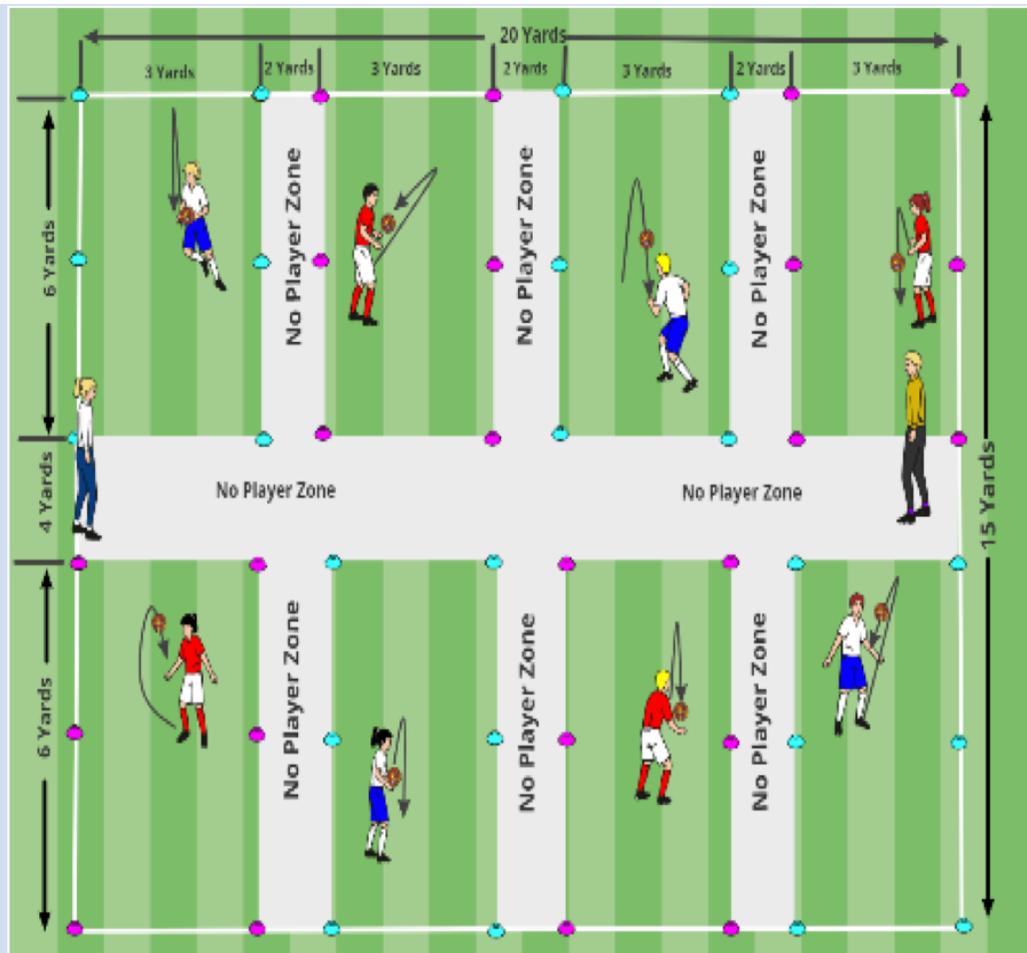


**PHYSICAL DISTANCING TRAINING  
SESSION  
5U-6U (4V4)  
ATTACKING – DRIBBLING & PASSING  
45 MINS  
WEEK 2**



## Activity 1: Juggling (kick & catch)

15 min.-10 intervals-1 min. play-30 sec. rest



**OBJECTIVE:** Improve the player's ability to maneuver the ball with different surfaces of the foot

**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. The players start with their soccer ball in their hands. Gently toss the ball into the air, touch the ball with your thigh or foot (coach's choice) then catch it before it hits the ground. Players will count how many times they can complete the task in 1 minute. Each interval, coach either asks the players to beat their last score or introduce a new surface to hit the ball back to their hands. Surfaces can be left thigh, right thigh, left foot or right foot.

