

# Trans-Atlantic Soccer

CoVid-19 (Social Distancing) Curriculum U10-U15





# Olders- Ages 10-15

With the return to play many coaches are racking their brains to think of ways in which to make sessions with younger players engaging, interesting, of value and safe. This booklet offers a number of ideas for sessions that we hope will be of help to you.

Within the booklet there will be 5 one hour socially distanced sessions to help you throughout your fall season.

It is important to have all of your setup done before the children arrive. This allows for a smooth transition through the session and minimal movement of cones etc.

Each player should bring their own ball and remind kids not to touch the balls with their hands, only their feet.



# Field Layout

## Field Layout & Rules

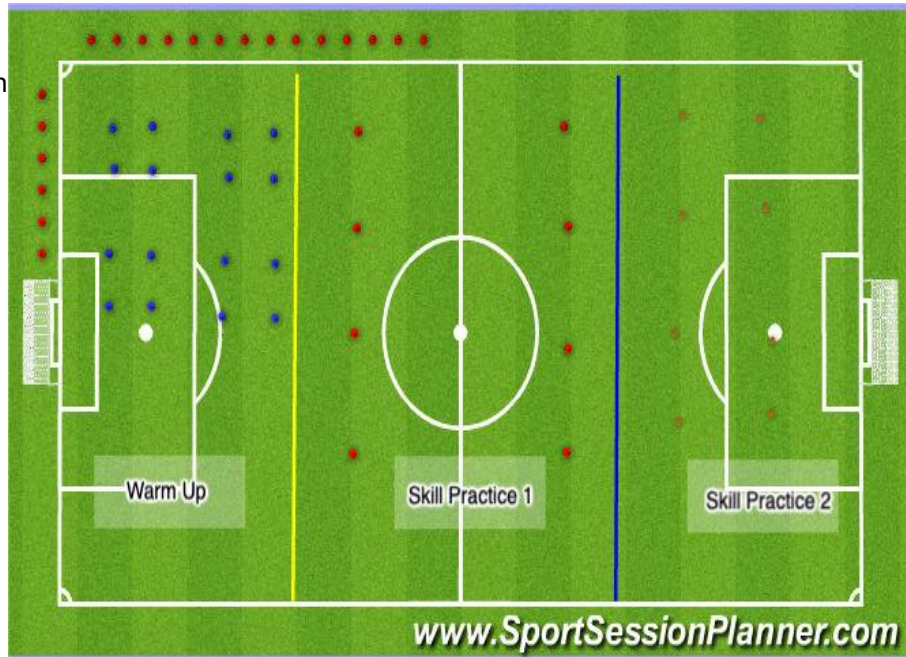
As players arrive they place their belongings on one of the cones which is set up around the field as shown in diagram. This will be where they go and stand when having water breaks and at start of practice/ camp.

- Cones are set 10 steps apart
- Players must wear mask when entering and leaving practices/ camp
- Once at field and belongings dropped at cone players may remove mask but still stay socially distanced from players

## Exercises

Equipment must be set up before the start of practices. Kids can not pick up or move cones ( Strictly coaches only).

It's important to be able to move from practice to practice with minimal time and as little reorganising as possible. This requires planning ahead.



# Week 1



## Warm Up (15 minutes)

Set up 5x5 boxes depending on how many players you are expecting for your session. Each box should have 6-10 feet spacing from surrounding boxes ( Please see image for visual). I would recommend starting your session with each player going into their box as follows.

It is important you have a coaches box at the front so the players can see the skills being demonstrated while still being distanced.

