Phase 1 “Return to Play” Activities and suggested format

Reasons for this Format

* Maintains Social distancing
* Allows for dribbling, passing finishing activities
* Third row of grids allows for easy transition to two players, three players in passing activities.
* Grid sizes can be varied but “gaps” should be maintained to allow for “social distancing”
* Putting varying (as many as 15 grids in play allows for variability while maintaining “SD”
* These could be set up on a half field.

Reasons for “Activities”

* Allows planning for technical functions that can be carried out in trainings of variable times with periodization.
* These are variable in intensity level, time and can be varied individually or in series.
* The activities that I will give examples of in following slide are meant for the beginning phase of Return to Play. They are guides.
* Use US Soccer
* Create your own but keep US Soccer Play On protocol in the picture.
DRIBBLE ACTIVITIES (10-15 min. each)
Activity 1 (each 1min x3)
- Dribble around cones (50%)
- Dribble figure 8s around cones
- Vary touches and turns at cones
- Stretches between sets
- Count fig. 8s/30 sec (Twice)

Activity 2 (per time or sets)
- Move past cone and accelerate
- Vary right and left
- Focus on acceleration (70%)
- Use feint or move and same
  (4 each at pace – rest between sets)

Activity 3
- Fake, dribble/nutmeg, dribble past
- Fake and go around
- Change fakes, pace
Recovery vary move and go back in set of 4 with a longer rest depending on fitness level.

Activity 4
Apply visual cue as player “attacks” cones to go right or left after getting past.
Focus on change of pace and agile direction change.
Recover after each action x 5
3 sets maximum
Activity 5
Double fake around a wider space and accelerate.
- Focus on transition from the lateral movement to forward acceleration.
- Recover after each action.
- Increase reps. to fit fitness.

Activity 6
Add cue to switch direction or not after movement.
- Focus on transition from the lateral movement to forward acceleration.
- Recover after each action.
- Increase reps. to fit fitness.
Passing Activities

Passing 1
- Players pass back and forth rapidly through cones.
- Players pass 1 touch as above
- Players pass 2 touch and run to cone behind and return or next pass.
> vary distance to increase difficulty
> use short (20 sec.) intervals with equal rest (stretching if used as WU.
* focus on form, accuracy, and pace (keep on ground)

Passing 2
- Players pass and receive so as to set up pass through other cone gap. (Play 2 touch if possible) add fake.
- receive to move left, fake pass and move back right to pass
- Count number of completed passes per 20-35 sec.
- add runs to sides after passes to increase physical training effect.

Passing 3
- players pass outside of cones and receive opening up for next pass (ideally 2 touch) reverse direction.
- player passing follows pass (maintain Social distance)
- with 3 players; pass and sprint to open corner (opposite pass direction)
- sets of 30-60 sec. with rest between
* count passes completed and compare groups.
Passing 4
- Chip ball over obstacle (bench, small goal, etc.) and down for partner - limit touches as possible
- same, but receive, turn and move around cone and then chip over on the move
  > count completed passes for 30-45 sec.

Passing 5
- Pass as shown to diagonal partner until at end grid; then reverse direction (attempt to play two touch)
- Same but run to two corners of the grid after pass before side complete
- Time the complete circuit or race the groups.

Pass, turn and pass. (3s)
- Break around and in front of cones, turn to avoid cones and pass to other grid. (maximum 30sec. in center then switch)
- Focus on timing run to ball movement of passer
Finishing

Finish 1
Technical WU
- Strike ball thru to partner (use mini goal /bench etc. to simulate GK).
- Go to outside of cone to strike far or near post.
*Focus on: Striking foot locked, body over ball, head down and steady, plant foot angled appropriately, and follow-thru.
Start slow and add runs to near and deep points of grid to accelerate WU
Move cone back to increase difficulty.
Mix in Dynamic warm ups between sets.
Test with X/5 shots at end

GK WU on own until ready

Finish 2
Dribble, fake and shoot
-Dribble and push to side of cones and finish (use Live GK if you have one or in 3s take turns as GK)
-Add fake to above and repeat right and left.
-Receive ball from GK on roll and go straight into dribble, fake and finish.
-Receive from GK throw and same.
> focus on first touch, quick lateral movement and re-stabilizing to drive forward with shooting leg at speed.
Finish 3
Thru ball
-time “bent run” to servers touch to stay onside and finish one touch if possible or change direction to finish on next touch (3rd)
-ball is played to target who lays ball back for server with same run mechanisms and finishing qualities.
-vary by turning and finishing
> do short three ball sets (to add workload run to cone and return to play immediately) Switch partners.
* focus on timing movements to cues of passer (ie one touch possible, pace of ball to passer, etc.) and technical qualities as above.

Finish 4
Strike drop back pass.
-Wing dribbles past cone at pace and drops ball back to finisher.
-Winger play 1-2 with striker and drops back same as above but winger lifts cut back so striker must finish from volley / half volley.
-Widen the wings position by 10 yards and replicate actions with proper timing for new distance.
>switch positions and sides.
* focus on timing runs to servers cues and a smooth run thru finish

## With all fishing use a GK if proper or substitute an appropriate obstacle. Actions should be as close to game pace as possible with optimal technic