



## Elite Skills Camp U13+ - Monday Technical Session 2

Category: \*CoVID-19 (Social Distancing)

Difficulty: Moderate

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Individual-Adult Member

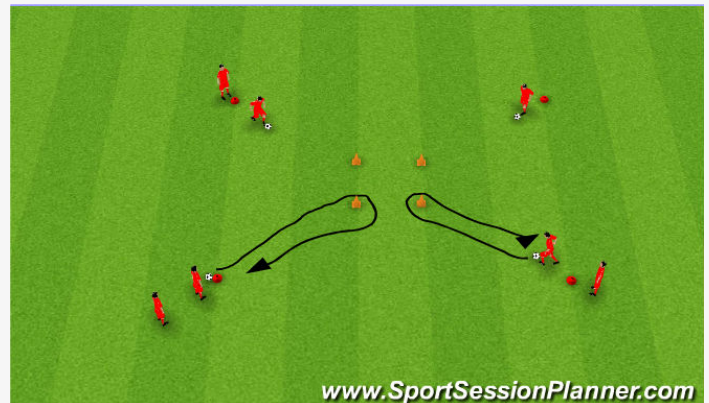
### Turning Square (15 mins)

Set up a 12 x 12 yards area with a cone on each corner. Put a 3 x 3 yard square in the centre. Place a player with a ball on each outer cone.

When you say go, players dribble from the outer cone to the nearest inner cone, turn, and dribble back to the starting point.

#### Action:

1. Begin with players performing any turn they would like. Let them get comfortable with the distance and spacing before introducing any specific turns.
2. After quite a few repetitions, follow up with a competition phase. Each corner is a team, they compete for 30-45 seconds against other teams to see how many times they can get a player down and back.
3. Begin introducing specific turns, get repetitions, and follow up with a competition phase. Have them perform a skill move before the turn!
4. Introduce 5-6 turns of coaches choice!



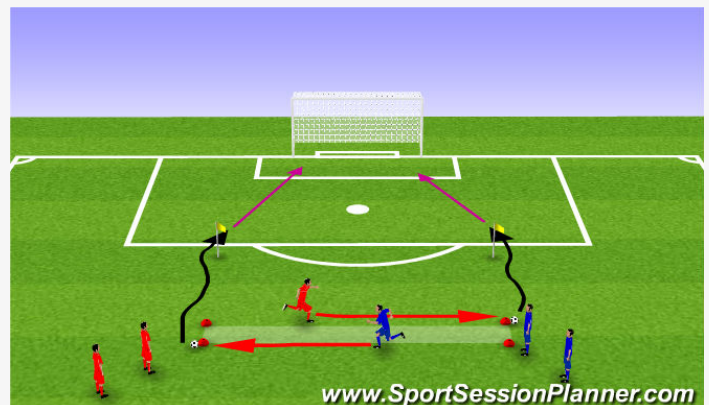
### Tunnel Vision (15 mins)

#### Tunnel Vision

Set up two flags on top of the 18 yard box on each side of the arc. 6 yards behind that place two cones that are socially distanced apart on each side. Separate players into two equal teams. Each player must have a ball. The ball will be placed opposite cone of where they're starting.

#### Action

1. On coach's go, one player from each team will race to go get the soccer ball across from them.
2. They will dribble towards the flag, perform a skill move and shoot on goal.
3. Once they have shot, the team will set up for another round by placing their ball on the cone for the other player to race towards.
4. Once everyone has gone, add up the points to see who wins!
5. After best of 3 switch sides!



### 3v2 to Goal (20 mins)

#### 3v2

Set up a 35x25 yard grid. Make a social distanced area 20 yards out from the goal line. Have 2 teams. 1 attacking team of 3. 1 defending team of 2.

#### Action

1. Coach plays in a ball to the attacking team. The attacking team must connect 3 passes before shooting.
2. The defending team tries to block the shot from the attacking team.
3. The ball must never stop. Encourage skill moves to gain space for the shot. Encourage combination play to make the defensive team move.
4. A goal is 1 point. Switch after rounds of 3 minutes. First team to 8 points wins!



Focus on triangles and how it adjusts with who has the ball. Don't let players stand still in line.