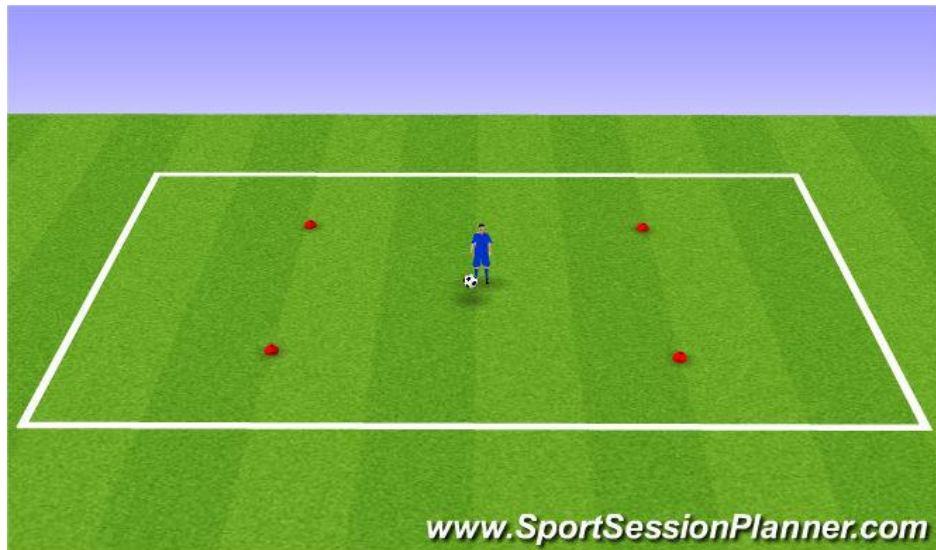


# Warm Up cont. (15 minutes)

## Exercises (45 second work/ 30 second rest)

*Repeat each exercise twice*

- **1. Toe Taps on ball**  
*Using both feet tapping the ball on top with the sole of each foot gently*
- **2. Soccer boxes**  
*Bouncing the ball between the insides of each foot back and forward*
- **3. Sole, Tap, Roll**  
*Roll the ball with the sole of the foot from one side to another; stop the ball with the inside of the opposite foot and roll back across body.*
- **4. Standing Stepover**  
*With the ball stationary practice with both feet stepping Around the ball anti-clockwise.*
- **5. Pull Back Push**  
*Using the sole of the foot pull the back towards your body and then use the inside of the foot push the ball gently forward to go again. Work for 45 seconds with right then switch to 45 seconds with left.*



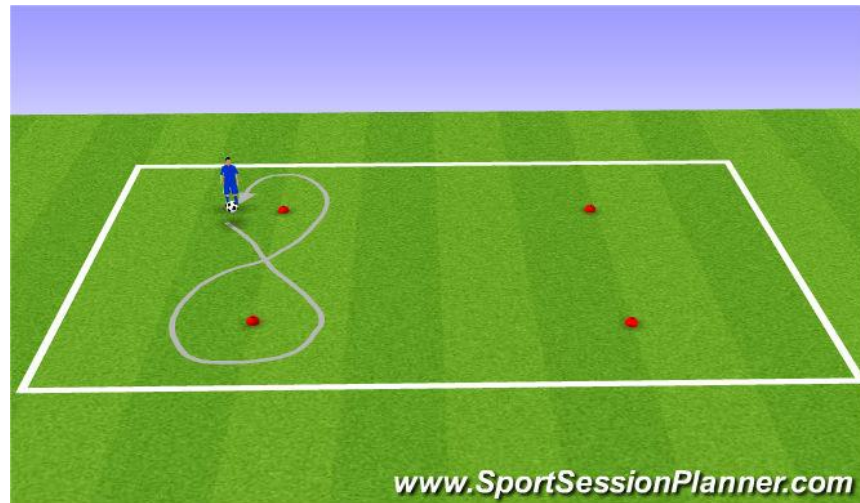


# Skill - Dribbling (20 minutes)

*Same cone setup as warm up (45 seconds work/ 30 seconds rest)*

*Using two cones to start; repeat each exercise twice. It is important to demonstrate each of the exercises.*

