



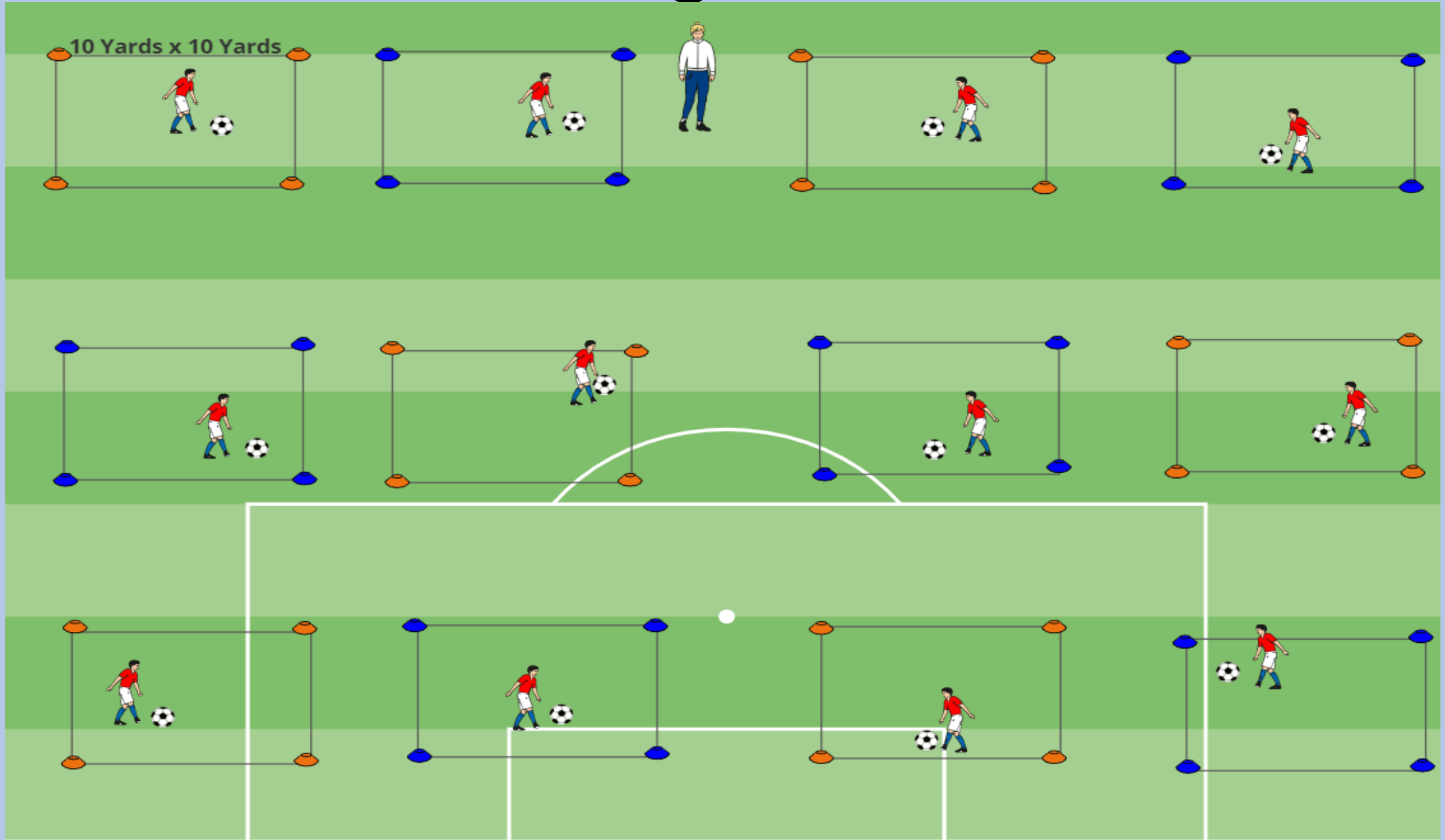
# Ideas For How You Might Train With Social Distancing

