

FM Soccer Club Fall Rec Program 2020





Fall Soccer Outline

This years Fall season will take a slightly different look to previous years, to ensure that we are able to abide by the rules put in place by NY state and FM School District.

We will run a 5 week program.

- Players will be grouped by their age and gender and then broken into smaller cohorts, which they will stick with for the first 2 weeks.**
- Each week players will go through several different training stations run by volunteer coaches. A plan will be provided by DOC Paul Allsopp**

Weeks 1&2 – Stations will be run keeping players socially distanced (6ft apart) and unopposed during the exercises.

Weeks 3,4 & 5 – Stations will be run as normal with opposed practices and Small sided games utilised.



General:

- Hand sanitizer will be available at all field locations.
- Limit of 2 spectators per player at any event.
- Spectators will stay 6 ft apart. Markers will be placed on the ground to indicate the spectator area and to indicate 6ft social distancing.
- If spectators are unable to maintain 6ft social distancing they must wear a masks.
- Players are required to wear masks on the sidelines when they are not on the field.
- If any players, spectators or coaches have experienced any symptoms of COVID 19 they should not attend until they have a negative test or are symptom free.
- Parents must agree to tell us if a player has tested positive and give us permission to tell their cohort that someone tested positive. That cohort will then take a week off.

Our club COVID 19 contact is Paul Allsopp: fmscdoc@gmail.com



Playing/Training Outline

- All coaches will wear a mask.
- Players will be broken down to cohorts of 8-12 players which they stay in for the first 2 weeks and rotate through several stations.
- Players attendance will be taken weekly to keep track of all players.
- Each station will be at least 12 feet away from all other stations.
- For the first 2 weeks all practices will involve exercises which keep players socially distanced.
- Players will avoid touching shared equipment such as cones, goals etc.
- Players, when not taking part in exercises will maintain social distancing.
- Players must not share drinks or snacks.
- No high fiving or shaking of hands.
- Players will put pinnies into bin after single use to be washed.
- Throw-ins will be replaced with pass/dribble ins to reduces hand contact.
- Goalkeepers – Must bring own gloves to wear if playing in goal.



Clinic Structure

Stations:



In this framework rather than necessarily focusing on one topic you setup different stations/activities and players rotate through the different stations through the training session, spending x number of minutes before moving onto the next station.

Each station could be an activity which focuses on something different. One could be a Small sided game, one on possession and one on dribbling (tag game). Depending on the total minutes in your session one of the stations could be a game or you could play games once all players have been through all stations.

Pros – Is an excellent way of managing large groups, enabling players to be continuously working and getting lot of repetition in. Also works well with limited time and space as you only have to setup at the beginning of the session.

Allows you to touch a lot of different topics/ideas from the game, which is particularly ideal for younger players who need to work on all different facets of the game.



Clinic Structure

U6 & U7's – 45 minutes session:

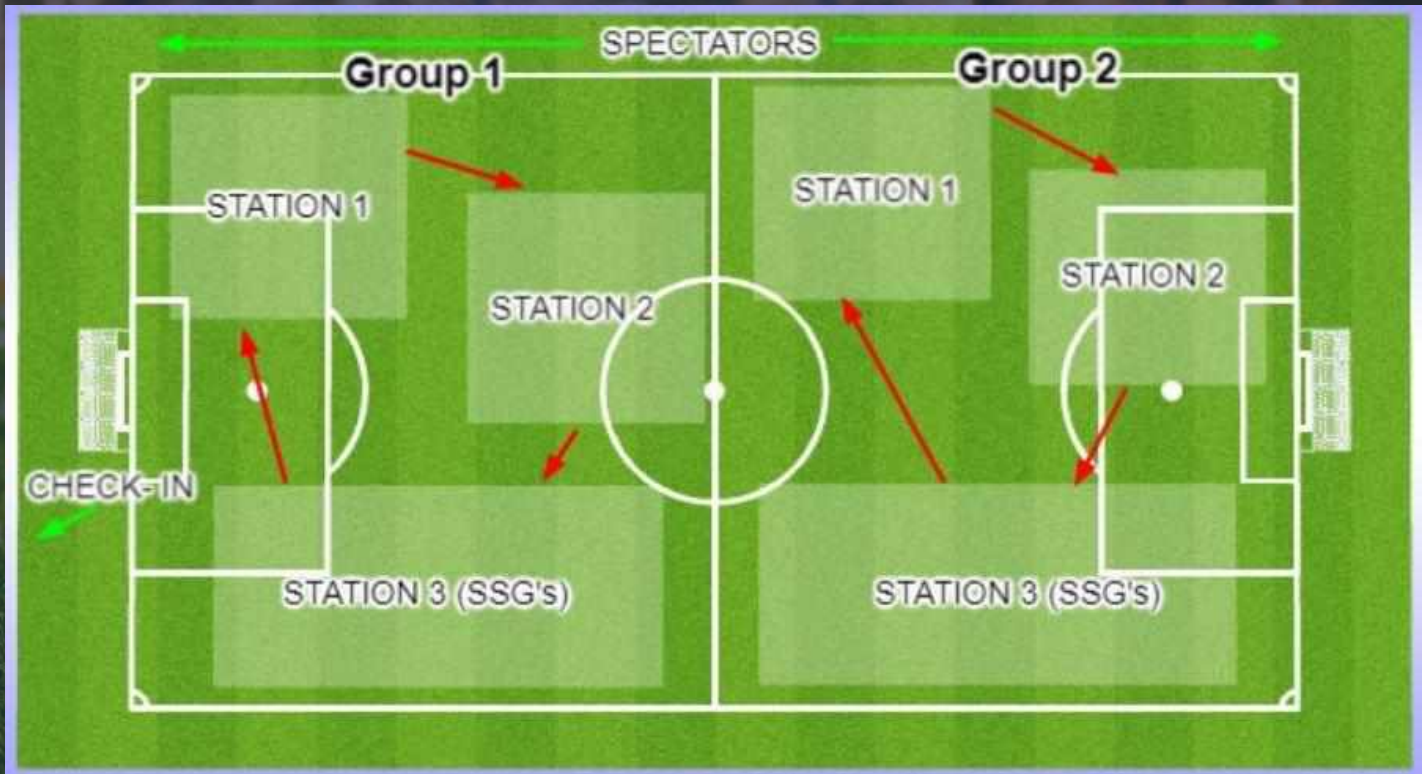
- **3 Different Stations for players to work through.**
- **Each Station lasts 15 minutes.**
- **2 minute water break between stations.**
- **8-10 players per station.**
- **1 or 2 Volunteer coaches per station.**
- **Station 1 – Dribbling Exercise.**
- **Station 2 – 1v1 Exercise.**
- **Station 3 – Small sided games 3v3 or 2v2. Everyone plays.**

