

Hamilton United Elite Soccer Club

COVID Socially Distanced Practice – U15 Girls, November 2020

Topic: Agility, Ball Mastery, Finishing

Note: All activities are set up to maintain 2m distance between players. It is an outdoor practice so masks are worn by players entering and leaving the field and by coaches at all times. It is important to monitor player movements, especially at breaks, to maintain distance. This, and other procedures, are in compliance with local rules. Please follow rules wherever you are.

COVID Warmup/Plyo/Race (15 mins)

Organization/Instruction:

(A)

- Cones 8 feet apart where players stand (half squad)
- Cones setup 4 feet away skater jumps
- Hurdles up top, placed 4 feet away for bunny jumps.
- cones placed 4 feet away (right) in a line for lunge jumps
- ladder to double step and sprint

(B)

- Cones spaced 8 feet apart at beginning where players wait
- 2 ladders setup for a race (double in double out)
- cones spaced 8 feet apart diagonally for sideways shuffles
- 3 large cones spaced 8 feet apart for sprint, backwards, sprint
- Sprint back to beginning and repeat 3 times
- Losers do 10 burpees
- Rotate teams



Covid Ball Mastery (15 mins)

Organization:

- As many grids as needed, 15 x 15
- 2 balls per grid
- Players facing each other

Instruction:

- Coach will give instructions on a move to do, players will perform the move and explode to either cone to their left or right
- After the move, they dribble back to the middle and perform it again (constant motion, no pauses)
- Coach will change moves as sees fit
- After 5 minutes, only 1 ball per grid
- Coach will say go, and players with the ball will try to make moves to trick opposing player and get to a cone first.
- Each time a player with the ball gets to a cone, it is a point.
- Switch players with balls after 2 minutes.
- Losers do 15 burpees



COVID Finishing (30 mins)

Organization(A):

- Balls at half
- Players setup in a 2-1-2 (2x CB, 1xHM, 2xAM or 2xHM, 1xAM, 2S - doesn't really matter)
- Top cones near the edge of center circle
- 3 tall cones between top cones and 18 yard box (represent defenders)
- 2 cones width of 6 yard box, outside 18 yard box

Instructions:

- One of the CB pass between the two tall cones, into space for the HM to retrieve (timing/weight)
- HM moves into space to get the ball and one time passes to the same side AM
- AM bounces the ball back, checks out
- As AM checks out, HM passes a ball to cone inside box, AM runs to meet the ball at the cone and one time shoots on net
- CB passer becomes HM, HM becomes AM that shot, AM that shot becomes CB. Switch sides after each play



CB = Center Back, HM = Holding Midfielder, AM = Attacking Midfielder. Change to suit your team

Organization(B):

- 3 "lanes" 18 yards box for 2 on the edge, one in the middle
- Balls at beginning of each lane
- Cones 8 feet apart for next player
- Second cone 20 yards away
- Third cone (outside lanes) 10 yards away, middle lane gate 15 yards away
- Outside lane gate/cones on an angle facing the net, 5 yards from last cone

Instructions:

- Players start at the first cone (Z).
- Outside lane player goes first, and must control dribble (lots of touches/laces) and dribble to next cone.
- Once they hit that cone, they must change their speed and touch on the ball (heavier touch, explode)
- Outside lane players, when hitting the final small cone, must make a move (before the cone, pretend it is a defender), take the ball to the outside, cut back inside between the gates and shoot on net
- Middle lane player must explode towards the gate, make a move and change direction before getting to the gate. Once at the gate the player must get through and shoot outside the 18 yard box.
- It is a competition, losing team sprints to the net and back.

ROTATE HALVES AFTER 15 MINUTES