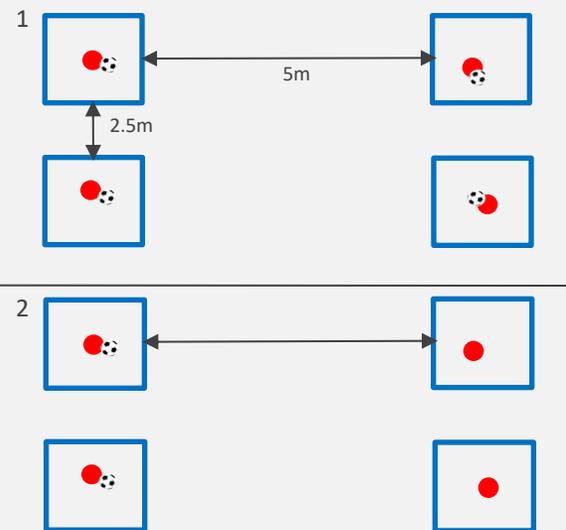


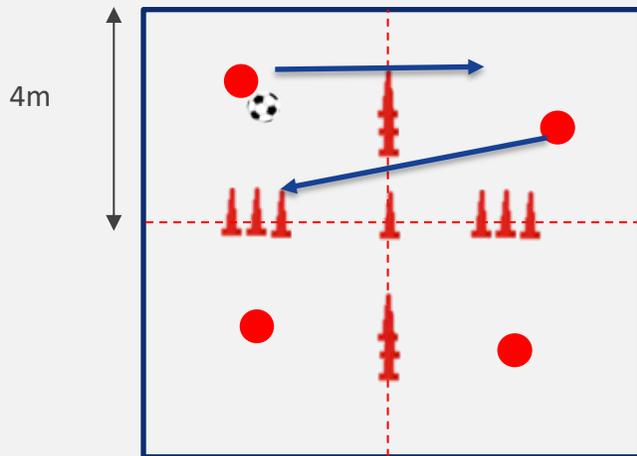
# 'Corona safe' training exercises

# Warm up



1. Ball mastery - Toe taps; insides; tap-tap-roll; football dance; inside-sole; lace-rol; v-move
2. Passing - from box to box between cones, receive ball inside box to take outside box and pass back, receive one way and then take second touch out of the box the other way before passing, receive outside box with pre-movement and then play back inside box

# Exercise 1



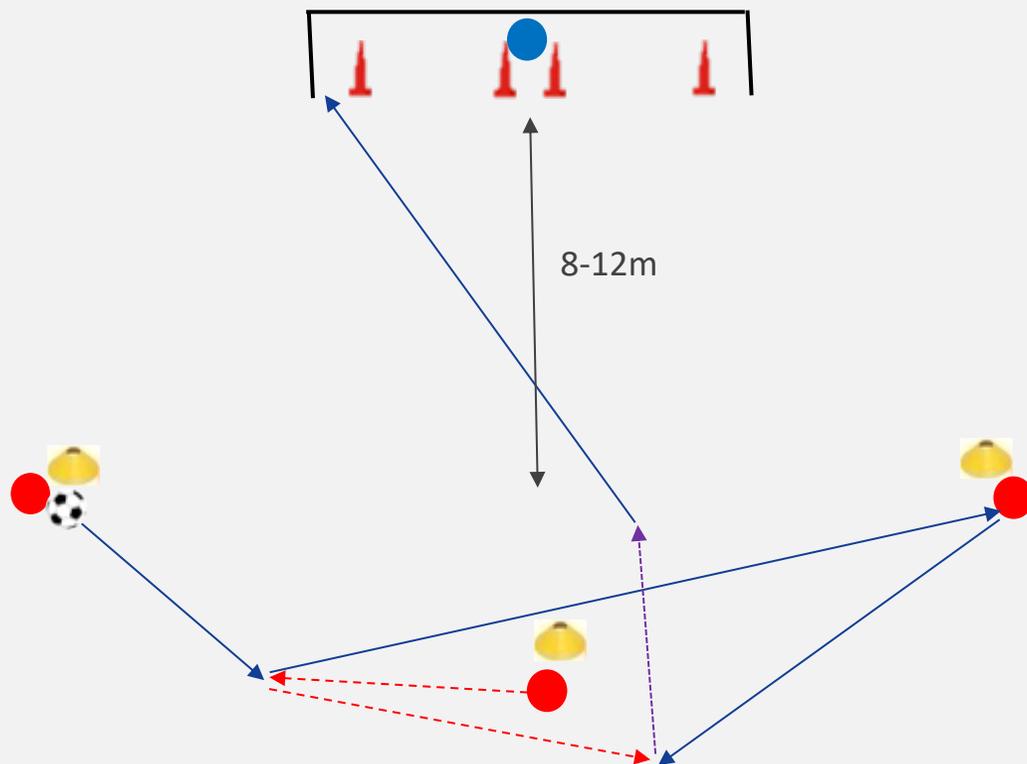
Play ball around edge, when possible try to play between gaps in the cones.

