



Elite Skills Camp U13+ - Monday Technical Session 1

Category: *CoVID-19 (Social Distancing)

Difficulty: Moderate

Dylan Hammerschmidt, Farmington, United States of America
Individual-Adult Member

Description

Agility Racing (15 mins)

Agility Racing

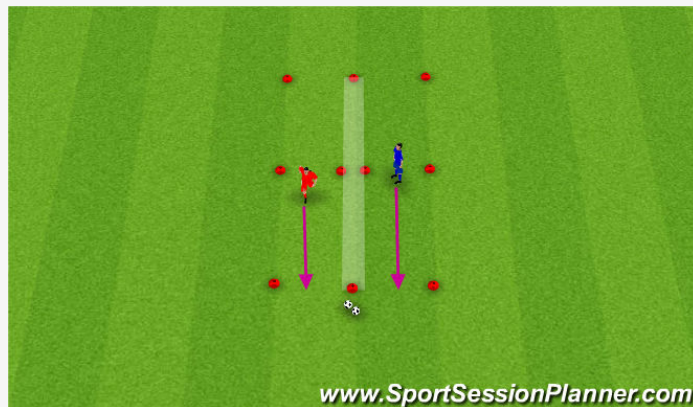
Set up an area that is 12x6 yards with a social distance are in the middle. Each player needs a partner that they will compete with. Place their soccer balls off to the side as they will need them for later.

Action

1. Each partner will start in the middle of the area.
2. One player will act as the attacker, and the other, the defender.
3. On Coach's go, the attacking player will try and move to get the defender moving side to side.
4. On Coach's second go (or play), the attacking player will take off in one direction or the other to race to the end of the area. Have players switch roles after each round.

Rotate players after 2-3 rounds so they play against others.

Introduce the ball to the attacking player and encourage/enforce skill moves.



Racing V's (15 mins)

Racing V's

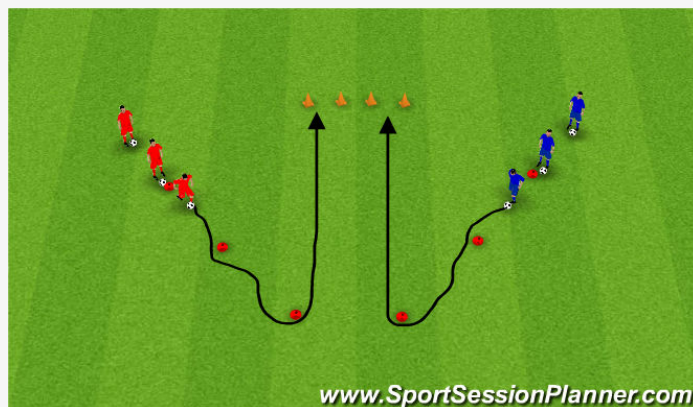
Set up two gates that are socially distanced apart. Walk 8 yards down and away from each gate and place a cone. Going in one direction at a 45 degree angle place one cone 5 yards away. Then another cone 5 yards away, which will be your starting cone. Mirror this on the other side. Creating a "v" Each player must have a soccer ball. Separate players into two equal teams.

Action

1. On Coach's go, one player from each team will dribbling around the first cone and then on the outside of the last cone to then race through the gate.
2. Once the player from either team gets through the gate, the next player from their team can start.
3. First team to get their players through the gate and sitting down wins.

Progression

- implement skills moves
- 360 the last cone



2v2 Shootout (20 mins)

2v2 Shootout

Quarter out a 15x15 yard box. Place a 6ft social distancing zone in the middle that cuts the box in half. Assign a pugg for each side of the box.

Action

1. Play 2v2 for 3 minute rounds then switch the players in the middle. Count up total points after each teammate has played twice.
2. Each player must stay in their 1/4 of the grid and are encouraged to move around it. BALL NEVER STOPS.
3. No players can enter social distance zone.
4. Attacking players can score on either pugg goal.