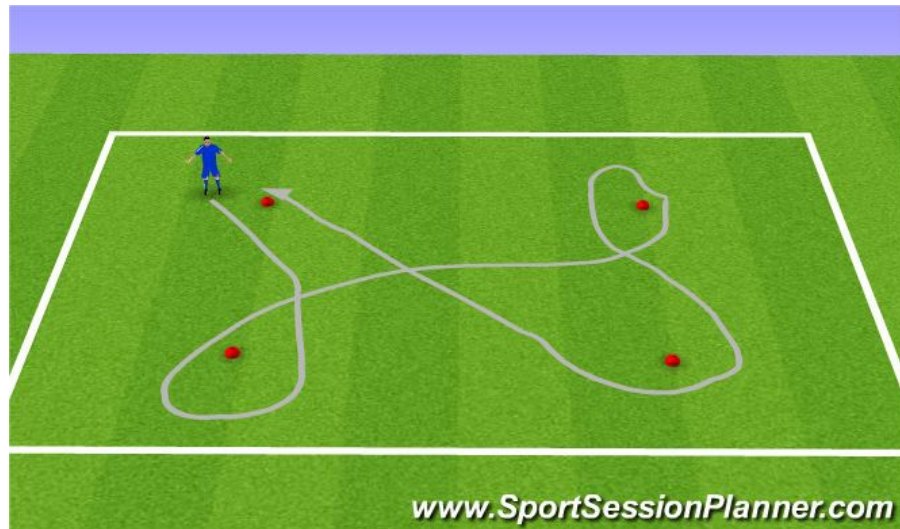
- **1. Dribble around the two cones using right foot only.**
- *It is important to stay in control of the ball and using all parts of foot- inside, outside, laces. Use small touches and keep the ball close. Use inside of foot to turn for advanced players and sole of foot to stop for beginners.*
- **2. Dribble around two cones using left foot only (same coaching points as above)**
- **3. Dribble around the two cones using both feet (same coaching points as above)**
- **4. Attack the cone and sole of foot turn.**
- *Dribble the ball from one cone to the other. Again taking small touches and being in control of the ball. When approaching the cone, Stop the ball with the sole of your foot and roll ball back in opposite direction. Gentle touches, you don't want to roll the ball away too far. Cone is acting as a defender.*
- **5. Attack cone and stepover**
- *Dribble the ball from cone to the other. When approaching the cone, stepover the ball with one foot and touch past the cone with the opposite foot. Look to exaggerate the move.*



# Skill- Dribbling Progression (10 minutes)

*Now using all four cones within the players square. Same work to rest ratio of 45 seconds: 30 seconds. Repeat each exercise twice*

- **1. Figure of 8**
- *Using both feet dribble around the four cones making a figure of 8 as shown in diagram opposite. Players will have to take both small and big touches depending on where they are. For example. Larger touches when going diagonally across square. Still keeping in control of the ball and close to you. Players should look to use the inside of their foot to go around the cones and encourage them to use both feet..*
- **2. Allow freedom for kids to create their own pattern within the four cones.** *Give players a set time to come up with idea. Players who are doing well to demo to the rest of the group to give examples to others. Encourage creativity.*





# Fun Game- Soccer Bowling (15 minutes)

*Split the players into teams while still making sure of social distance to each other.*

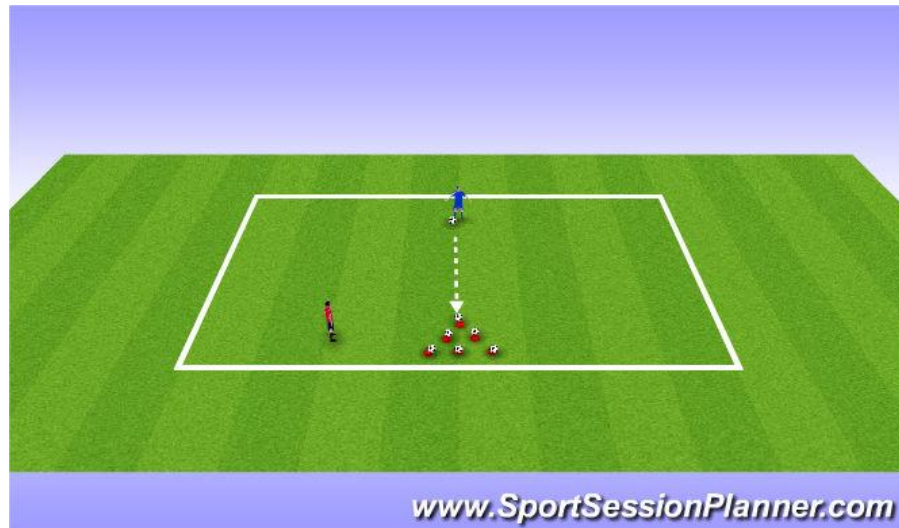
*Team players will each have one shot to strike ball into setup cones ( setup is 5 cones each with a ball on top); 1 point is awarded for each ball which is knocked off; each players total is combined with those on team to give overall score.*

