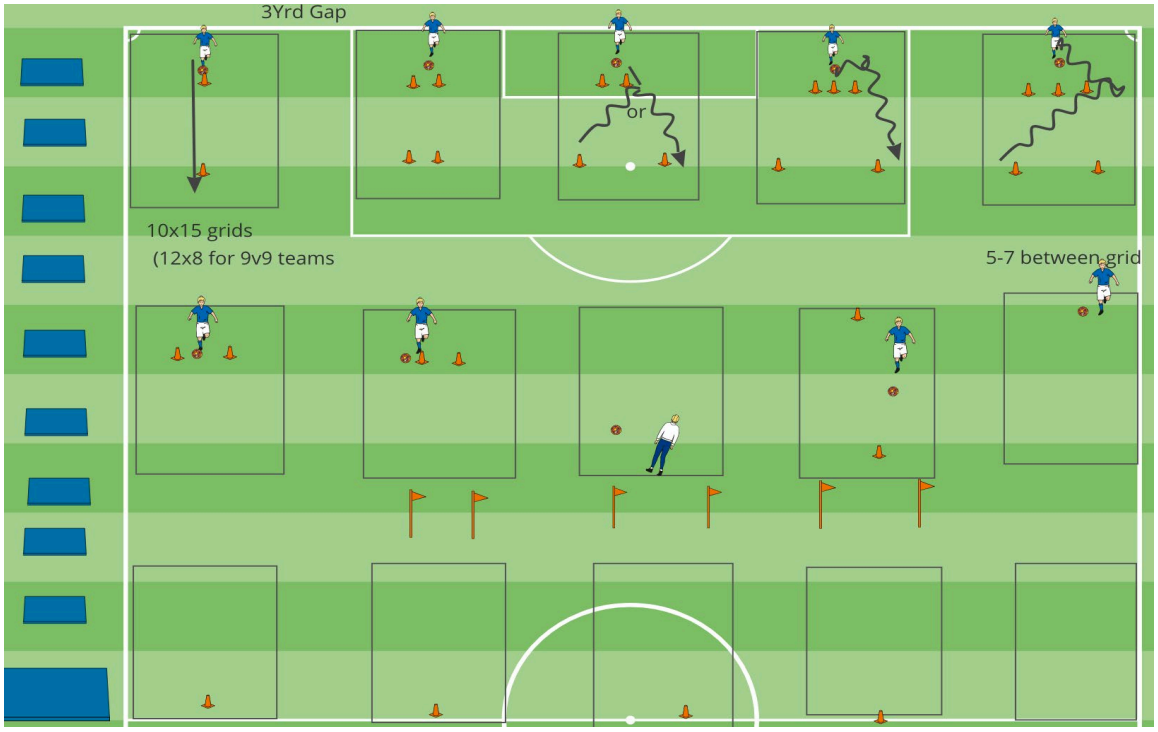
Phase 1 “Return to Play” Activities and suggested format

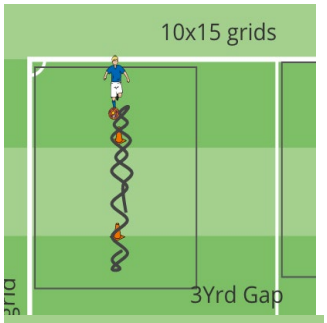
Reasons for this Format

* Maintains Social distancing
* Allows for dribbling, passing finishing activities
* Third row of grids allows for easy transition to two players, three players in passing activities.
* Grid sizes can be varied but “gaps” should be maintained to allow for “social distancing”
* Putting varying (as many as15 grids in play allows for variability while maintaining “SD”
* These could be set up on a half field.

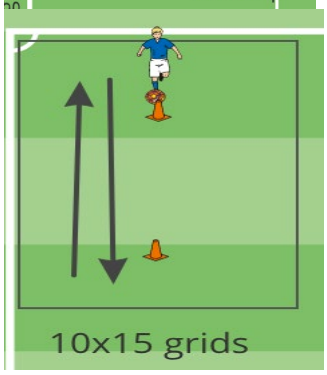


Reasons for “Activities”

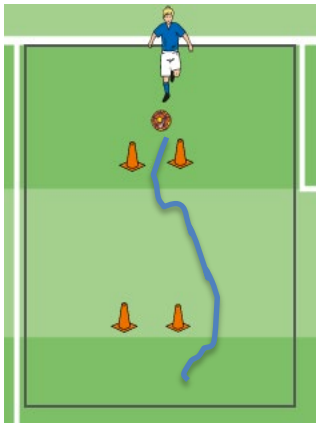
* Allows planning for technical functions that can be carried out in trainings of variable times with periodization.
* These are variable in intensity level, time and can be varied individually or in series.
* The activities that I will give examples of in following slide are meant for the beginning phase of Return to Play. They are guides.
* Use US Soccer
* Create your own **but keep US Soccer Play On protocol in the** picture.



