



Physical Distance – Skills Training Squares

Organization:

Set-Up 9 6-foot by 6-foot squares that are 6 feet apart from each other. Set up 9 cones off the field with at least 6 feet of distance between the cones for players to set their equipment and water bottles next to. Use the end line area too decrease of players coming within 6 feet of each other.

How to play:

Use the square to do physical and ball technique training activities. Examples of physical activities would be run out and back to each cone, out forward back backwards, skips out and back, shuffle, hops, etc. Examples of technique training would be juggling, toe taps, foundations, moves, same as physical just with a ball, etc.

Why:

Improve on fitness, athleticism, and ball technique. Improve comfort level on the ball.

Variations:

Pick a running or dribble pattern, how many can you do in 30 seconds? Can you beat your score?
 Square size, number of cones, shape of cones (as long as you maintain 6 feet from other players)
 Juggling combinations, footwork combination with the ball, physical challenges (coach or player led)

Coaching Points:

Point out players who are doing the technique correctly, have them explain how they are doing it.
 Use their peripheral vision to see the ball and/or pick their head up to see things around them.
 Give feedback on body shape, ball contact placement, etc. Or ask someone to practice the technique and ask them to coach the other players on how they are doing it.