**Coach must replace balls once shot/ knocked cones over**

**Make sure players waiting are distanced and not beside each other**

**As a coach you can decide whether they should use inside of foot pass or strike with laces. For example. If working on passing then using the inside of foot you would work on; if working on shooting then you would use laces.**

**Looking for power in pass/ shot but not sacrificing accuracy .**





# Summary



Using the 5x5 boxes allows the coach to create an environment in which both he and the players/ parents are comfortable being back out again on the soccer field.

It allows the coach to move around between the boxes and be able to give coaching points where necessary. I would recommend having a parent assistant monitor the session depending on how many players you have on each team.

If a ball moves out of the square it's important the players communicate to their teammates to pass the ball back and not run into another's square.

When sending players for water breaks, have them stand on their cone and remind of social distancing.

Due to the isolated nature of coaching socially distanced/ no contact it allows for a lot more individual coaching of skill/ technique. Explain the benefit of this to players and encourage them to give maximal effort when working for timed period.

As a coach your energy and enthusiasm rubs off on the players and sets the tone for the session. It's even more important during these times you are positive and full of energy.

Enjoy being on the field again and try to make soccer practice the highlight of your players week!





# Week 2- Warm Up (20 Minutes)

## Running with the ball

### Organization

As shown- 10x10 boxes. Players start on opposite sides of box, for social distancing.

### Objectives

For players to improve individual skills- dribbling and turning with the ball.

### Description

**Exercises (90 seconds working/ 45 seconds rest):**

Outside of foot turn - right

Outside of foot turn - left

Inside foot - right

Inside foot - left

Cruyff turn- right

Cruyff- left

Kids create their own move/ turn

On the way back, they leave the ball in the middle of the organization, for the next player to take on the dribble, and repeat the same.

**Progression**: pass to teammate while running with ball through middle of grid

### Coaching Points

-Accelerate with first touch

-Low around cone      -Accelerate out and get head up to see field

-Anticipate next ball and begin moving proactively



# Passing & Receiving in 3s (25 mins)

## Organization

L shape setup. Each cone is 12 steps away from each other. If you have more or less numbers you can create a square or a two cone set up. Work to rest ratio of 1:3. 1 minute work time/ 3 rotations.

## Objective

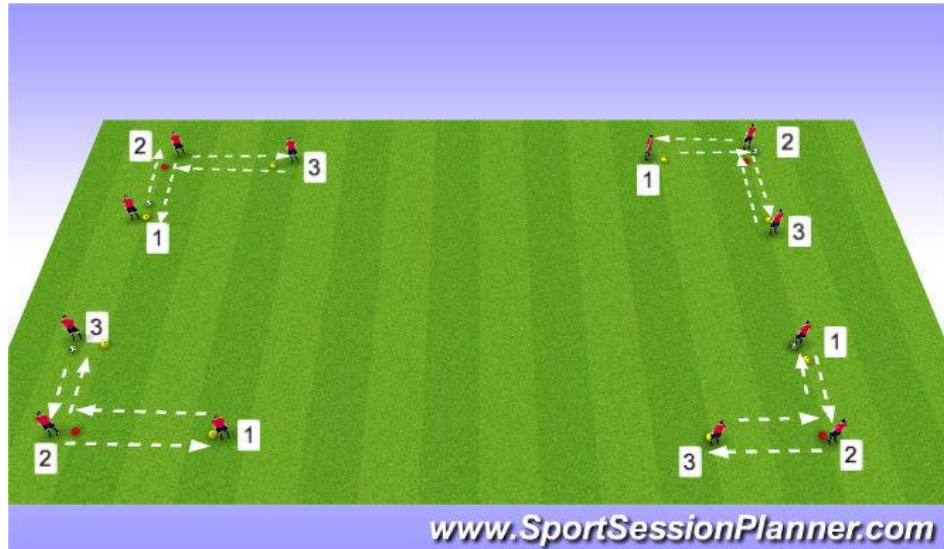
Receiving the ball using different parts of both feet before progressing to combining and making it more game like. Working on touch, weight of pass, movement.

