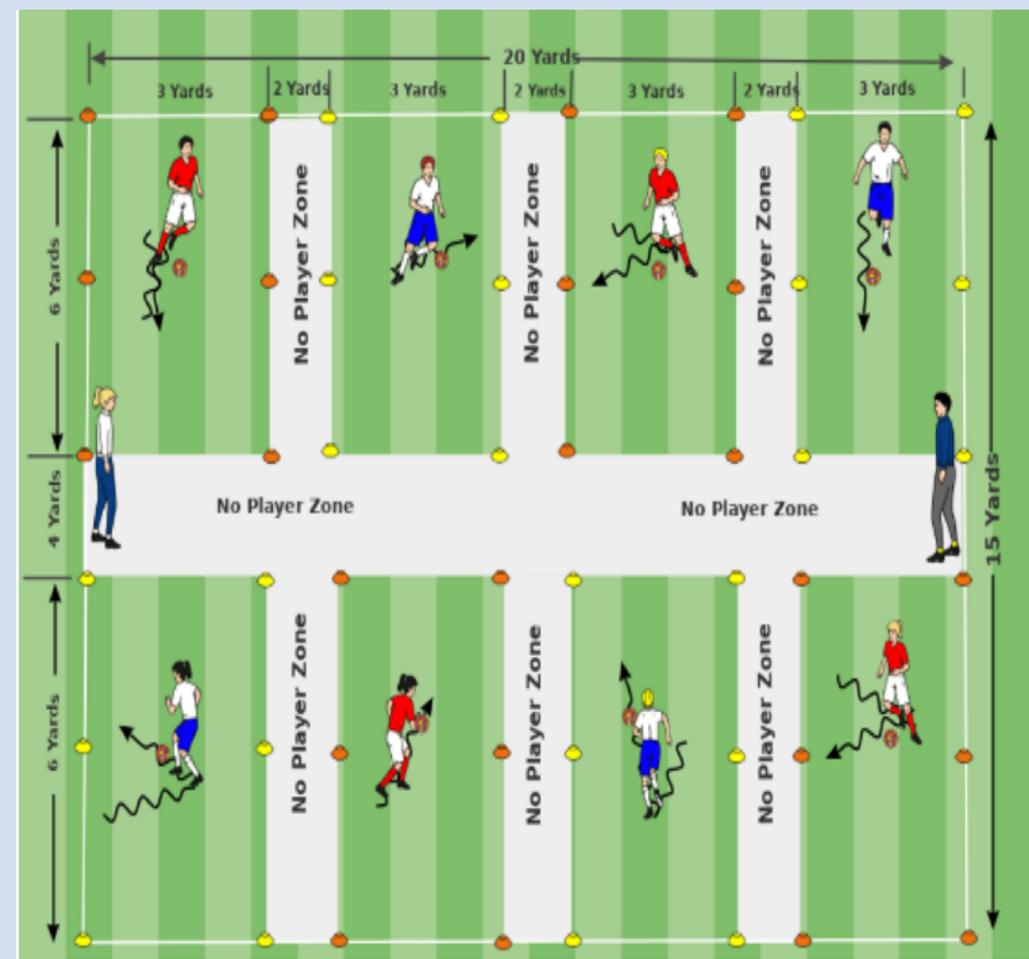


**PHYSICAL DISTANCING
TRAINING SESSION
5U-6U (4V4)
ATTACKING – DRIBBLING
45 MINS
WEEK 1**



Activity 1: 4 Surfaces Dribbling

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

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 try to use the following 4 surfaces in 1 fluid motion & in order: Outside of the foot (pinky toe), inside of the foot (big toe), laces & bottom (sole). Once they have stopped it with the bottom of their foot, try to repeat the pattern with their other foot. Once the players understand the pattern, try to do it faster; still in the limited space. Remember to account for minimum space requirements for social distancing.

