



Physical Distance Training – Swim Lanes

Organization:

Set-Up 9 cones on the sidelines 7 yards apart starting at the end line then set up 9 cones starting at the 6-yard box 7 yards apart towards half field. Players can bring their mask, water bottle, and ball to their set of cones.

How to play:

Players run, lunge, jump, hop, skip, or dribble to the cone across from them and back. Players can practice different dribbling techniques and moves. Takes breaks as needed.

Why:

Warm-Up, physical training, technical training.

Variations:

Increase or decrease the distance between cones.

Vary the type of moves to complete

Do timed challenges- dribble left foot down, right foot back, 3 times. Do again, beat your time.

Partner up to work on passing at varying distances, use different passing techniques, receiving, turning

Coaching Points:

Body mechanics and technical points when doing physical, dribbling, passing, receiving

Positive feedback when you see players working extra hard, executing well, improving on technique