

## Session Plan Albion FC (COVID-19 training Phase-1) Week 2 (U9+ boys/girls)

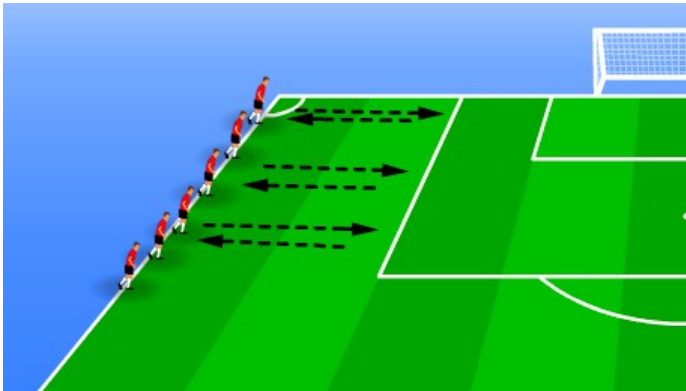


### Restrictions:

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

### Warm up (5-10 min.)

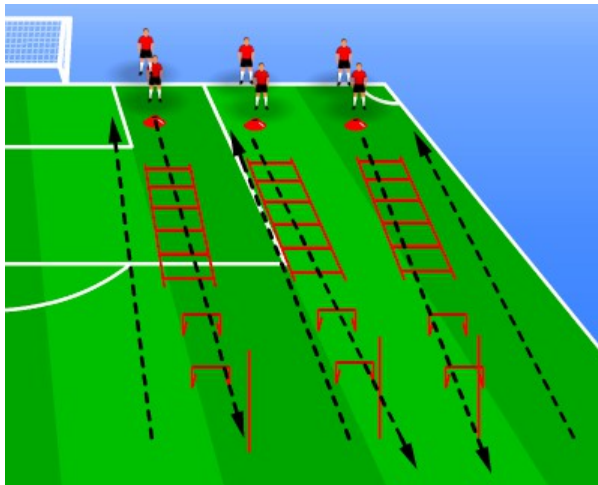
At your first station start with a “warm up”.



- 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.)

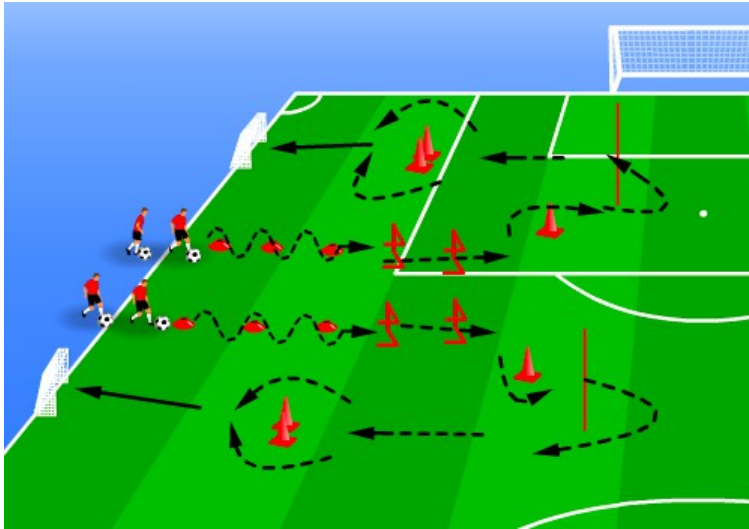
Obstacle course without the ball.



- 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.)

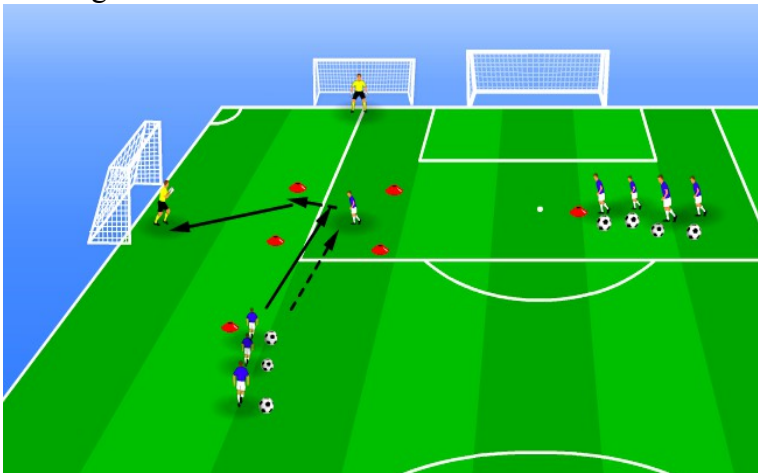
Obstacle course with the ball.



- 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.)

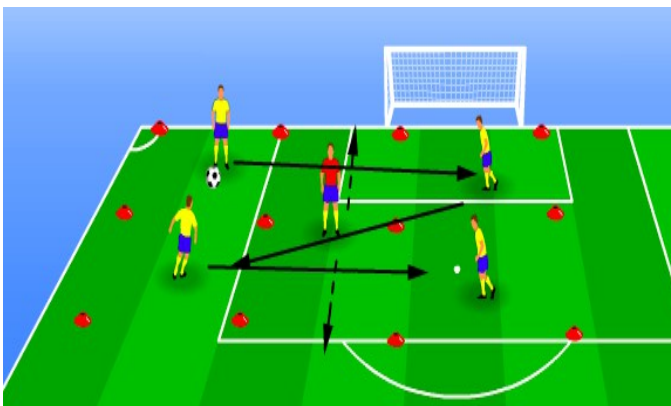
Shooting station



- 2 lines of players with the ball.
- Player #1 is passing the ball to the player in the square, player in the square controls the ball and shoot on goal.
- After his pass, player #1 is running to the square and receives the ball from player #2 from the other “line of players”
- Player #2 will run to the square after he has passed the ball and will receive a ball from the other “line of players”

### Station #4 (12 min)

Keep away activity



- The 4 yellow players can score a point by successfully passing the ball 5 times from one side to the other side
- The 4 yellow players are allowed to play the ball square but this doesn't count as a successful pass to score
- The 1 player in the middle is trying to block the passline and intercept the ball, when this player intercept the ball he will score a point.
- Progression: at another defender.