gate
- Dribble to middle cone/ Turn/Dribble back to same gate

**Coaching Points:**

- Change pace after turn or move at middle cone
- Head Up
- Lots of touches on the ball

**4 Point Finishing - 25 mins (20 mins)**

**Organization:**

Set up 4 crossers on the outside giving each a number. Two players finishing at a time. Extra players at the top. In the area outline a finishing area with a cone on each side of the finishing area.

**Description:**

Each pair will get a chance to finish 8 crosses in a row with the crossers crossing in order from 1-4 twice. Players finishing must go around a cone at the top of the area and decide to go near post or far post with their partner.

**Coaching Points:**

Depending on where the cross is coming from choose which cone to go around

Timing of the run after going around the cone

Quality of cross

Eye on the ball when you are finishing

Make it a competition

**Progression:**

A finishing player must play a 1-2 with the crosser before the cross



**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

