



FROM THE TRAINING GROUND

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VINCE GANZBERG// **FIVE FAVS: POST COVID-19 TECHNICAL ACTIVITIES TO CONSIDER.**

FOUR SQUARE

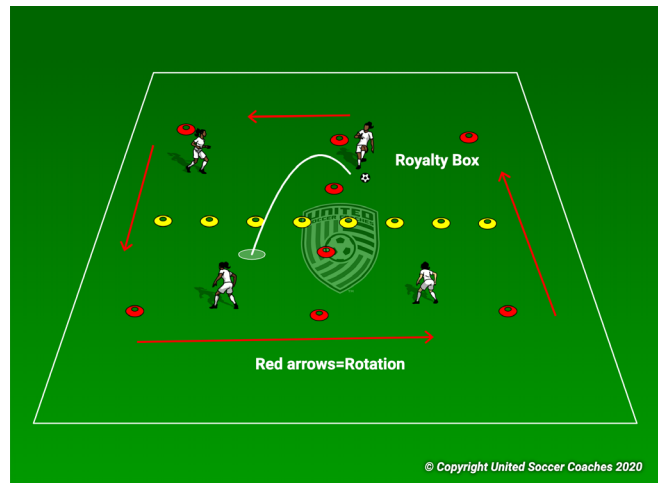
Equipment needed:

Balls: 1 Cones: Goals 10-12: 0 Players: 4 per game

Why: To develop technical ability while being more physically distant.

Setup: Make a 25x25 perimeter. Divide into two halves. Create 4 squares. Squares can vary in size.

1. Royalty Box (Queen/King). Serve must be “friendly” and ask everyone if they are ready.
2. Ball must bounce ONCE and only ONCE in your square before your strike it (including on the serve)
3. If someone makes a mistake you rotate counter clockwise.
4. Inside lines are out, Outside lines are in.
5. Play for time or count the number of times that player in the Royalty Box wins.



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2-TIC TAC TOE

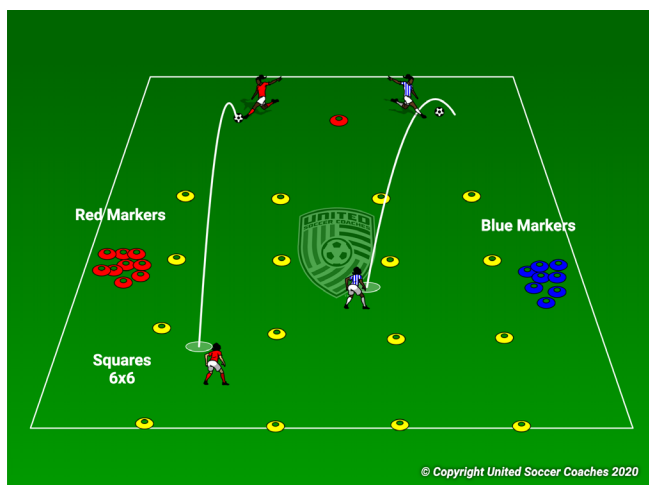
Balls: 2+ Cones: Goals 12+: Players: 4 per game

Why: To work on chipping, receiving, and teamwork

Setup: Create a tic tac toe board with cones, old t-shirts, etc on the field. Squares are at least 6x6.

Progression of activity:

1. Each pair has a server and a receiver if 4 per game.
2. Decide which pair goes first
3. Player serves ball to their teammate who is waiting inside a square.
4. Ball must be served in the air.
5. Depending on ability you can allow or not allow a bounce.
6. Receiving player has 1-2 touches depending on ability.
7. If ball is received and stays in the square that team marks it with a cone, towel, or some sort of marker.
8. Play normal tic tac toe rules. If “Cat” game then they can decide to go again or determine a method for winning.
9. Pairs switch roles after each game.



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Thank You! To all of the first responders, essential workers, and all those who worked on the front lines during the Covid-19 pandemic. You are truly appreciated.

