

Session Plan Albion FC (COVID-19 training Phase-1) Week 3 (U9+ boys/girls)

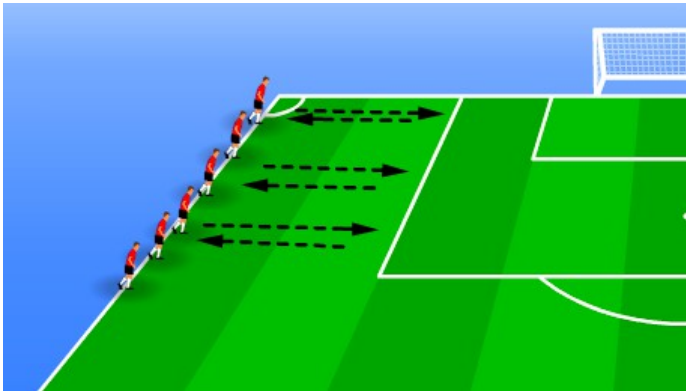


Restrictions:

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

Warm up (5-10 min.)

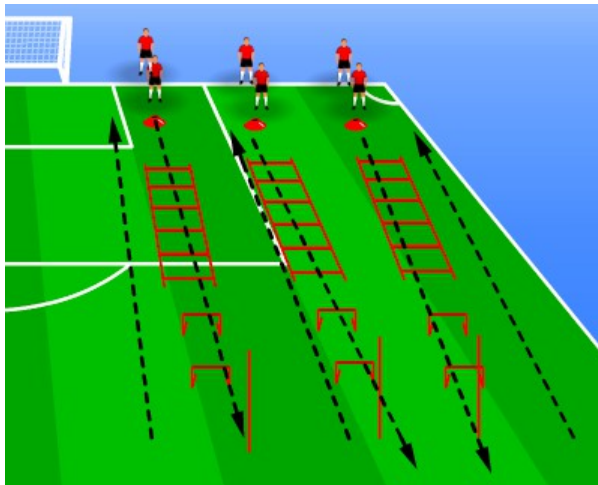
At your first station start with a “warm up”.



- 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.)

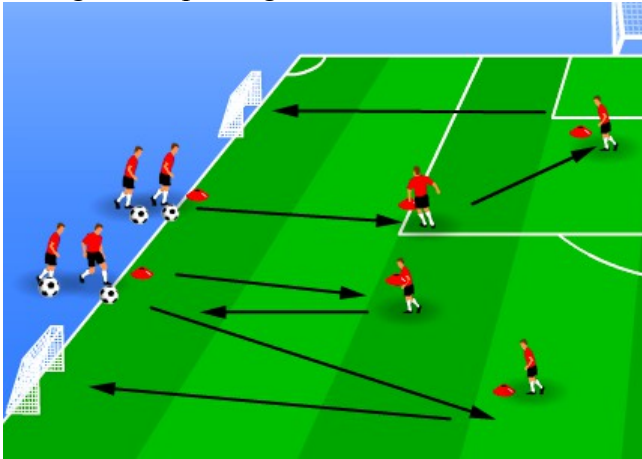
Obstacle course without the ball.



- 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.)

Passing drill + passing in small nett.



- Divide the group in 2 lines behind the first cone.
- Players are doing different passing patterns that leads to a pass in the small nett.
- Focus on firm passing, quick touches and movement away from the cones (game realistic)

Station #3 (12 min.)

Crossing and finishing drill



- 2 lines of players with the ball and 2 wingers on the outside.
- Player #1 is passing the ball to player #2, Player #2 is laying the ball back to player #1, Player #1 is passing a long ball to the winger.
- Player #1 and Player #2 are crossing each other and running into the box.
- Winger is crossing the ball into the box.
- Rotate the winger every 3 min.

Station #4 (12 min)

Passing/dribbling while moving activity



- Half of the player are standing on the outside of the big square with the ball.
- The other half of the players are standing in the small blue square in the middle.
- Players in the middle are working for 1 minute and then switch with the players standing on the outside.
- Players in the middle looking for players on the outside and asking to pass the ball, passing the ball back, jogg back to the blue square and looking for another player on the outside.