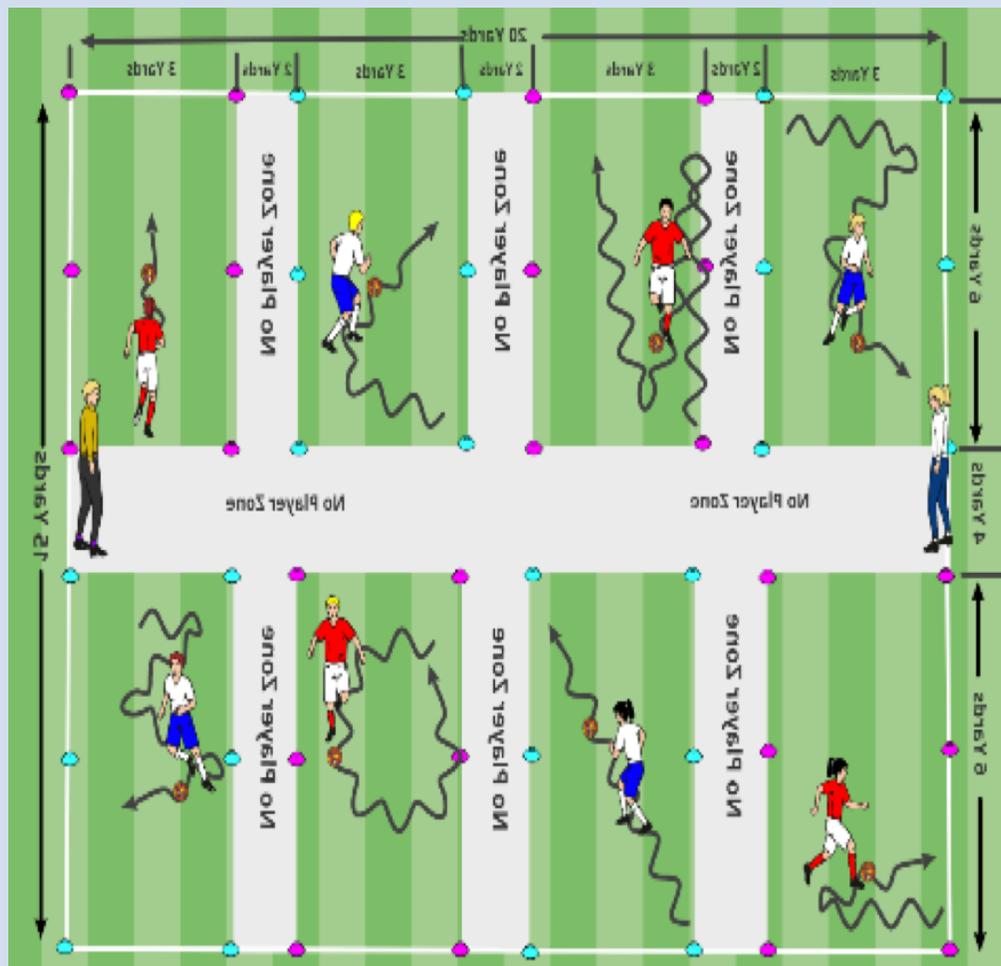
**KEY WORDS:** Soft toss, watch the ball back to your hands

**GUIDED QUESTIONS:** What happens if you throw the ball too high? After your soccer ball hits your thigh or foot, why is it important to watch the ball all the way to your hands?

**ANSWERS:** If you throw it up too high, it could go further away and harder to use your foot or thigh. After you touch the ball with your foot or thigh, keep watching the ball until you have it back in your hands.

## Activity 2: Paint the Field

15 min.-6 intervals-90 sec. play-30 sec. rest



**OBJECTIVE:** Improve the player's ability to maneuver the ball with different surfaces of the foot

**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Within their grid, the players will pretend their soccer ball is a paint brush. Each player selects their favorite color. Wherever the ball rolls, it paints a colored line on the field. The players will try to paint as much of the field as possible in the allotted time.