## Description

1. Player 2 receives ball from player 1 by dropping behind cone, receives on left foot takes touch and plays pass to player 3 with same foot. Player 2 steps towards play then drops behind cone again; this time receiving ball from player 3 with right foot, taking touch and playing to player 1 with right foot.

2. Player 2 receives the ball from player 1. This time received on left foot and then plays to player 3 with right foot. Player 2 then steps towards ball and drops back this time receiving from player 3 with right foot and playing ball with left foot.

3. Player 2 receives the ball from player 1. This time touch around the cone with right foot and then plays the ball to player 3 with left foot. Player 2 then steps towards ball then back playing around corner with left and passing with right.



# Passing and Receiving in 3s continued (25 mins)

4. Player 2 receives ball from player 1. This time touch around the cone with outside of left foot and then makes pass to player 3 with left foot. Player 2 then steps towards ball and does the same with right foot.

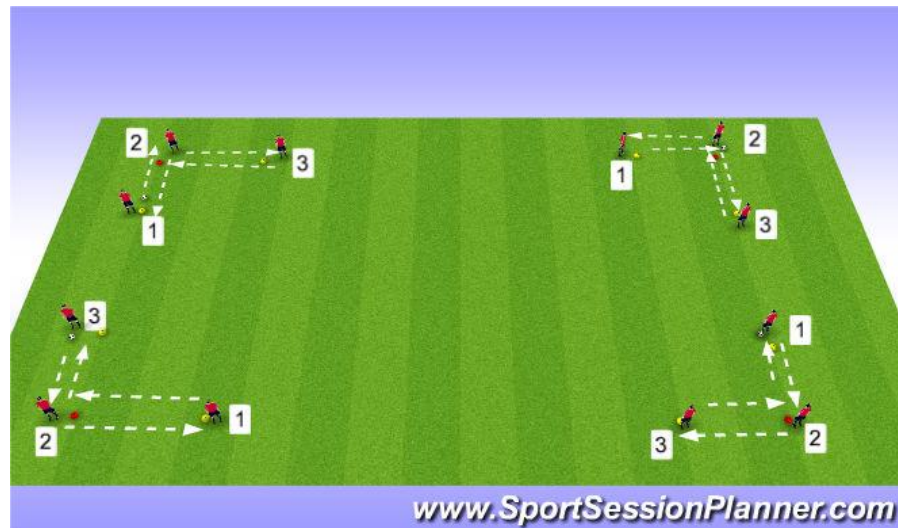
5. Player 2 receives ball from player 1. This time touch across body with left foot and plays with right foot, stepping throw towards then dropping back behind cone to do the same with right foot touch across body and playing with left foot

6. Players now combine with each other. Player 1 bounces to Player 2, Player 1 plays one touch diagonally to player 3. Player 2 drops back ( never turning back on ball) and combines with player 3 before he plays diagonal ball to player 1.

7. Players combine but working player must now play diagonal ball around corner. Player 1 combines with player 2, player 2 plays ball around corner to player 3, player 3 drops ball to player 2 as they step around the cone, bounce with each other and then player two plays diagonal ball with left foot to player

## Coaching Points

- weight of pass to player receiving; must be able to control and play with 2 touches. perfect weight
- angle to receive ball; don't be flat footed
- weight of touch; staying in control and keeping ball close
- touch out of feet; touch must allow for you to play with second touch
- crisp pass from player working
- head up to receive pass
- never turn your back on play when combining; always have shoulders open and back pedal rather than turn





# Fun Game- Horseshoe (15 mins)

## Organization

Cones are set up 12ft or more away from each other depending on level of players. Each player will need a ball

## Objective

Aim is to control the ball with one touch as close as possible to the cone. Player closest to cone wins point

## Description

Players with the ball play a ball towards the player across from them. The player receiving has one touch to get the ball as close to the cone in front of them, as possible. They repeat over to the other player. Whoever gets their touch closest to the cone, gets the point.