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**May 24th**



# What Social Distancing Grids Can Look Like

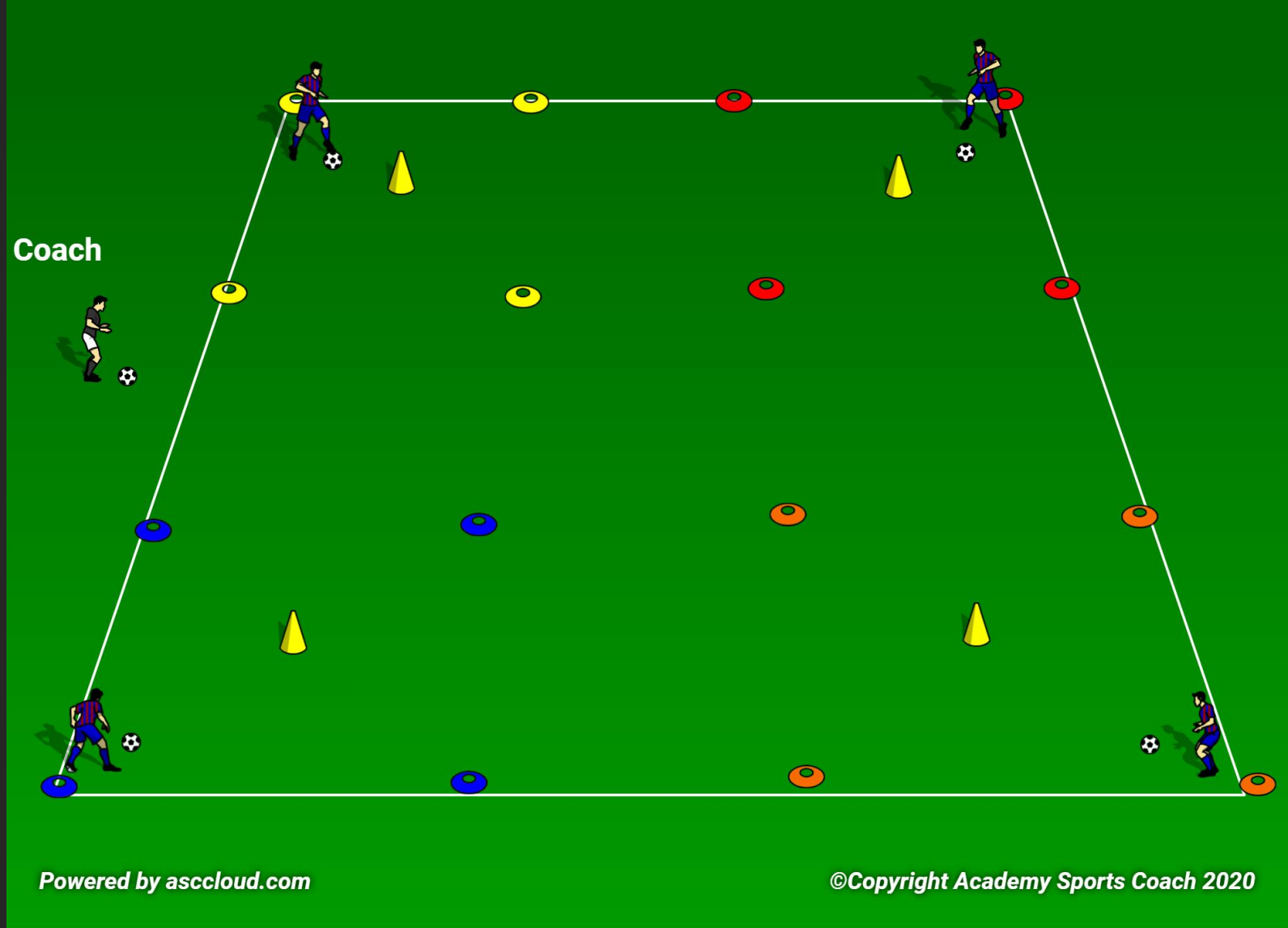


# Social Distancing Obstacle Grids



# 5 Cone Individual Dribbling

- 10x10 grids
- 1 player with ball