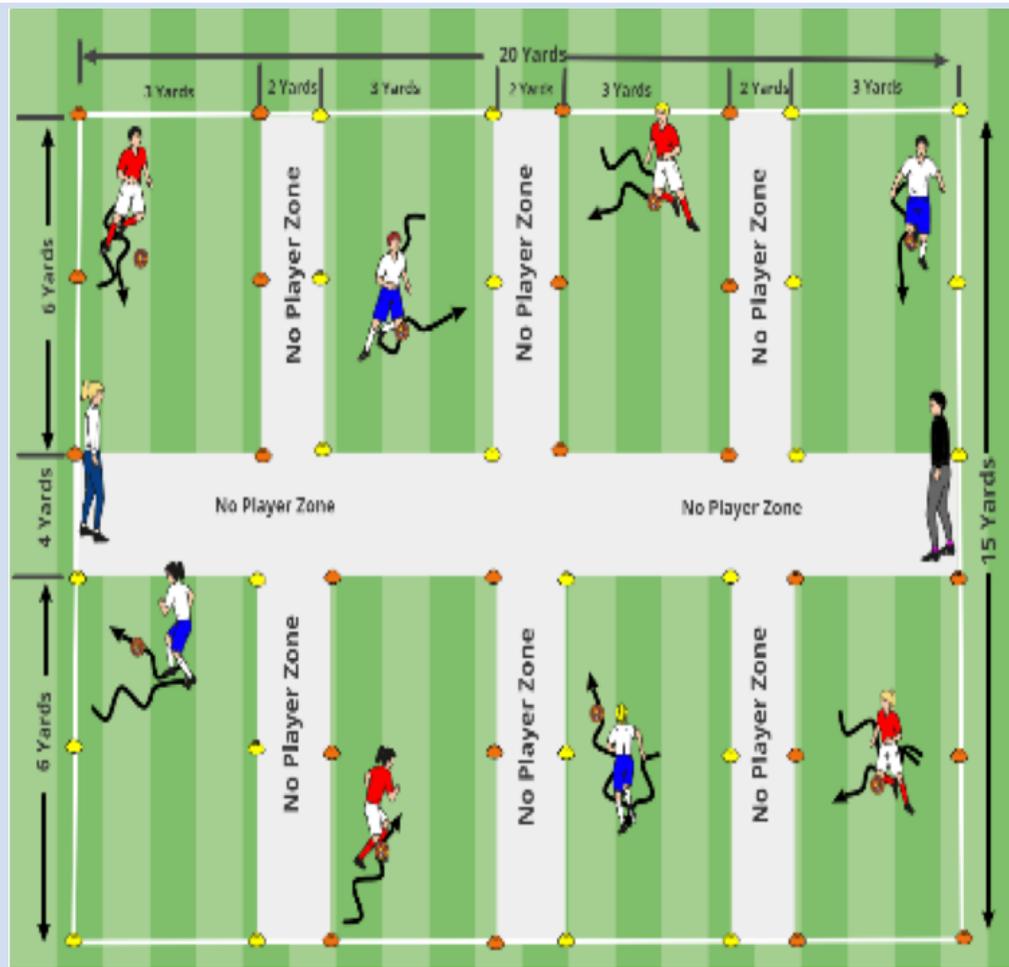
KEY WORDS: Outside, inside, laces & bottom

GUIDED QUESTIONS: When you are ready to move forward, what are some actions you will do before you strike the ball? What do you have to do with your foot if you want your laces to hit the ball?

ANSWERS: Look up to see where you are going. As you get closer to the ball, put your head back down & watch your foot hit the ball. Point your toe down toward the ground so your laces are facing the ball. Now, hit the ball with your laces.

Activity 2: Body Part Dribbling

15 min.-6 intervals-2 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. Within their grid, the players perform the 4 surfaces from the activity above. When the coach calls out a body part (foot, elbow, hand, etc., avoid body parts above chest high) the players race to touch that body part to their soccer ball. The 1st player to complete the task wins 1 point. Coach should vary the body parts and can call out 2 body parts to see how the players solve the problem. Once a player gets to 10 points, they win the round. Coach can start a new round with all scores going back to zero.

In the picture, the coach has called out knee. Some players will take longer than others to complete the task.