Progression - If pass goes through the middle, play who passed must move to new box and switch with other player (On opposite sides of the 3 cones)

Coaching points

- When to play around/through?
- Eye contact between players to play through the lines.
- Checking to see where players are and if we need to switch

## Exercise 2



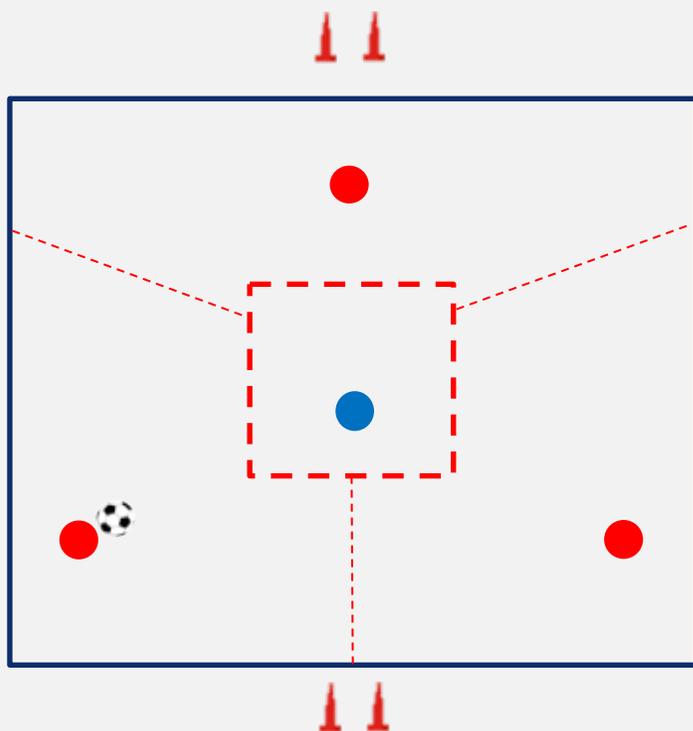
Reds switch ball between them, when ready middle player takes touch forwards and scores in goal where blue is not standing. 3 tries the rotate roles.

Progression - blue stands in front and blocks

Coaching points

- When to move forwards and try to pass through gates in goal
- Creating diagonal angles behind the ball to receive
- Receiving with good body shape