3-PICK THE LOCK

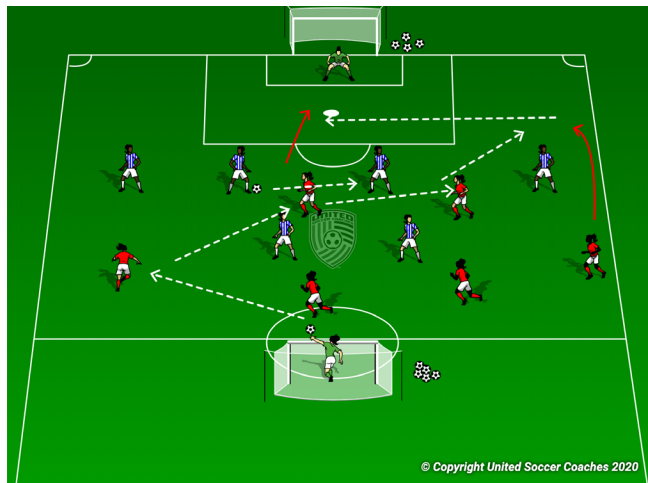
Balls: 10 Cones:Goals 0:2 Players: 6+ per team

Why: To work on attacking shape, speed of play, and finishing one touch.

Setup: Two teams. One goal is at midfield or just beyond.

Progression of activity:

1. Each team has 5 balls.
2. The team protecting the large goal on end line can not move except to pass and receive. The team protecting the goal is trying to pass and hit the attacking team's ball in order to stop them.
3. The team attacking the large goal on end line attempt to break through without getting their ball hit by the team protecting.
4. Each team gets 5 attempts. Score kept. Even defending team can get a point if they hit the ball.
5. Offside law is in effect
6. Goals must be scored one touch!



4-THROUGH THE RIVER-SMALL GOALS-

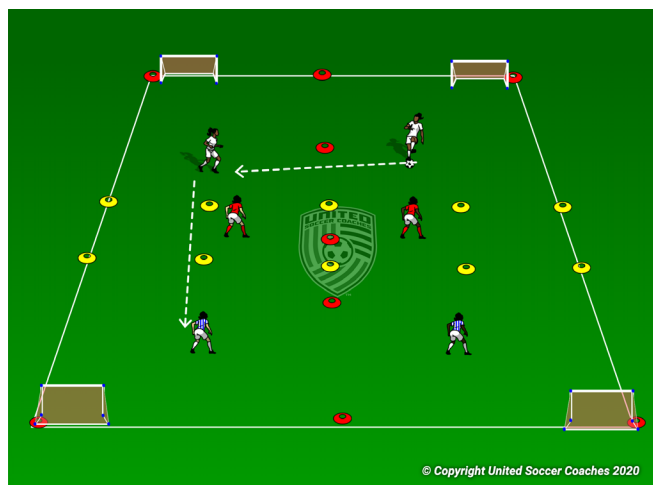
Balls: 2+ Cones:Goals 10:0 Players: 6 per game

Why: To work on passing, receiving, decision making, when to play forward vs keep possession, defending

Setup: Three teams of 2. There are 4 small goals placed in corners. There is a defending team in the middle. Note there is a cone that separates to encourage some physical distancing. Two teams outside opposite each other as shown.

Progression of activity:

1. The two teams on the outside are trying to get as many passes through the middle. If ball hits cone, it doesn't count.
2. Every time the ball is passed through the middle is a point against the two trying to defend.
3. If the two in the middle receive they attempt to pass from the middle into one of the two small goals. No matter the result they switch with the team that gave the ball away.
4. Whichever pair has the most points against them loses.



5-THROUGH THE RIVER-LARGE GOALS-

Balls: 2+ Players: 10+ Space: 20-30Wx30-40L

Balls: 2+ Cones:Goals 10:0 Players: 6 per game

Why: To work on passing, receiving, decision making, when to play forward vs keep possession, defending

Setup: Three teams of 2. There are 2 large goals placed each end with a gk. There is a defending team in the middle. Note there is a cone that separates to encourage some physical distancing. Two teams outside opposite each other as shown.

Progression of activity:

1. The two teams on the outside are trying to get as many passes through the middle. If ball hits cone, it doesn't count.
2. Every time the ball is passed through the middle is a point against the two trying to defend.
3. Same game as previous except if the 2 defenders win the ball they can score on one of the two large goals.