- 5 cones

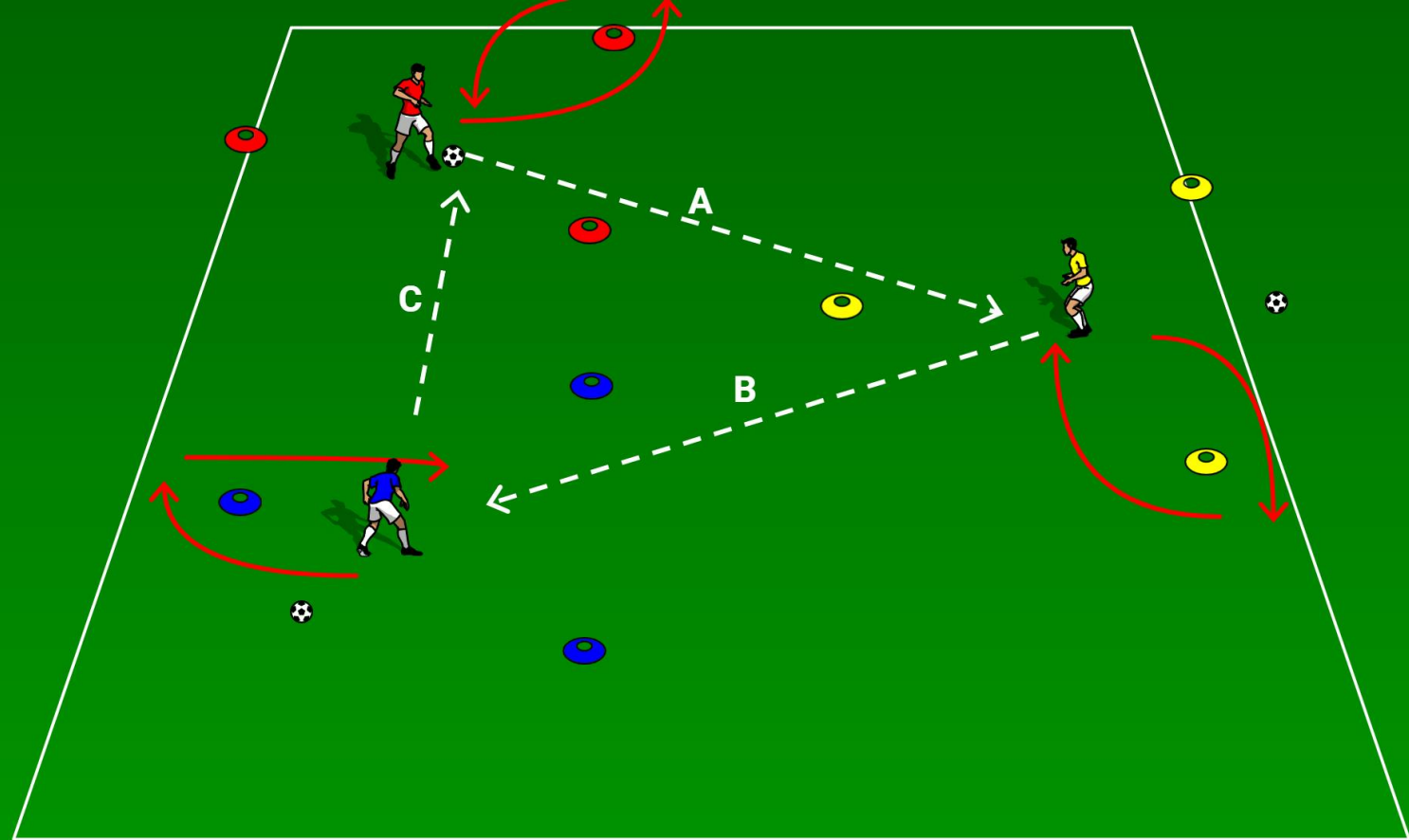


For players 10 & under: Spaces are about 10 yds x10 yds with a cone in the center. Create as many spaces as you need, making sure there is at least 10' between any two spaces. Each player with their own ball.