## Coaching points

Weight of pass

Weight of control







# Week 3- Warm Up ( 20 mins)

## Organization

1x 10 x 10 box and another 6x6 box in the middle of the 10x10 box. 4 players around the big box and 1 in the middle box.

## Objective

Working on passing and receiving under pressure.

## Description

Players will play a rondo box. To get a point they must pass the ball through the middle box to an open player. They don't have to force pass through middle as defender working on blocking passing lanes. Player works in middle for 1 minute.

## Competition

Either most passes completed during the minute or most touches of the ball from defender in middle

## Coaching Points

1. High ball speed
2. On your toes to receive
3. Weight of pass
4. Communication
5. Move to open space to create passing lanes



# Passing & Receiving (20 Mins)

## Organization:

As shown above... 10 x 20 with a halfway line, making it x2 squares of 10x10. 3-5 players per exercise.

## Objectives:

Players to work on and improve movement and positioning to create shape, and create (open) passing lines, with good body orientation to play.

## Description:

### 1.

B opens up and A passes the ball to B, then follows pass, B controls the ball & passes to C (C should open up on the opposite side to B), C controls the ball then dribbles home, D waits for A to move on before starting the next one.

\* 2-3 minutes (make sure players open up on both sides)

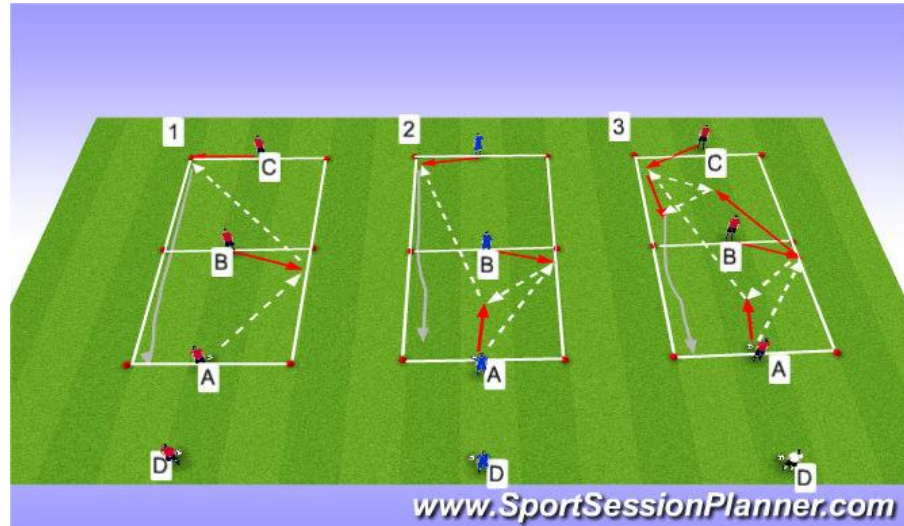
\* add competition to increase intensity - first team to complete 'x' amount of rotations or the team that completes

### 2.

B opens up and A passes the ball to B, then follows pass, B drops the ball back to A (1 or 2 touch) who then passes to C (C should open up on the opposite side to B), C controls the ball then dribbles home, D waits for A to move on before starting the next one.

\* 2-3 minutes (make sure players open up on both sides)

\* add competition to increase intensity - first team to complete 'x' amount of rotations or the team that completes



# Passing & Receiving Continued (20 Mins)

## 3.

B opens up and A passes the ball to B, then follows pass, B drops the ball back to A (1 or 2 touch) who then passes to C (C should open up on the opposite side to B), B turns quickly to support C, C drops the ball back to B (1 or 2 touch) and B plays it back to C into the space, C then dribbles home, D waits for A to move on before starting the next one.

\* 2-3 minutes (make sure players open up on both sides)

\* add competition to increase intensity - first team to complete 'x' amount of rotations or the team that completes

### Coaching points:

Head up-scanning.

Good weight/direction of receiving touch.

Good weight/direction of pass.- pass to proper foot

Good positioning with movement to create shape, and open (create passing lines).

Good body orientation to play.

