



Covid-19 Session Restrictions: -Passing and Receiving sessions.

AREA: Can be a 10 yard or bigger square.

PLAYERS: Maximum of 12, I show (10) but you could add an extra outside player/or an extra inside player if they are moving and keeping a six feet distance.

GROUP#1: Basic pass to middle player to receive and find another outside corner player.

COACHING POINTS: How are they receiving the ball? Is the weight of the pass good enough? How is their first touch and body position? Communication? Using the correct foot in receiving? Vision to collect and distribute?

GROUP #2: Little more complicated as we now have (2) balls moving. One ball is moving to the middle player and the other ball can be moved between the outside players and even rotated to the middle player to change it up.

COACHING POINTS: Same as above but now we have (2) balls moving at the same time, so the players awareness of all areas in ball movement, quicker reaction, quicker body adjustment? Where is the ball coming from? Where do I distribute?

PROGRESSION: This could be where you can make the areas a larger size to involve ALL players in the ball movement with the pass and receiving with longer situations, also adding triangles and so MANY different options available within the restrictions needed.

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