



Covid-19 Activity with social distance.

Four Square possession games for ball movement in limited spaces.

AREAS: (4) 15-yard squares with a middle area that can be 5 to 10 yards in width, your decision will be on the level of play with your group. Area is large to allow for social distance, but then you can up the pass ratio.

DISTANCING: We need to address the pressure points to incorporating the (6ft) distance areas.

OBJECTIVES: Ideal number would be 12 players, (3) for each square, coach will start with a ball into any square, there will be an immediate 3v1 in that square, the diagram I show is the (RED) team player putting pressure in the blue zone, other defenders (one from each color is allowed to advance to the middle to stop passes to other zones). If the ball is played to middle zone, they can be joined by their own to make again 3v1 one different color steps in for pressure.

COACHING POINTS: Can we connect with (3) passes before the ball is transferred to different zone/can middle zone players intercept a pass/is there good movement and flow/good communication between zones. Coach will continue to play balls in once it has broken down to keep the flow going at all times. Make sure players rotate to be as pressure players. Really good exercise for the change of play in many different directions.

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