1) Demonstrate (either the coach or have one of the players) different change of direction moves. Dribble from an outside cone to the center cone. As the player changes direction at the center cone, they accelerate to an outside cone. When the player gets to the outside cone, dribble around the cone tightly, using the inside or the outside of a foot. Repeat. Change which surface they use and change the foot they use. See how many outside cones they can get to in a minute. Repeat, encouraging the players to try different change of direction touches and utilizing both of there feet.

# Triangle Passing and Receiving

- **10x10 triangular grid**
- **3 players with one ball**
- **9 cones**



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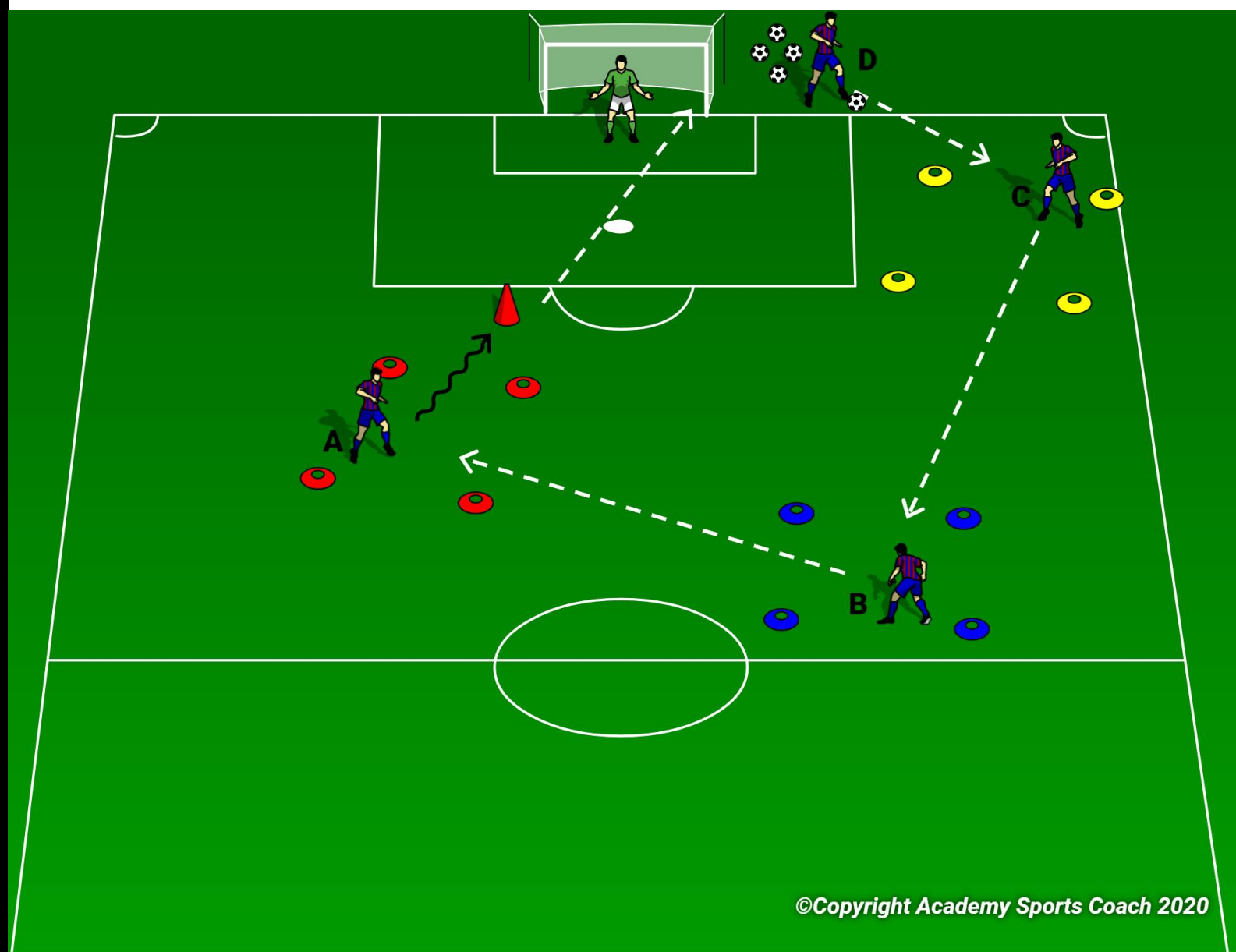
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Passing & Receiving: Create three triangles, each with approximately 10 yd sides. The distance between the three triangles will depend on the level of your players. Yellow player checks away, moving around one of their outside cones and checks back to the Red player who passes the ball to Yellow (A). As Yellow is receiving the ball, the Blue player checks away, moving around one of their outside cones and checks back to the Yellow player who passes the ball to Blue (B). As Blue is receiving the ball, The Red player checks away, moving around one of their outside cones and checks back to the Blue player who passes the ball to Red (C). Repeat. Be sure to change directions every few minutes.

