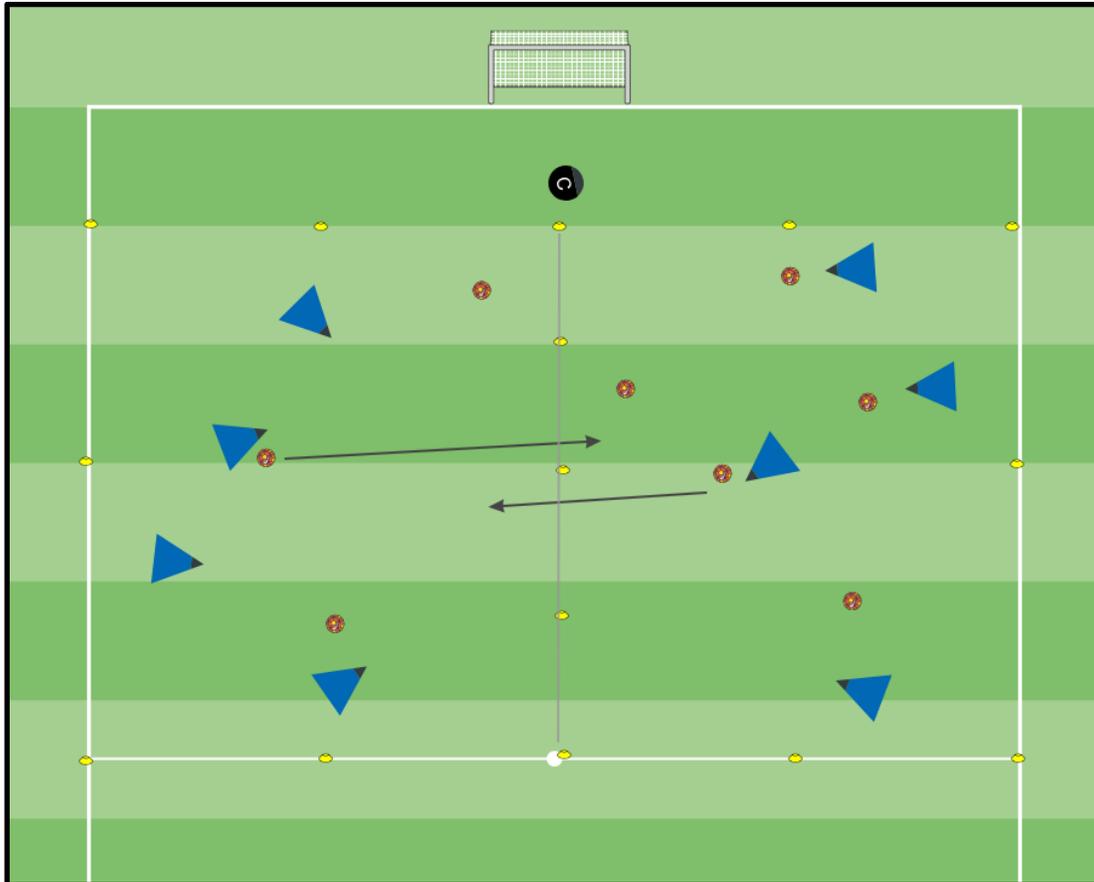


COVID- 19 Small Group Training Activities

South Texas Youth Soccer

4v4 Activity

“Clean the yard”



Organization:

U6/U8 teams with a roster size of 8 should be divided into two even groups. These groups are given team names and their own “yard” (i.e. half the grid) to defend. The size of the grid can vary but no greater than 20 yard square area. Each “yard” should be the same. A halfway line or “fence” is marked with cones. Each player starts with a ball..

How to play:

