



**Covid-19 Activity. 6v6+1** Make sure passive pressure and no tackling allowed, concentration on ball movement.

**AREAS:** Depending on your group, level of play can be altered, I show 40x40 yards, which allows for good **social distancing with players**. I show (4) gates that are occupied with outside targets.

**OBJECTIVES:** Is for the team in possession to attack and try to find their team players on the outside, the neutral will always play for the team with the ball. We really want to work on team passing, good combination plays, movement with and without the ball/spacing especially important. Coach will have extra balls for out of play. If team gives up the ball with a bad pass/then other team is in possession.

**COACHING POINTS:** First need to make sure we follow the **(passive pressure and no tackling)** rules. We can add the number of passes before finding outside target/we can add they must play neutral before going to target/outside target has to find team player in movement/looking for all the right connections/passing/body positions in receiving. Could add another neutral. So many options. Obviously not having high pressure will dictate how the session progresses, make sure you change out the targets and the neutral. Have fun.

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August 2020