## Exercise 3

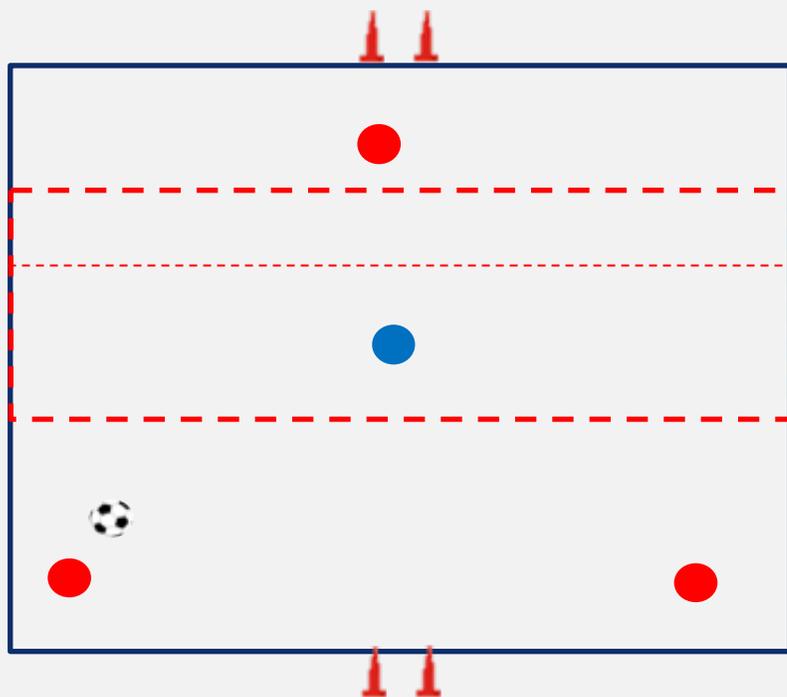


Reds keep ball, must stand in their area. To score a point they must play through the central box with blue in. If blue wins it he can score on either goal.

### Coaching points

- Moving the middle player with quick passes to play through the middle box
- Always correcting/creating passing lines
- Receiving with good body shape and checking where to pass next

## Exercise 4



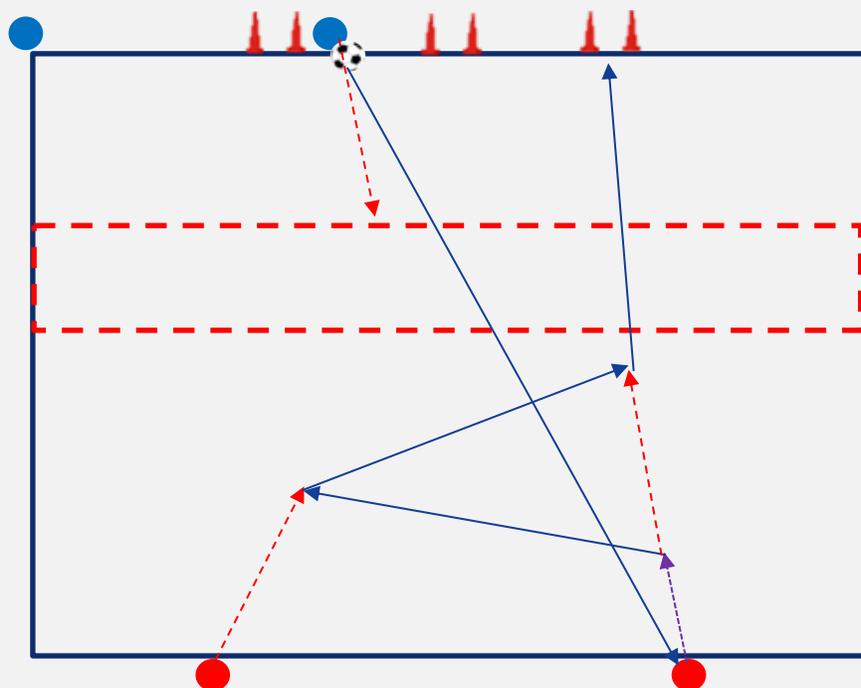
2 reds build up and try to play to other red player who then can score on goal. Blue must block in middle channel, if he wins ball scores on opposite goal

Progression - If red in top box receives ball one red from back box must join to finish on goal

Coaching points

- Checking before receiving so we know when we can go forwards
- Being in a position to receive and play forwards at all times
- Utilising good movements to get free behind the defender