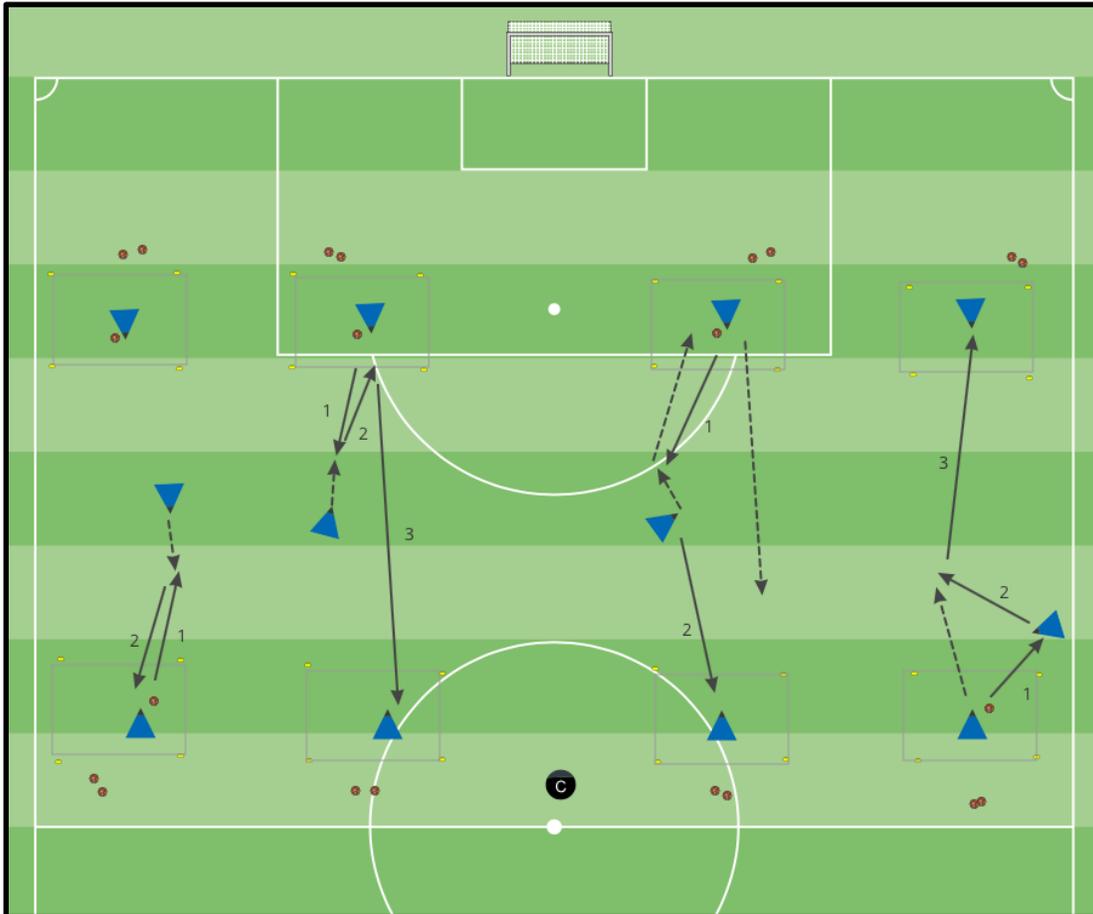
Play multiple rounds as the game can go quickly. When the coach yells, “clean the yard” players try to keep their yard clear of balls by kicking or passing them over the line “i.e. fence” and kicking back any balls that land in their own yard into their opponent’s yard. Players cannot cross the halfway line and they cannot use their hands. If there is no clear winner after a couple of minutes, the coach calls “time” and the team with the fewest balls in their yard wins the round. Variation: Kick/pass with non-dominant foot or certain surfaces. Option to create a neutral zone between the two yards for greater social distancing. Balls must be in the other team’s yard to count. Players might need reminders to keep the balls on the ground or low.

Coaching points:

- All technical points related to surface of the foot used to stop or move the ball
- What part of our foot do we use to pass the ball accurately?
- What part of our foot do we use to make a hard touch? Soft touch?

7v7 Activity

Small group passing patterns “Monkey in the Middle-ish”



Organization:

U9/U10 teams with a roster size of 12 should be divided into four groups of 3 at the beginning of sessions and groups should not mix. Groups are divided into two even teams of 4. Groups are provided with a channel approximately the length of 25-30 yards depending on ability. End players can be provided with a square if desired to help maintain social distancing from other groups. Extra balls are accessible.