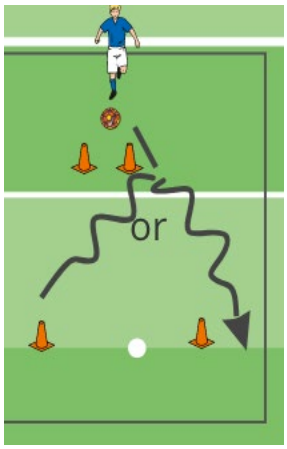
DRIBBLE ACTIVITIES (10-15 min. each)
Activity 1 (each 1min x3)
-Dribble around cones (50%)
-Dribble figure 8s around cones
-vary touches and turns at cones
-Stretches between sets
-Count fig. 8s/30 sec (Twice)



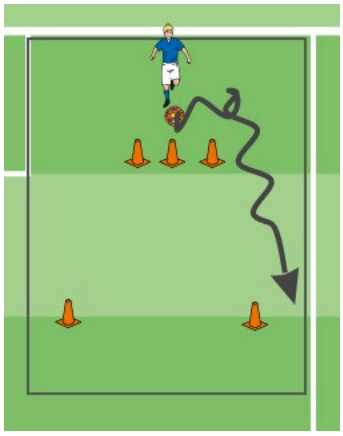
Activity 2 (per time or sets)
-Move past cone and accelerate
-Vary right and left
-focus on acceleration (70%)
-Use feint or move and same
(4 each at pace –rest between sets)



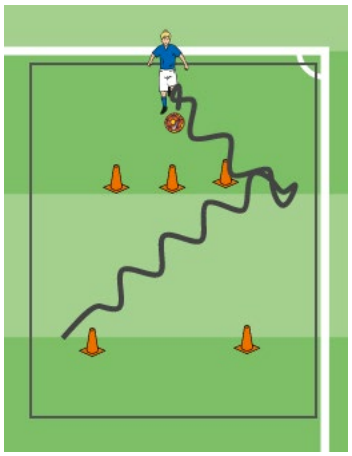
Activity 3
-Fake, dribble/nutmeg, dribble past
- Fake and go around
- Change fakes, pace
Recovery vary move and go back in set of 4 with a longer rest depending on fitness level.



Activity 4
Apply visual cue as player “attacks” cones to go right or left after getting past.
Focus on change of pace and agile direction change.
Recover after each action x 5
3 sets maximum

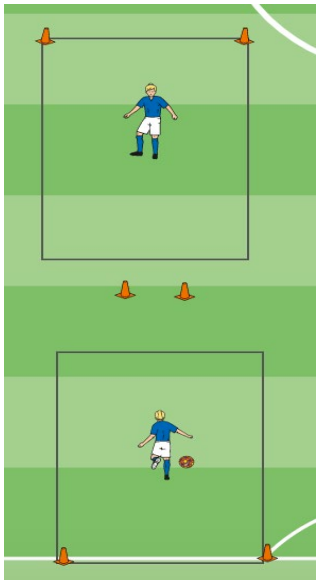


Activity 5
Double fake around a wider space and accelerate.
-Focus on transition from the lateral movement to forward acceleration.
-Recover after each action.
-Increase reps. to fit fitness.

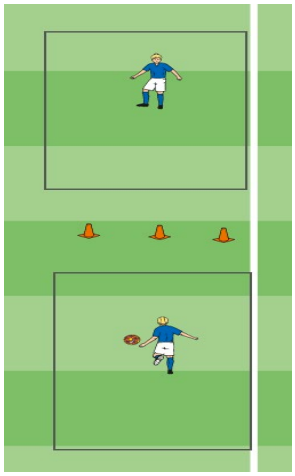


Activity 6
Add cue to switch direction or not after movement.
-Focus on transition from the lateral movement to forward acceleration.
-Recover after each action.
-Increase reps. to fit fitness.

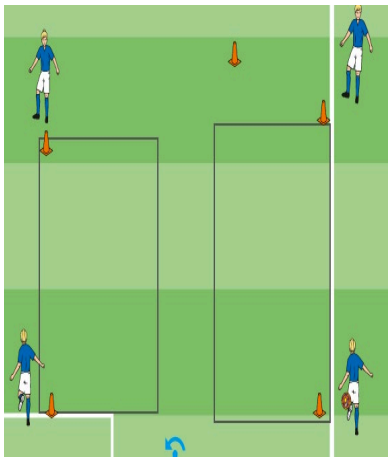
Passing Activities



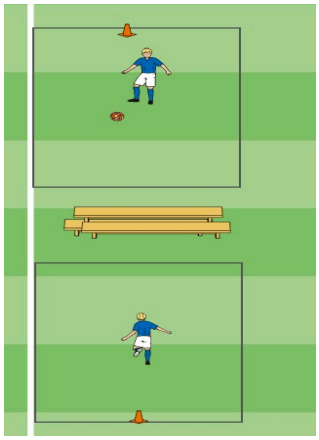
Passing 1
-Players pass back and forth rapidly through cones.
-Players pass 1touch as above
-Players pass 2 touch and run to cone behind and return or next pass.
>vary distance to increase difficulty
> use short (20 sec.) intervals with equal rest (stretching if used as WU.
*focus on form, accuracy, and pace (keep on ground)