## Exercise 5



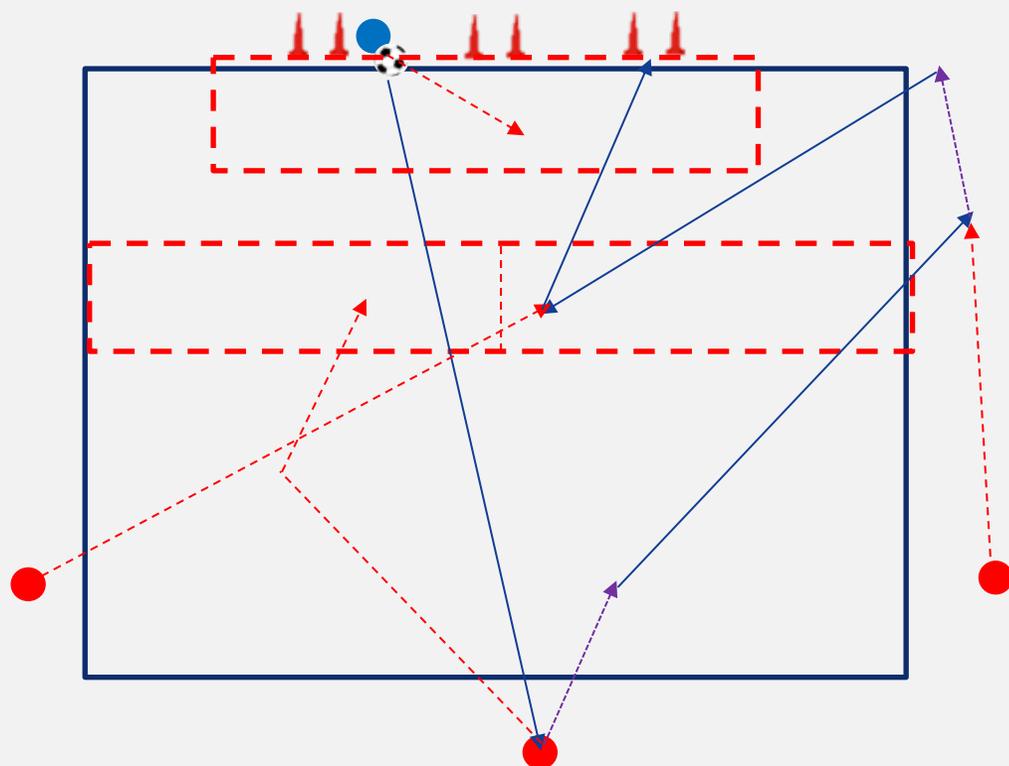
Blue passes to red, cannot cross red line. Reds attack 2v1, must shoot before red line and score on mini goal. Player who shoots to side, player waiting defence, defender moves as attacker.

Progression - Player waiting can block goals at back to make 2v2

### Coaching points

- Supporting angles ahead/behind the ball
- Moving the defender to commit/block goals and then playing with disguise into goal
- Checking where defender is to play through 'free' goal

## Exercise 6



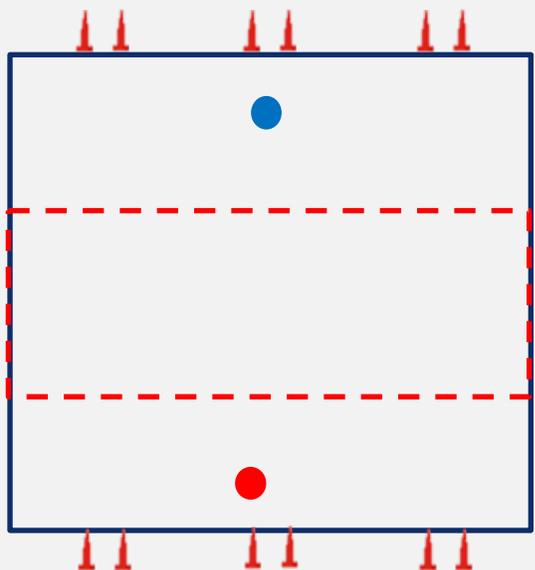
Blue passes to far red, must stay in his box. Red dribbles in and plays to wide red, who runs and looks for cut back cross. 2 remaining reds attack middle channel (Separate boxes) to finish on mini goals.

Progression - Cross must be on 1 touch, players must finish on 1 touch

Coaching points

- Weight of pass to wide man
- Quality of cross with 1 or 2 touches
- Timing of runs to attack ball/score

# Exercise 7



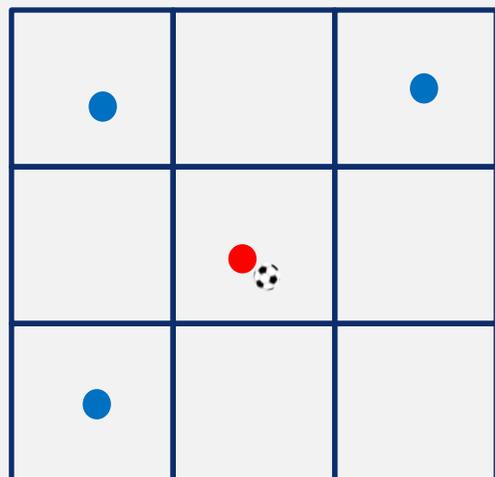
Coach passes ball to player who must receive, 'lose' opponent on opposite side (2m apart) and score on one of the free goals.