How to play:

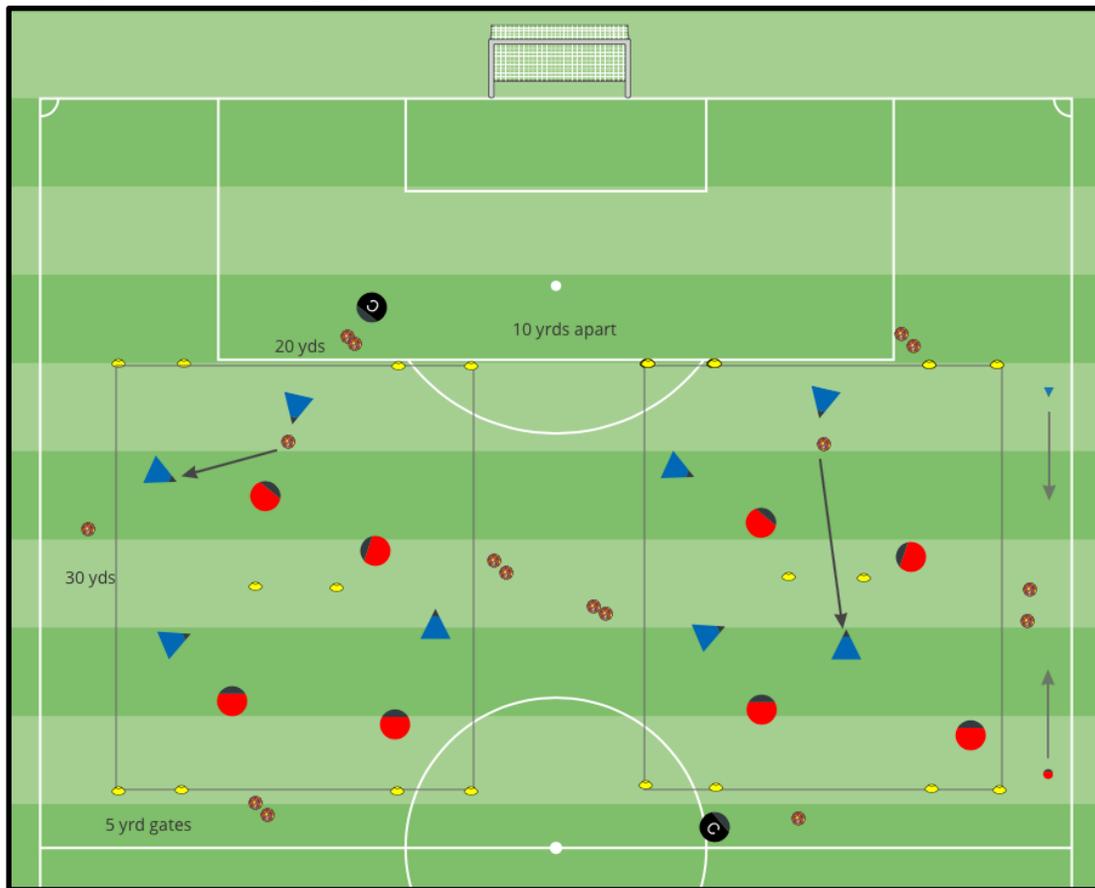
Play 12 rounds of 90 seconds each with water break in between rounds. Players in each group rotate from end to middle positions. Patterns are outlined on diagram and progress from short-short (1), short-short-long (2), short-turn-long-switch out (3) to moving wall passes (4). Can make the game a competition with coach timing how many completed passes each “team” makes in the round.

Coaching points:

- Movement of the ball or bodies to create/find openings
- Body position to see as much of the field as possible
- First touch and weight of passes
- Communicating with teammates about pattern
- Vision and head on a “swivel” to see options

9v9 Activity

Small-sided game 4v4 to multiple gates



Organization:

U11/U12 teams with a roster size of 16 should be divided into two groups of 8 at the beginning of sessions and groups should not mix. Groups are divided into two even teams of 4. Grids are 30x20 with 5 5yd gates as shown marked by cones or flags. Extra balls are accessible. All restarts are played as kick-ins.