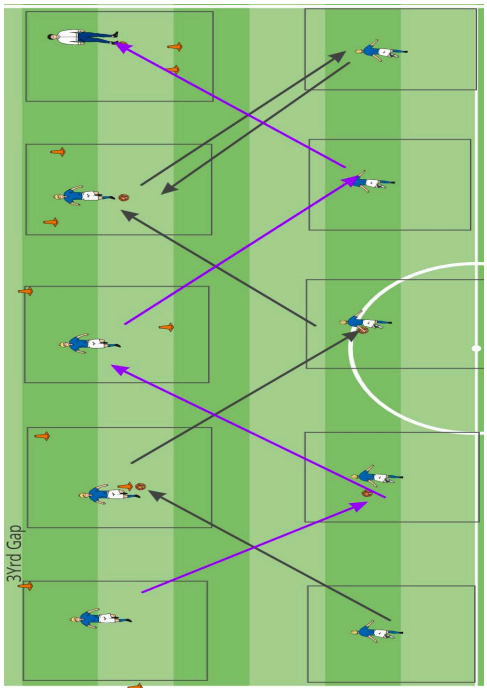
Passing 2
-Players pass and receive so as to set up pass through other cone gap. (Play 2 touch if possible) add fake.
-receive to move left, fake pass and move back right to pass
-Count number of completed passes per 20-35 sec.
-add runs to sides after passes to increase physical training effect.



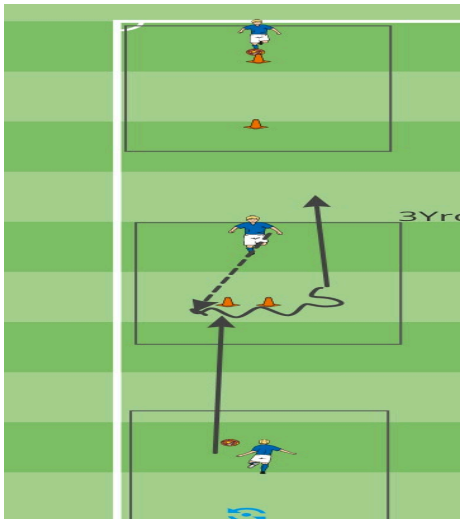
Passing 3
- players pass outside of cones and receive opening up for next pass (ideally 2 touch) reverse direction.
- player passing follows pass (maintain Social distance)
-with 3 players; pass and sprint to open corner (opposite pass direction)
- sets of 30-60 sec. with rest between
* count passes completed and compare groups.



Passing 4
- Chip ball over obstacle (bench, small goal, etc.) and down for partner - limit touches as possible
-same, but receive, turn and move around cone and then chip over on the move
> count completed passes for 30-45 sec.

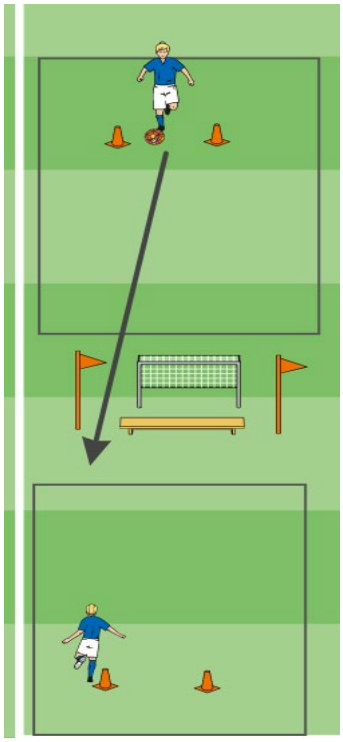


Passing 5
-Pass as shown to diagonal partner until at end grid; then reverse direction (attempt to play two touch)
-Same but run to two corners of the grid after pass before side complete
-Time the complete circuit or race the groups.



