



## Striker/GK Camp - Monday Technical Session 1

Category: \*CoViD-19 (Social Distancing)

Difficulty: Moderate

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Individual-Adult Member

### 1v1 Cone Dribbling (15 mins)

#### 1v1 Cone Dribbling

Set up two cones that are 8 yards apart. Set up another two ones that are 8 yards apart that go in the other direction. Keeping the 6ft social distancing rule.

Every player will need a ball.

#### Action

1. Begin by having one player dribble towards one cone from each side. Each player goes the opposite direction keeping them away from each other.
2. After a couple of dribbling repetitions, start to introduce skill moves. (lunge cuts, v-cuts, scissors, step overs, slap rolls, la croqueta)
3. Competition phase - each line can be their own team. Players keep track of their own points and count how many successful skill moves they perform.
4. Introduce 4-5 skill moves.



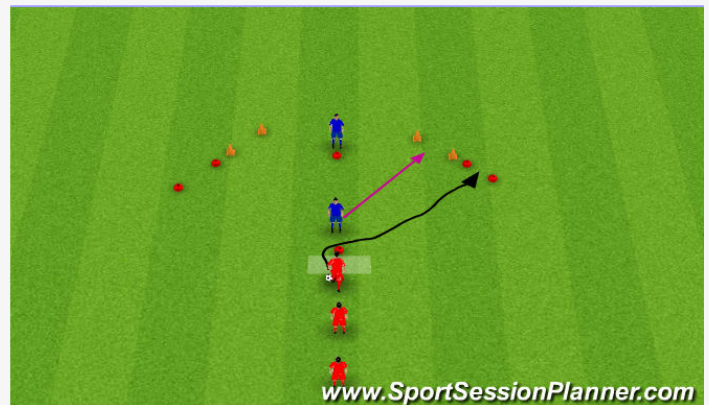
### Dribbling V-Race (15 mins)

#### Dribbling V-Race

Set up one cone and walk out 8 yards to each side at a 45 degree angle. Place two gates that are socially distanced. One for the attacking team, one for the defending team. Have a social distance cone from your starting cone so the defender stays back 6ft. Every player on the attacking team must have a ball.

#### Action

1. The attacking player starts to dribble up towards the social distance cone to try and beat the defender to a gate. The goal is to use the skill moves previously learned in a 1v1 scenario.
2. Defending team is not allowed to take the ball, but race to their own gate.
3. Once the attacker makes a move and takes off towards a gate the defender tries to beat them to their own gate.



Emphasis - acceleration after performing the skill move. The body movement with the skill move. Getting low to the ground to perform skill move (athletic stance). Big touches in big space, small touches in small space.

Competition - Give each attacker two times to play against a defender and then switch the roles. First team to 10 wins.

### Zig Zag Relay (15 mins)

#### Zig Zag Relay

Set up a starting cone and create a square with 3 flags. Each cone/flag should be 5 yards apart. Each square should be 6-8 yards apart depending on the age group. Separate players into two equal teams. Goalkeepers will rotate after every couple of shots. Every player must have a soccer ball.

#### Action

1. On Coach's go, one player from the blue team will start to dribbling zig-zag through the square, once the player gets around the last flag, the red player can start.
2. Each player must get around the flags in order to shoot on goal.
3. Once the player has shot on goal, they come back to their line after retrieving their soccer ball.
4. First team to 8 points wins!



#### Progression:

- Implement skill moves before or after flags
- skill move before shooting on goal
- make a shooting line for more points, and less points.

