



Working on Team Shape and shooting during Covid-19 Social Distance:

AREAS: Set up in 10-yard squares. Can add more squares or make smaller at 6/8 yards.

PLAYERS: I show 11 which would be good for your 11 positions, adding one more as server or coach change server often. This can also be set up for 7v7 and 9v9 teams.

OBJECTIVES: Ball starting with server, (preferably coach use his own soccer balls that can be disinfected before next use), also goalie must always use his/her gloves in these sessions. With the ball distributions from server the players can move the ball in any direction so that all players can get touches and pass and receive from each other. Short and long passes is encouraged between (Grids).

OPEN GRIDS: As shown there are (4) grids open, these can be used to advance the ball with a dribble or pass for someone to enter and receive, they must be utilized so we have movement within the group, but still keeping a distance pattern. I have used this a lot and it helps players understand their positions and roles within the group. There is no need for it to be static, movement is encouraged.

COACHING POINTS: As this is mostly a finish exercise I put some restrains on the players, as the final grid is very close to the goals, options would be to move the goal back if you have room, or make the final ball played back to the blue zone for the final shot, being so close will not give the goalie a chance, so use your own knowledge of where your shots come from, I encourage the ball being laid back from the #9/#10 to middle zone for shots/I also call out who is going to shoot and let them get on a run to shoot. MANY/MANY Options here. Encourage overlaps in wide positions and good lay back crossed into the blue zone.

John Napier
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