Coaching Points: 1) as the player checks away in order to receive the ball, never lose sight of the ball 2) the receiving player should wait to check back to the ball when the player with the ball picks up their head and can see the run 3) the passing player should pass the ball firmly and to the side of the player they will be going with the next pass 4) the receiving player should use their first touch to set up the next pass.

# Passing with Finishing

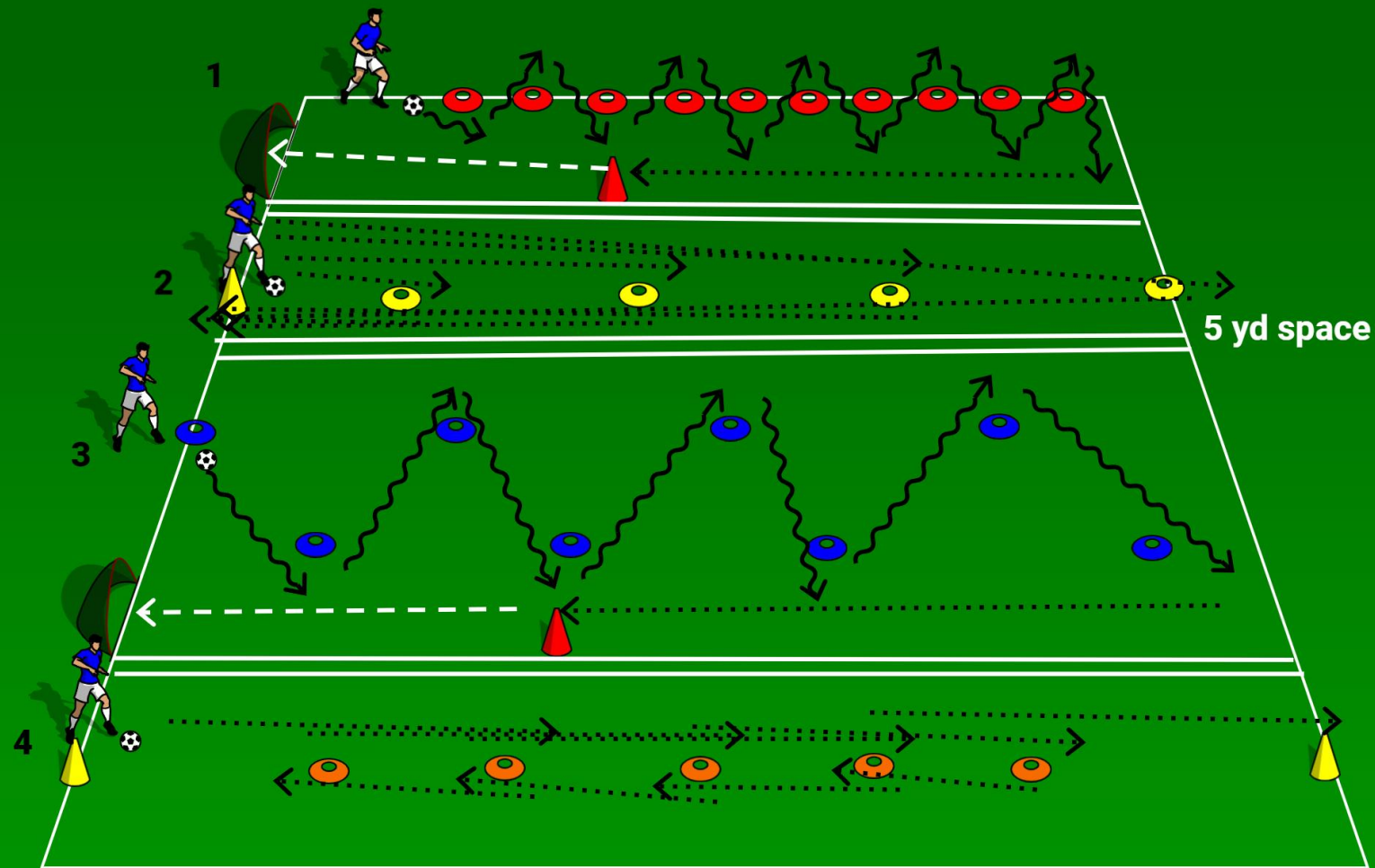
- **5x5 square grid**
- **4 field players + GK with multiple balls**
- **12 small cones; 1 tall cone**
- **Regulation goal**