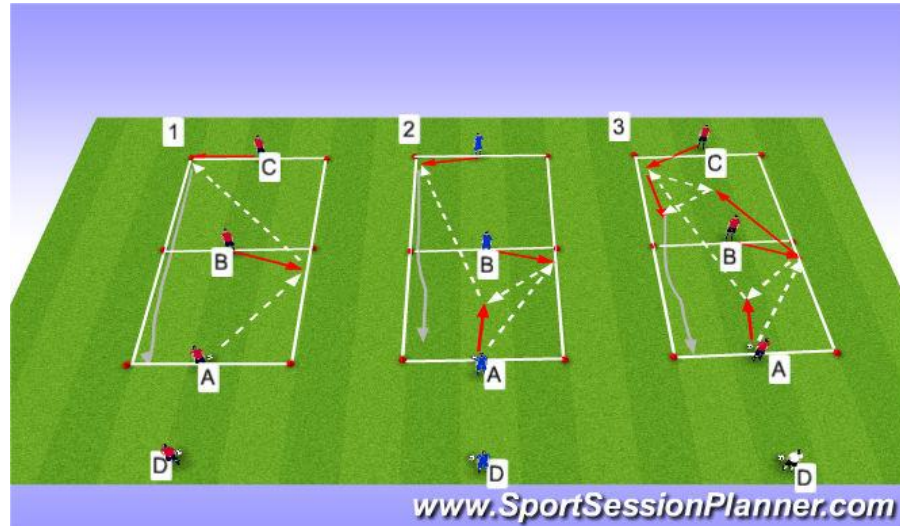
Move (step) to receive.

Move (step) to pass.

Timing of movement.

Timing of pass.

Communication: verbal, physical, visual





# Fun Game- Jail (20 mins)

## Organization

Players are split into two teams. With a jail box or (boxes 1 for each player) There will be a shooting line around the PK spot depending on level.

## Objective

Players will dribble the ball up to the shooting line and try and beat the goalkeeper. They will have 5 seconds to dribble and shoot. 1 player at a time

## Description

If player scores they get a decision to free one of their players from jail or put one of the opposing players in jail (for fairness you can make it the player at the front of the line).

If the player misses they go straight to jail.

The first team to put the opposition all in jail wins.

## Coaching Points

Dribble at speed

Create angle for shot on approach Placement finishing

Aim for corners

Pick free or jail wisely





# Week 4- Warm Up (20 mins)

## Organization

Cones are set up 10ft apart from each other. One player has a ball and the other does not. Players work on receiving/ controlling ball for 1 minute and then switch roles.

## Objective

Player receiving ball controls with different feet and parts of foot and plays back.

## Description

1. Control right foot; pass right foot.
2. Control left foot, pass left foot.
3. Control right foot, pass left foot.
4. Control left foot, pass right foot
5. Control outside of right foot, pass right foot
6. Control outside of left foot, pass left foot

## Coaching Points

Weight of pass to player

Touch out of feet so you can play with second touch

Be on your toes to receive ball (do not be flat footed)

Firm pass back to feeder





# Passing and Receiving (20 mins)

## Find the open man

### Organization

5x5 box in the middle with 4 or 5 cones (depending on how many players you have) set up each cone around the square around 5-7 yards away from middle. 3 players will have a ball and 1 player without. Players work in middle square for 1 minute.

### Objective

Working on passing and receiving and knowing what you're doing before you receive the pass.

### Description

Working player will call for the ball of a player with a ball who will pass the ball into the square. The working player must take a touch into the direction of the open man and pass them the ball. The player will then move to receive another ball and pass to the player now without the ball.

### Progressions

1. Play a 1-2 with player serving you the ball, open up body position after you send the ball back.
2. Play a 1-2 with player serving you the ball then open up to play next pass 1x to open player.
3. Working player dumps ball back to serving player to will then play the pass to the open player.
4. Working player dumps ball back to serving player to will then play the pass to the open player, the working player will then go and support that pass with a 1-2 with the open player before moving to a new ball to restart sequence.
5. Make pass longer if needed
6. Lofted passes to work on controlling ball out of air

### Coaching Points

1. Pass with inside of your foot
2. Control with back foot
3. Touch into direction of open player
4. Check shoulders
5. Communicate with serving player
6. Work on weak foot
7. Weight of pass





# Soccer Golf Advanced (20 mins)

## Organization

Set up flag/ flags as far away as you feel would be challenging yet manageable.