Progression - Change start position to side run/receive with back to goal etc.

Coaching points

- Using turns/feints to confuse opponent
- Disguised passing
- Speed of movement/accelerations

## Exercise 8



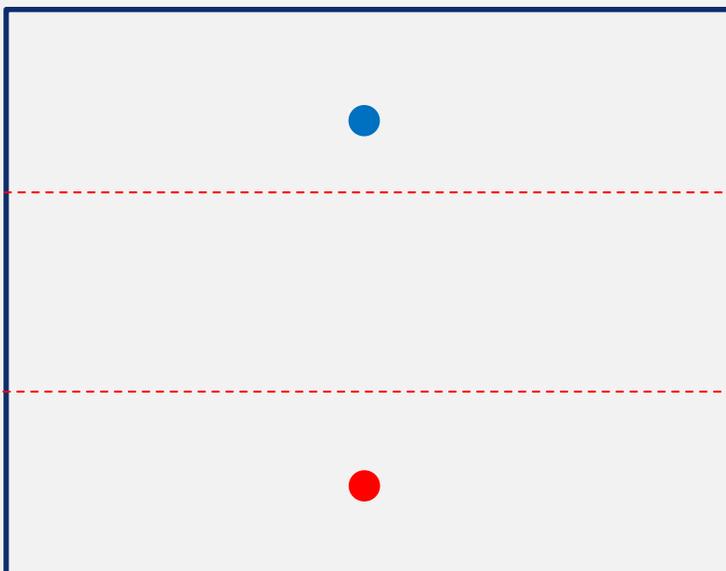
Red player with ball tries to dribble out the box, blues block boxes. Red cannot dribble into a box where a blue is, he must try and find free box to dribble out of.

Progression – Pass ball to player from outside and they must take first touch out of box rather than dribbling

Coaching points

- Using turns/feints to confuse opponent
- Speed of movement/accelerations
- Checking/taking first touch into space

## Exercise 9



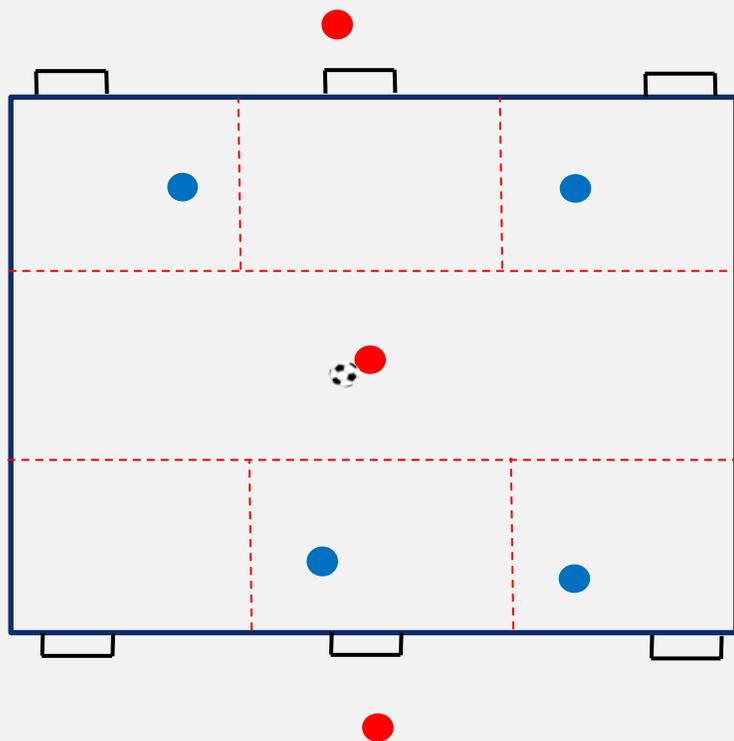
Blue and red stand opposite, blue is the 'leader'. When he runs the red can too. Blue tries to run out the horizontal sides of the box before red can react and do the same. Can use change of direction.

