



Possession in Zones-With Covid-19 Restrictions.

AREAS: Like previous possession sessions. Bigger is better for Covid-19 distancing/also no tackling of any kind. I show approximately 30x20 zones with outside target zones 30x5. This allows for good distancing and will help with decision making.

OBJECTIVES: As players are now limited to zone areas it will show up as 2v2+1 who ever has possession/neutral player can enter both bigger zones but not the end zone. We now must figure a way to keep possession by moving as a team to zone 1 to zone 2 to end target. There are many ways of achieving this (1) I show above, (blue) target plays to same color, he turns and connects with same color in other zone. CAN he then connect with same color or neutral in another zone to build back up and get back to blue target? On a turnover the orange is in possession.

COACHING: Is there enough movement and support/is the neutral working hard enough both sides of the ball/is our pass and receiving good enough? Can we create and see opening and opportunities, this is a tough exercise especially with social distance, but we must be aware of that part, so players will get more time on the ball.

PROGRESSION: Could be limit the passes and touches if you can progress that way, make sure you rotate all players to get different looks. Could add another neutral for success. Could add another outside player along each outer zone if you have the numbers. Have fun.

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