

SEATTLEUNITED – Return To Play – Social Distance Training

Activity 1 – Dribbling – Younger Teams

(20 minutes)

Variety of actions within the square. The idea is to have a high intensity session keeping in your assigned area. The energy needs to be high from the coach in pushing the players to complete the actions at a high intensity. The players should be working hard throughout this short session:

(10 mins)

1 x Different ball mastery / skills etc in the area (30 second reps)
e.g boxes / foundations / push pull / I turn etc

(add in jumping jacks / high knees / 5 yard sprints etc in between 2 activities)

1 minute soccer action to 1 physical action (sprint / high knees / jumping jack etc)

Juggling for their “rest” (30 seconds)

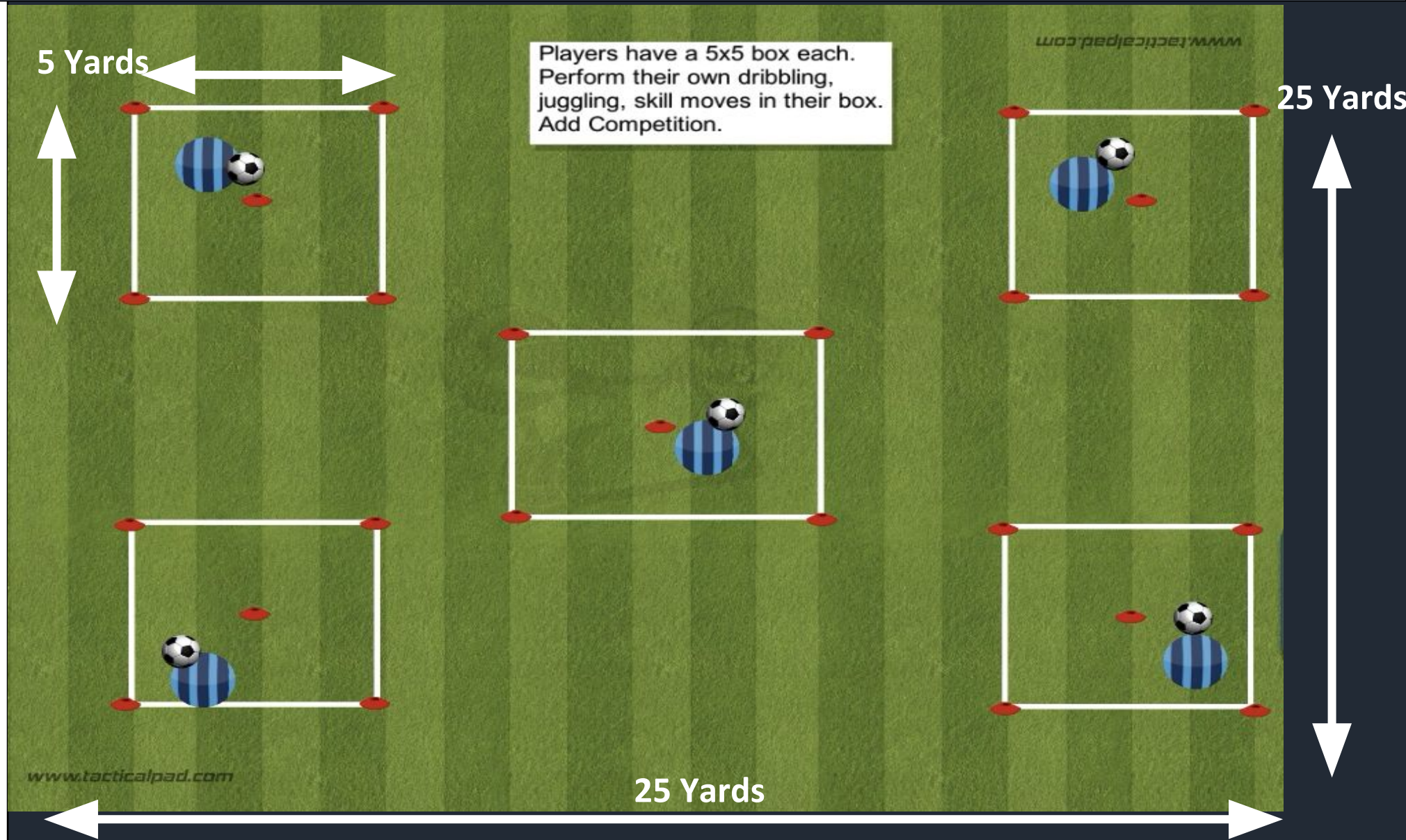
Example:

30 seconds boxes with movement in square /
30 seconds toe taps with movement in square
/ 20 jumping jacks / 20-30 seconds juggling
“rest”

(10 mins)

Dribbling patterns :

- Players dribble to center cone and perform skill move and go to opp. cone
- Dribble around box
- Boxes / toe taps to central cone and do a turn back to start
- Dribble to opp corner and then sprint around square



SEATTLEUNITED – Return To Play – Social Distance Training

Activity 2 – Passing – Younger Teams

(20 minutes)

Reps: 6

Work: 2 minutes

Rest: 1 minute

Reps 1-4:

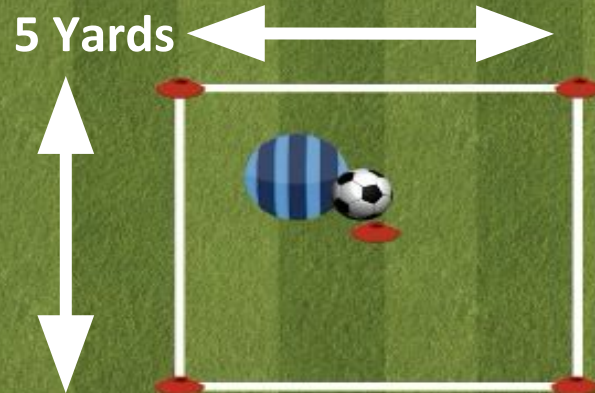
Ball starts in the opposite corner, players must pass the ball around the squares in a pattern. 2 balls, can add 3 if level requires.

Work both directions, left to right and right to left. Work through different types of passes.

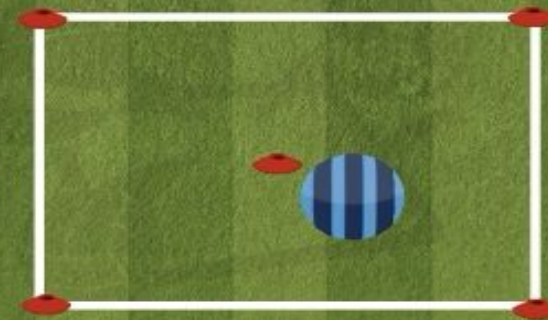
Add in competition, how many cycles a minute, each player gets 1 point every pass they make etc.

Reps 5-6:

Players can start with out without a ball in their box. When the ball is being passed between other boxes, they must do either sprints to other cones, two movements before receiving, or ball mastery with their own ball.



Passing Squares -
2 balls start in opposite coner. pass in a pattern working on different passes and techniques.



Coach