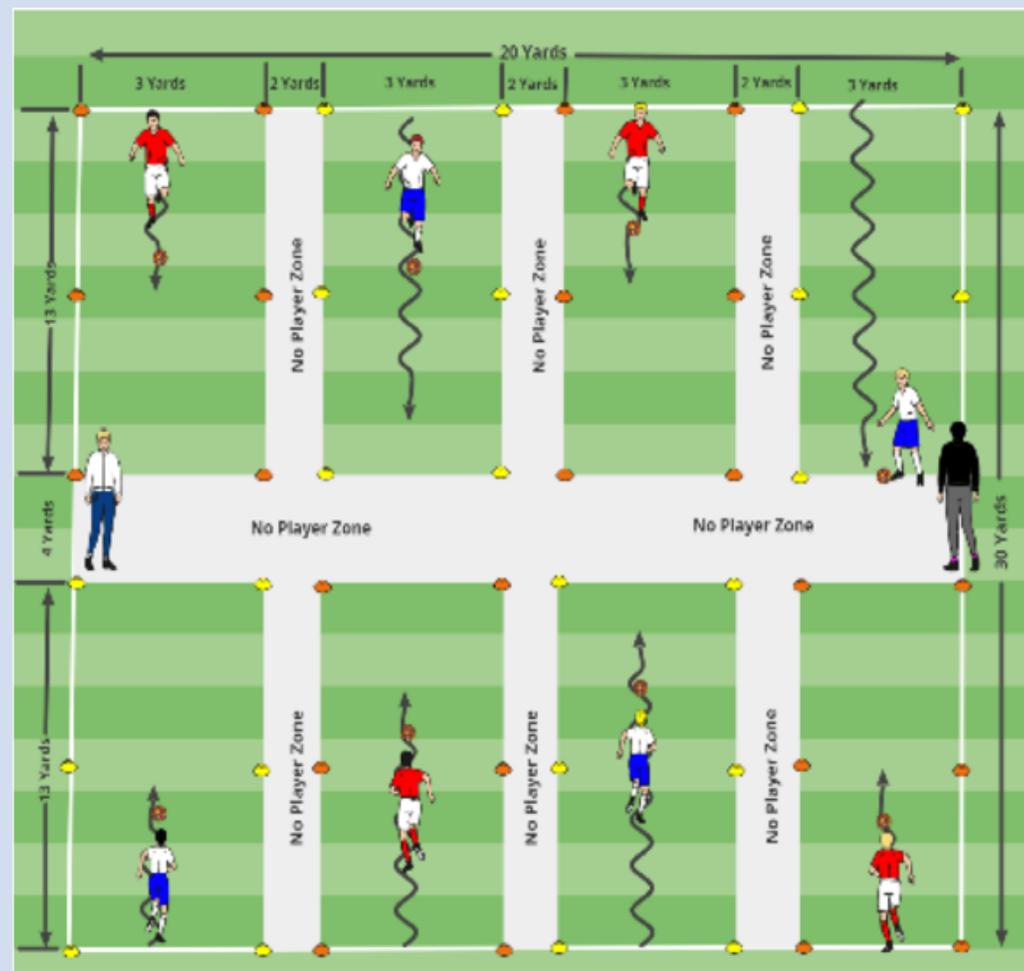
KEY WORDS: Outside, inside, laces & bottom

GUIDED QUESTIONS: Why is it important to keep the ball close? After your foot makes contact with the ball, what do you do next?

ANSWERS: So when it is time to touch the ball, you can do it faster. If needed, turn your body in the direction of the ball, move closer to it & prepare body for the next touch on the soccer ball.

Activity 3: Red Light/Green Light (in lanes)

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



OBJECTIVE: Move the ball toward

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 20W x 30L field, set up 3W x 13L lanes with a minimum of 2 yards between each lane & a 4 yard “no player zone” in the middle. Each player start with a soccer ball & plays in their own lane; working toward the central zone. If the ball goes out, quickly retrieve it and come back to your space. When the coach calls out “**GREEN LIGHT,**” the players dribble their soccer ball as fast as they can toward the center zone. When the coach calls out, “**RED LIGHT,**” the players must stop their soccer ball and put their big toe on top of it. Any player who does not stop their ball must return to the end line where they started and begin playing again. The 1st player to dribble to the end of their lane and stop their soccer ball on the line wins the round.

VARIATION: YELLOW LIGHT – dribble slow, **BLUE LIGHT** – toe taps on the ball or **PURPLE LIGHT** – hop on 1 foot around the ball.
KEY WORDS: Laces (to go forward), bottom of the foot (to stop), outside/little toe or inside/big toe (to turn)

GUIDED QUESTIONS: Which part of the foot can you stop the ball with? How can you go faster with the ball?

ANSWERS: Get close to the ball then softly touch the top of the ball with the bottom of your foot. Point your toe down and push the ball further in front of you to go faster.