**Variations:** Ask the players to paint shapes (triangle, circle, etc.) Spell their name or paint a smiley face.

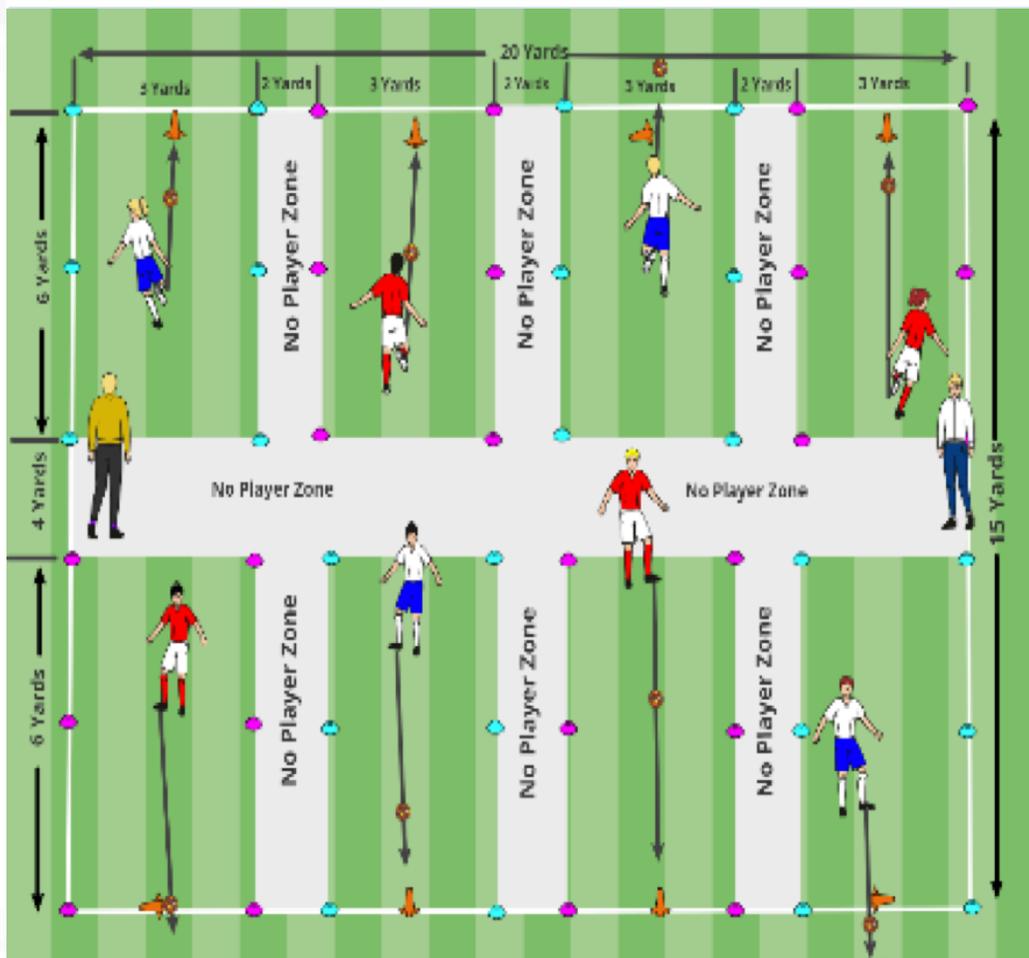
**KEY WORDS:** Turn with the ball, stop the ball

**GUIDED QUESTIONS:** After you have painted a line, what do you do next? When is it a good time to stop the ball?

**ANSWERS:** Turn with the ball and start a new line (or shape.) If you get too close to a sideline or the ball starts to get away from you, stop the ball and change direction.

## Activity 3: Soccer Bowling

14 min.-7 intervals-90 sec. play-30 sec. rest



**OBJECTIVE:** Improve the technique of passing

**PLAYER ACTIONS:** Pass forward

**ORGANIZATION:** Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each grid has a tall cone on the end line so after players kick the ball it will not travel to another player's grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. The players will start with their soccer ball & 1 step away from the cone. They will try to kick their ball at the cone to knock it down. If they miss, they try again from the same spot. If they knock the cone down, they move their soccer ball 2 steps away; then 3 steps, 4 steps & so on. In the time allotted, which player ends up the furthest away from their tall cone?

**Variations:** Players who have hit the cone multiple times from distance can try using their other foot or a different surface.

**KEY WORDS:** Strike the middle of the ball with the middle of your foot, aim to the cone.

**GUIDED QUESTIONS:** How do you aim the ball? Which is the best surface of your foot to use?

**ANSWERS:** Make sure the surface of your foot that hits the ball is pointed toward the tall cone. If you are close to the cone, the inside of your foot works best. Further away, try your laces.