Pass, turn and pass. (3s)
-Break around and in front of cones, turn to avoid cones and pass to other grid. (maximum 30sec. in center then switch)
-Focus on timing run to ball movement of passer

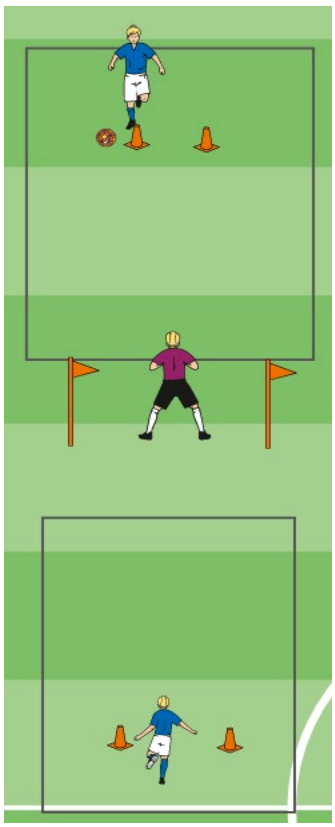
Finishing



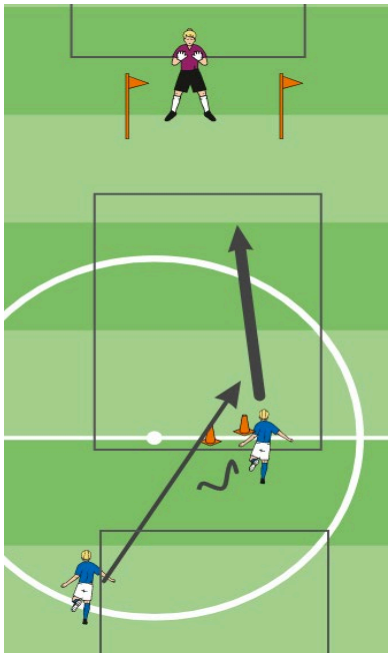
Finish 1
Technical WU
- Strike ball thru to partner (use mini goal /bench etc. to simulate GK).
- Go to outside of cone to strike far or near post.
*Focus on: Striking foot locked, body over ball, head down and steady, plant foot angled appropriately, and follow-thru.
Start slow and add runs to near and deep points of grid to accelerate WU
Move cone back to increase difficulty.

Mix in Dynamic warm ups between sets.
Test with X/5 shots at end

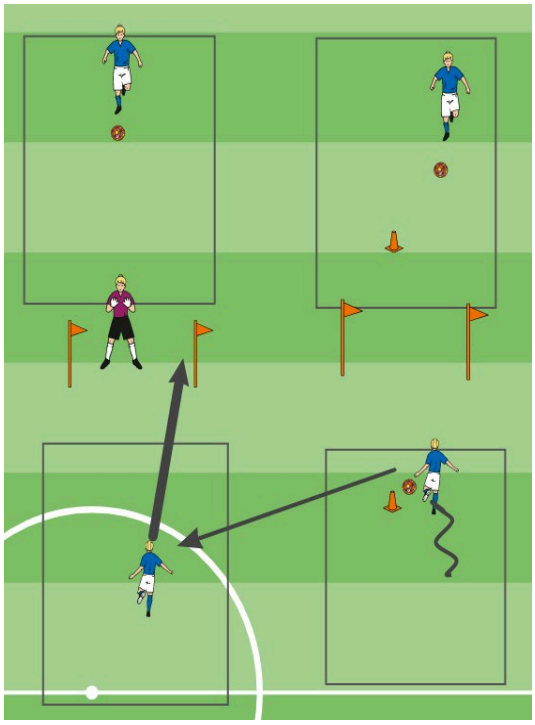
GK WU on own until ready



Finish 2
Dribble, fake and shoot
-Dribble and push to side of cones and finish (use Live GK if you have one or in 3s take turns as GK)
-Add fake to above and repeat right and left.
-Receive ball from GK on roll and go straight into dribble, fake and finish.
-Receive from GK throw and same.
> focus on first touch, quick lateral movement and re-stabilizing to drive forward with shooting leg at speed.



Finish 3
Thru ball
-time “bent run” to servers touch to stay onside and finish one touch if possible or change direction to finish on next touch (3rd)
-ball is played to target who lays ball back for server with same run mechanisms and finishing qualities.
-vary by turning and finishing
> do short three ball sets (to add workload run to cone and return to play immediately) Switch partners.
* focus on timing movements to cues of passer (ie one touch possible, pace of ball to passer, etc.) and technical qualities as above.



Finish 4
Strike drop back pass.
-Wing dribbles past cone at pace and drops ball back to finisher.
-Winger play 1-2 with striker and drops back
same as above but winger lifts cut back so striker must finish from volley / half volley.
-Widen the wings position by 10 yards and replicate actions with proper timing for new distance.
>switch positions and sides.
* focus on timing runs to servers cues and a smooth run thru finish

With all fishing use a GK if proper or substitute an appropriate obstacle. Actions should be as close to game pace as possible with optimal technic