- Progression –
1. Include ball for both players
  2. Include ball for just blue
  3. Coach passes ball in and they lead

### Coaching points

- Using turns/feints to confuse opponent
- Speed of movement/accelerations
- Look up to see where the opponent is going

# Exercise 10

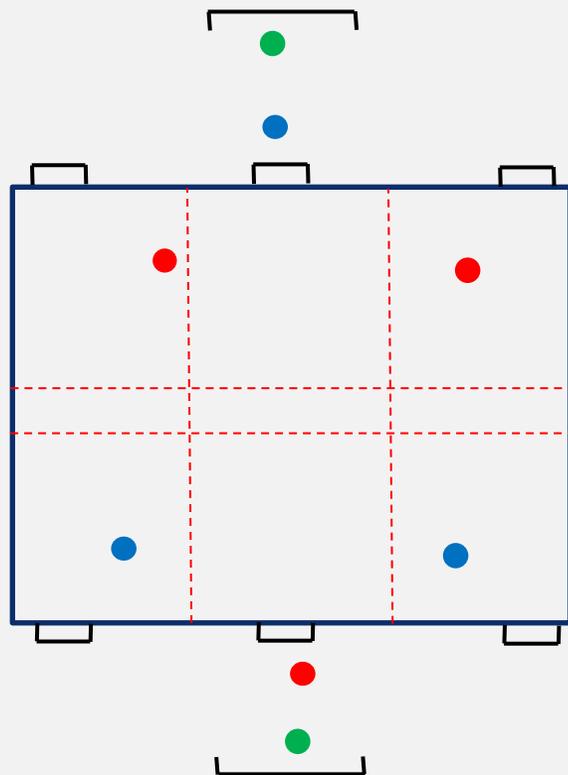


Central red starts with ball, his aim is to score on a goal or pay a through pass to the end reds (Strikers/wing backs). Blues job is to block the mini goals and passing lane to the end reds. Maximum 1 blue in each box at one time.

## Coaching points

- Using turns/feints to confuse opponent
- Checking for gaps
- Creating passing lines as an end player

# Exercise 11



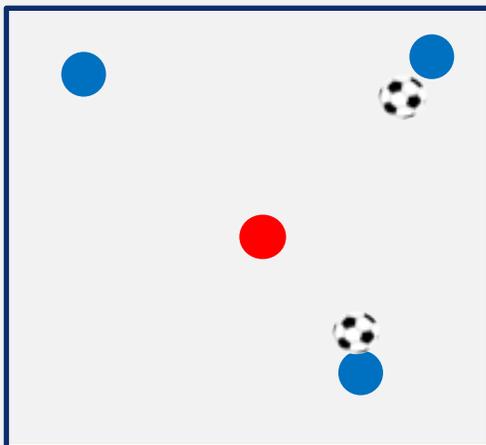
2v2 (+1) game. Reds try to score on mini goals or play to end red who can receive and must score within 3 touches maximum, blues block their goals. Roles swap when ball is lost/blocked.

Progressions - 2 points for scoring with a disguised pass.  
Coach plays extra ball to striker after ball is passed through mini goals.

## Coaching points

- Disguised passing
- Checking for gaps
- Playing first time passes
- Movement to receive
- Shift/shoot for strikers

# Exercise 12



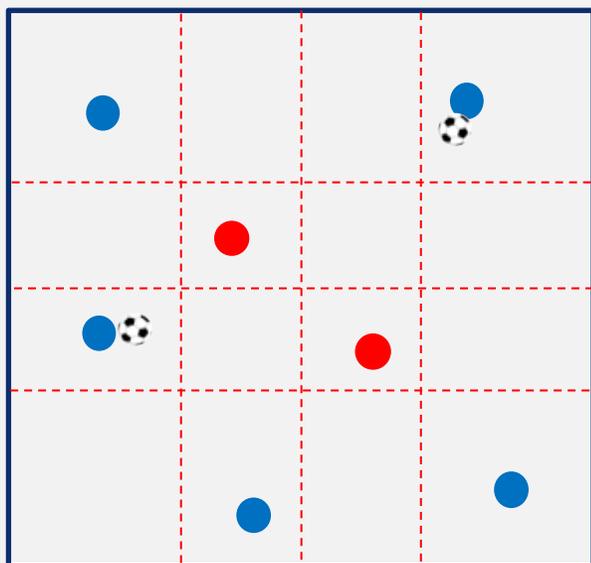
Blue player passes ball to red who turns and plays to free man. Blue who passed now moves to the next corner and then red receives the ball from the next corner.