Each space is about a 5 yd x 5 yd space. Distance between spaces will depend on the ability of your players. Player D passes to Player C, Player C passes to Player B, Player B passes to Player A, Player A attacks the tall cone, beats the cone and shoots. Player A follows through, moving toward the goal after the shot. Each player follows their pass, replacing the person they passed to. Player A goes to the side of the goal to repeat the process.

# Varied Individual Dribbling Work

- 15x10 grid
- 4 field players each with a ball
- 27 small cones; 5 tall cones
- 2 mini goals



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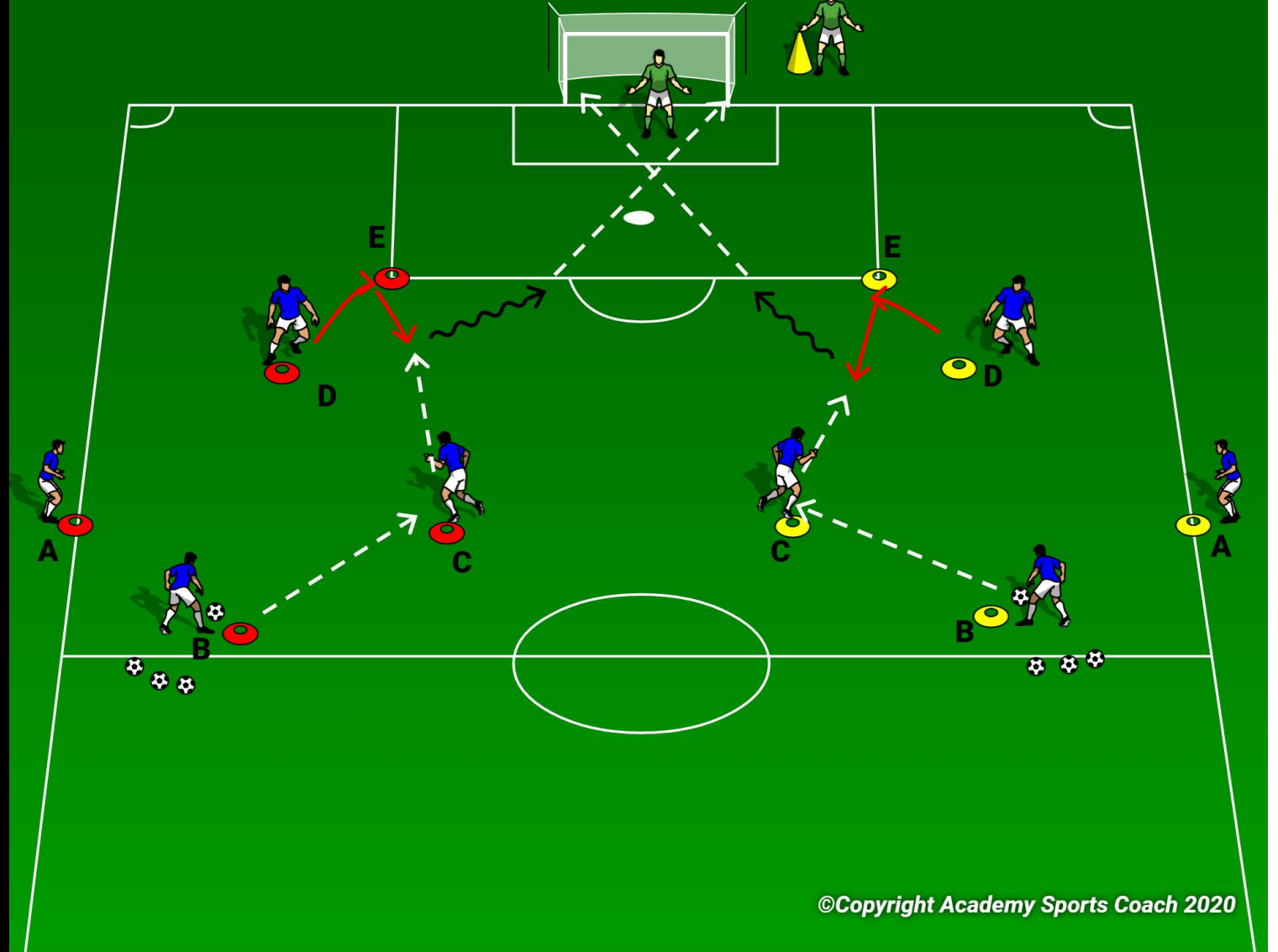
Station Work: 2 minutes at each station, 1 minute rest between stations. Be sure players stay a minimum of 10' apart. Set up each station a minimum of 5 yds apart.

1) One foot only each time, using inside and outside of the foot. Dribble in and out of each cone. After the last cone, turn and sprint dribbling the ball to the taller cone and finish with a pass to the small goal (target). Repeat.

2) Speed dribble out and around the first cone and return to go around the tall cone. Repeat for each of the cones. Repeat as needed.

# Dual Finishing Stations

- Half field - age appropriate goal
- 8 field players and 2 GK's
- multiple balls
- 8 small cones



Finishing Stations: A - Player waiting turn, B - Passer, C - Passer, D - Shooter, Goalkeeper(s)

B passes the ball to C, as C is receiving the ball, D checks away (to cone E). As C picks their head up to pass, D checks to the ball. D receives and turns in one motion toward the goal and shoots. All field players rotate, A to B, B to C, C to D and D to A.

