

Session Plan Albion FC (COVID-19 training Phase-1) Week 2 (U8 boys/girls)

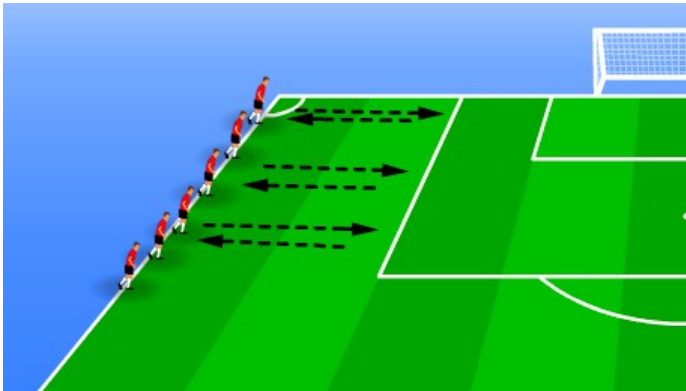


Restrictions:

- *Physical distance of 3 meters apart*
- *No spectators*
- *No “scrimmages or games”*

Warm up (5-10 min.)

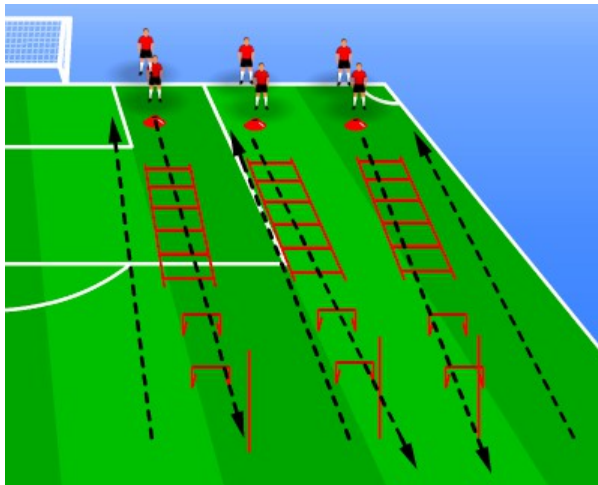
At your first station start with a “warm up”.



- Every player on a line and start jogging forward and back.
- Knee ups, heel ups, side to side etc.
- Every player on a line with their soccer ball.
- Toe touches, foundations, only left foot dribble, only right foot dribble etc.

Station #1 (12 min.)

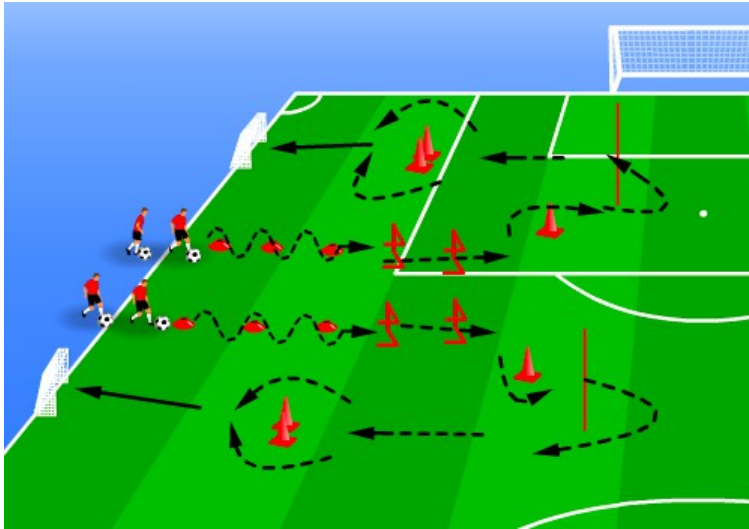
Obstacle course without the ball.



- Divide the group in 3 lines behind the cone.
- Players are going through the obstacle course.
- After to turns change up the course: one feet in the ladder, 2 feet in the ladder, sideways through the ladder etc.

Station #2 (12 min.)

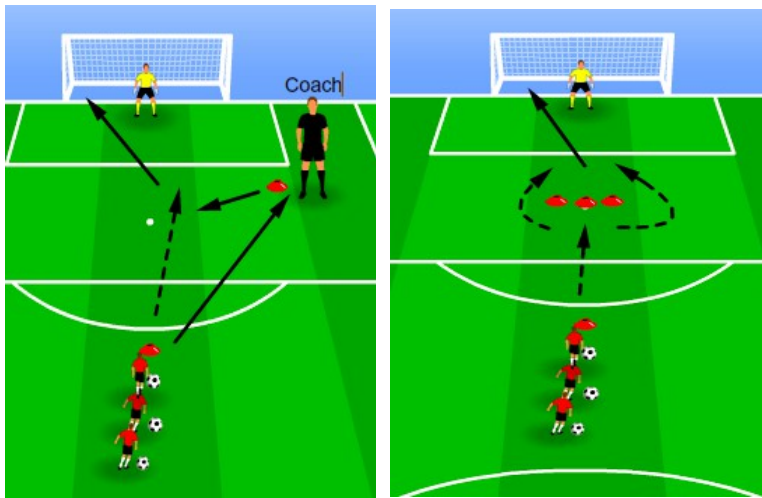
Obstacle course with the ball.



- Divide the group in 2 lines behind the first cone.
- Players are going through the obstacle course with the ball
- At the last 2 “big cones” the players are practicing a move before they shooting on the goal.
- Moves could be: side step, scissor, step over etc.

Station #3 (12 min.)

Shooting station



- 2 different shooting drills.
- Shooting drill #1: the players are standing in a line and passing the ball to the coach. The coach is passing the ball back to the same player and this player will shoot on goal.
- Shooting drill #2: players are dribbling towards the “3 cones” (which will be the imaginary defender). They will practice a move and shoot on goal.

Station #4 (12 min)

Fun games activity



- Everybody a ball and they start dribbling in the square.
- They will play different games like “bad apple” etc.