Progressions – Maximum 2 touches

Coaching points

- Angle, body shape, checking
- First touch sets up the second touch

# Exercise 13



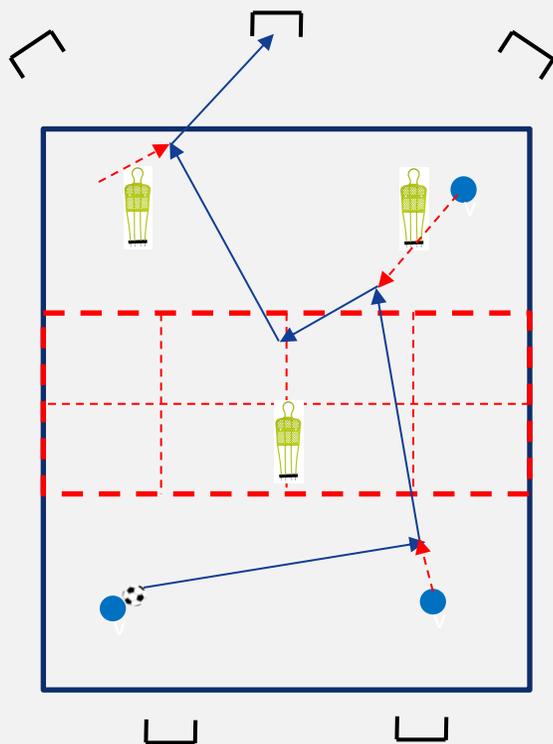
2 balls, play in and out, 2 red players in middle cannot be in the same box. Blue players on outside must move after pass to free box.

Progressions – Down to 1 ball, must a combination between the reds central players now

Coaching points

- Angle, body shape, checking
- First touch sets up the second touch

# Exercise 14

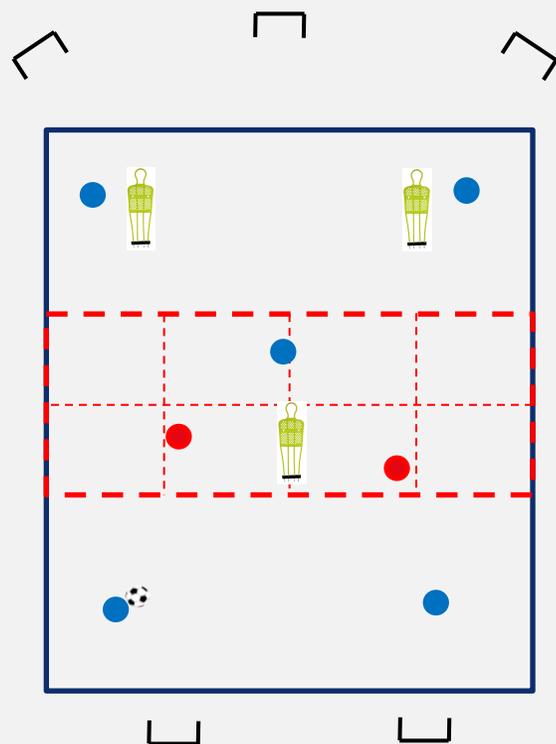


Stoppers play ball and when ready start pattern. After they have completed 3 mins, give them free licence to make their own pattern (Every player must touch ball).

## Coaching points

- Communication with pass
- First touch sets up the second touch
- Movements – separation, blindside, rotation

# Exercise 15



2 red defenders in central boxes, they must block penetration to CM's/6. 1 CM/6 can drop into central box which is free to receive or 2 blue stoppers can play straight through to far box on the floor. If red defenders win the ball they score on the mini goals behind 2 blue stoppers. If blues manage to progress to the midfielders the midfielders must combine and then score on the 3 mini goals.

## Coaching points

- Communication with pass
- First touch sets up the second touch
- Movements – separation, blindside, rotation