



**Working on Team Shape during Covid-19 Social Distance:**

**AREAS:** Set up in 10-yard squares. Which leaves room for movement:

**PLAYERS:** I show 11 which would be good for your 11 positions, adding one more just add an extra square and play to (Target). This can also be set up for 7v7 and 9v9 teams.

**OBJECTIVES:** Ball starting with the goalie, (preferably coach use his/her gloves in these sessions. With the ball distributions 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 (2) 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 there is no pressure from players, make the BALL the pressure, with quick movement and decision making (for instance can we get to #7 from #3 with a strong diagonal pass, think of all the **OPTIONS** you have in this activity. With team work how quickly can we get from (goalie) to (#11) with everyone touching the ball, find the quickest method, test the speed of play/distribution/limit touches/many others, can we get the #8 and #10 to dictate the ball movement? Have fun.

John Napier

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