How to play:

Play 4 rounds of 3-4 minutes with water break in between rounds. Team's look to pass the ball through the endline gates on the ground for 1 pt or complete a pass to a teammate through the

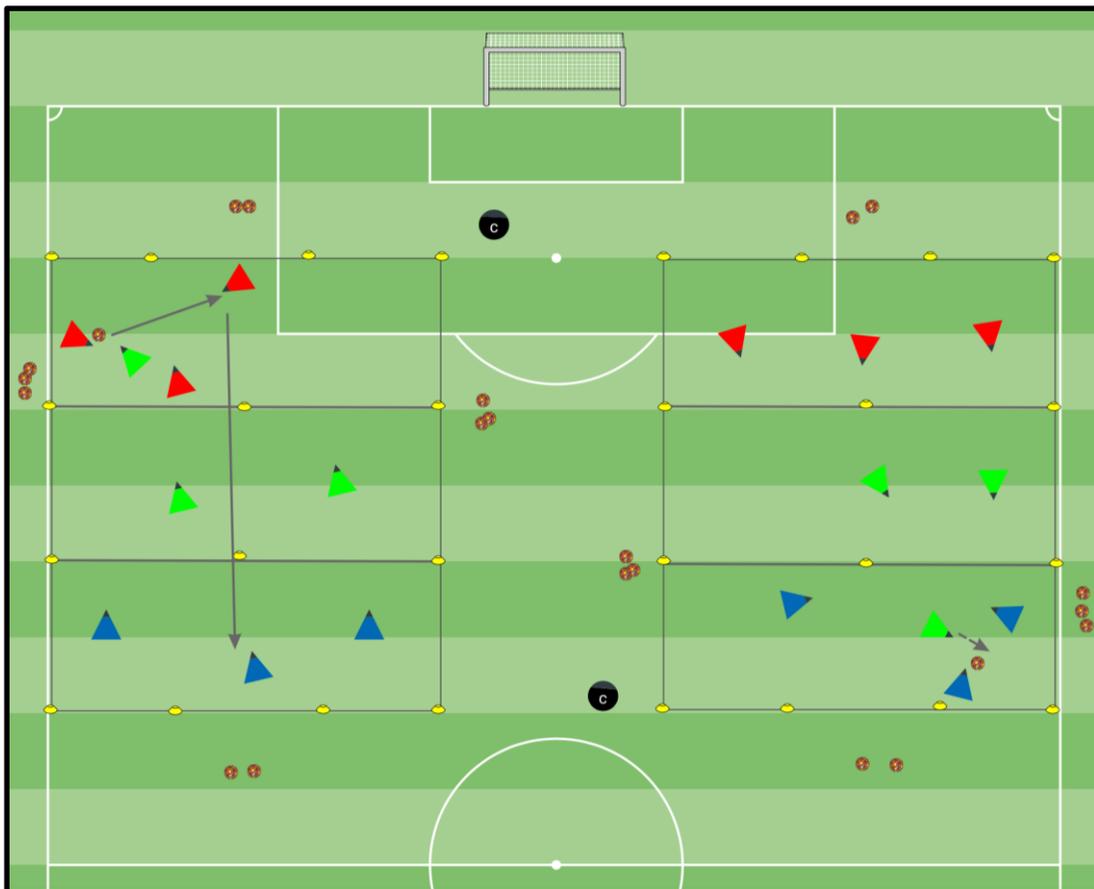
central gate for 1 pt. Game is directional (each team always attacks the same side). Game can also be played 3v3. This is a fast-paced game.

Coaching points:

- Always look to score if possible
- Make attacking team shape as big as possible
- Movement of the ball or bodies to create/find openings
- Body position to see as much of the field as possible
- First touch and weight of passes

11v11 Activity

“Waves” 3v3+3



Organization:

U13+ teams with a roster size of 18 should be divided into two groups of 9 at the beginning of sessions and groups should not mix. Within these groups of 9 make 3 even teams. Each field is 30w x 40-45l divided into thirds. Note: the central zone can be made smaller depending on ability of players.. Extra balls are accessible. All restarts are played as a kick in.

How to play:

Play 2-4 rounds of 4-5 mins each with water break in between rounds. Object is for a team in possession in one of the endzones to complete a certain number of passes and complete a long

pass to the opposite side of field for a point. The central team can send 1 player to defend in the endzone and the other 2 teammates can block the through pass from their central zone. Variations can include: 1. Allowing extra defenders to enter into the endzone, 2. Changing or removing the required number of passes before long pass, 3. Long passes must be played in the air across the central zone, 4. Can play a game to a certain score (i.e. 12 points). Players should keep score and coach should check in where needed for accuracy.

Coaching points:

Learning when to play a short pass and when to play a long pass

Movement of the ball or bodies to create/find openings

Body position to see as much of the field as possible

First touch and weight of passes

Vision and head on a "swivel" to see options

Defensively looking to lock ball on side

Learning when to tackle and when to delay