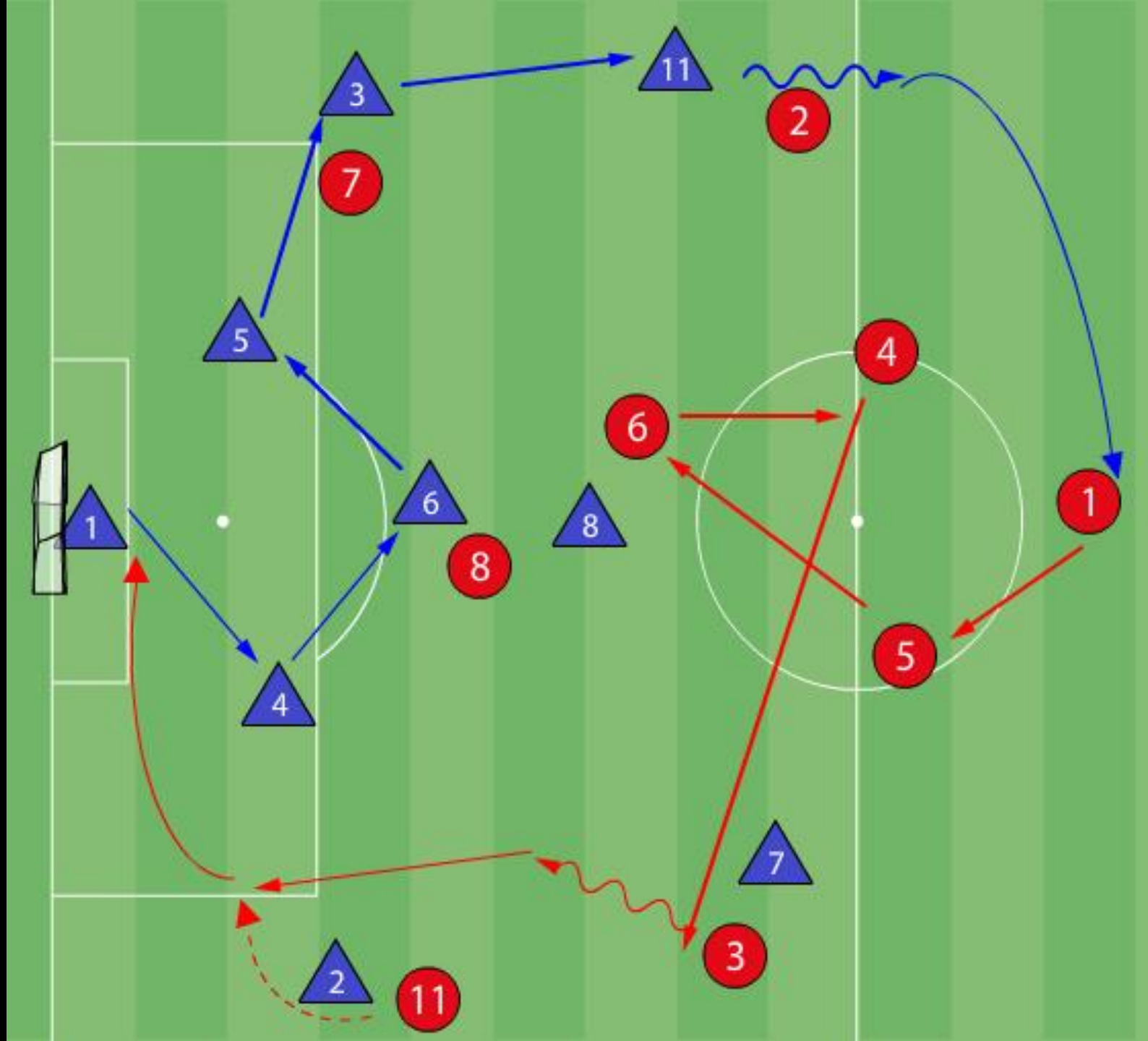
Coaching Points:

- 1) All receiving players should check away and come back to the ball, always keeping sight of the ball.
- 2) Passing players should play firm passes and to the side of the player they want the receiving player to turn the ball.
- 3) Shooting player, as checking to the ball, head on a swivel, checking where defender(s) is/are. See where you want the ball to go, don't look at the GK. If shooting for power, land on the shooting foot.



# Social Distancing Patterns of Play

- **Half field - age appropriate goal**
- **16 field players and 2 GK's**
- **multiple balls**
- **2 sets of bibs**
- **{older play group}**



# Combination Patterns