Yellow cones represent bunker; if ball lands inside +1 shot

Blue cones represent water hazard; if ball lands inside +1 shot

## Objectives

Players are looking to hit the flag in as few kicks as possible.

## Description

Each player takes a shot a time, player furthest away from flag goes first. Make sure at all times players are socially distanced. For example. If two balls are beside each other, one takes shot and other stands 6ft+ away.

## Coaching Points

- Accuracy of shot
- Weight of shot depending on distance from flag
- Decision making- whether to go for power or precision?





# Week 5- Warm Up (20 Mins)

## Combining in 3s

### Organization:

10x10 grids. 2 Players are on opposite side of the grid, 1 player in middle of grid.

### Objectives:

Improve passing/ combining

### Description:

**A.** Player 1 passes to player 2, player 2 takes touch out of body and plays to player 3; repeat.

**B.** Player 1 passes to player 2, player 2 plays ball back to player 1 who then plays ball through to player 3; repeat.

**C.** Player 1 plays all the way through to player 3, player 3 combines with player 2 and then plays the ball back through to player 1, Player 1 now bounces to player 2 and then plays to player 3; repeat

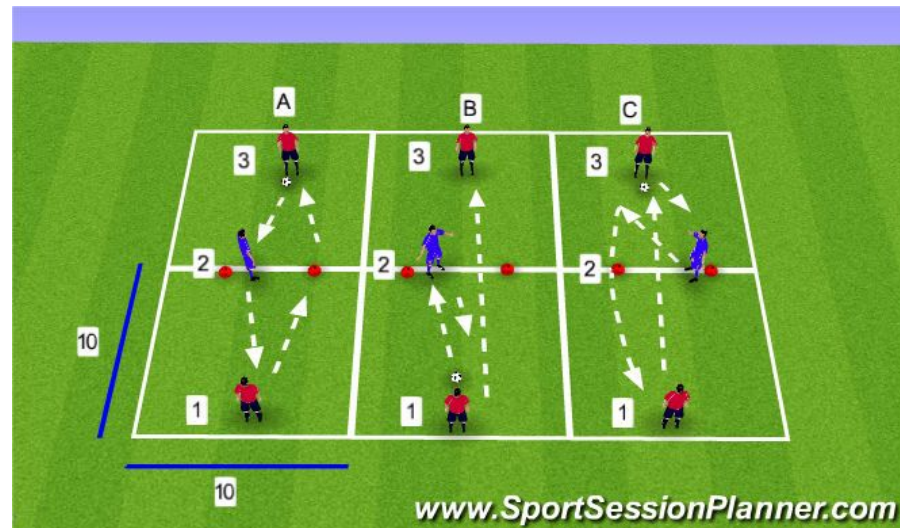
### Coaching Points:

Head up-scanning. Good weight/direction of receiving touch.

Good weight/direction of pass.- pass to proper foot

Move (step) to receive. Move (step) to pass.

Communication: verbal, physical, visual.



# Shooting (20 mins)



## Organization

One 5x5 square about 12-15 yard away from goal. And 4x players around the square serving balls into working player. Player works for 1.5 minutes each rotation. Two groups can be running at same time.

## Objective

Working on taking touch out of feet and finishing.

## Description

1 player working 4 serving. Players will pass ball into square the attacker has 2 touches to either turn and shoot or hit first time into the goal from the pass in front of the goal. The shot does not count if the ball is outside the box.

## Progressions

1. Work on opposite foot shooting.
2. Volleys
3. Add competition

## Coaching Points

1. Strike ball with laces or inside for placement
2. Get over ball
3. Look for corners
4. When turning turn to shoot in one motion
5. High intensity



# Fun Game- Soccer Tennis



## Organization

Two 10x10 boxes set up as shown; 1 player in each box playing against each other

## Objective

Look to get the ball from one box to the other in the air

## Description

Each player may take two touches to return the ball; the ball is also allowed to bounce two times in their on square. A point is won when the opposing player lands the ball in players box and they can either not return it or it bounces more than twice in their box.





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