We could have 2 group of 3 stations going on one full field which would allow us to bring in upto 48 players per session.



Clinic Structure

U6 & U7's – 45 minutes session:





Clinic Structure

U8 & U9's – 1 Hour session:

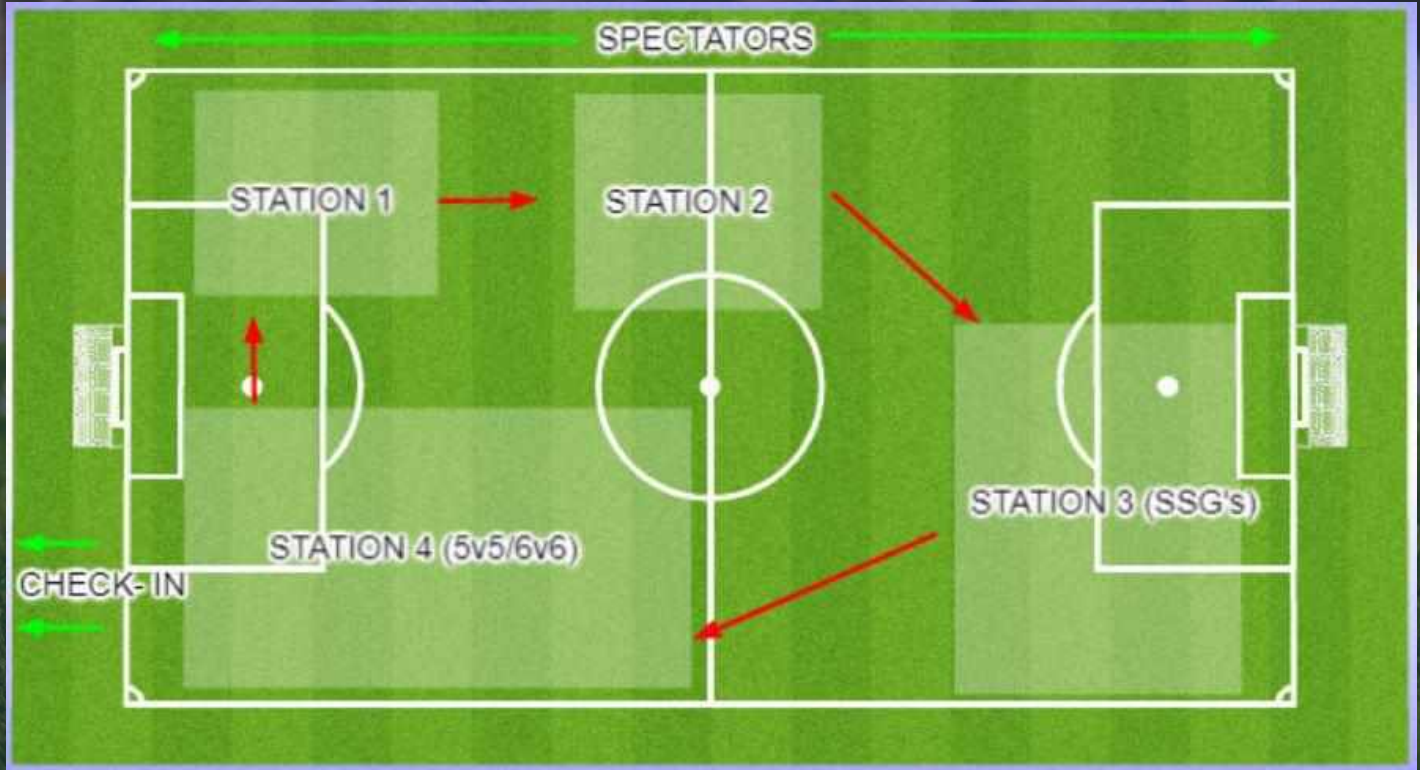
- **4 Different Stations for players to work through.**
- **Each Station lasts 15 minutes.**
- **2 minute water break between stations.**
- **10-12 players per station.**
- **1 or 2 Volunteer coaches per station.**
- **Station 1 – Dribbling Exercise or 1v1.**
- **Station 2 – Possesion/Passing Exercise.**
- **Station 3 – Small sided games 3v3 or 2v2. Everyone plays.**
- **Station 4 – 5v5 or 6v6 game to Quickplay portable goals.**

This would allow us to bring in and train 40-48 players.



Clinic Structure

U8 & U9's – 1 Hour session:





Clinic Structure

U11's and up – 1 Hour 15 session:

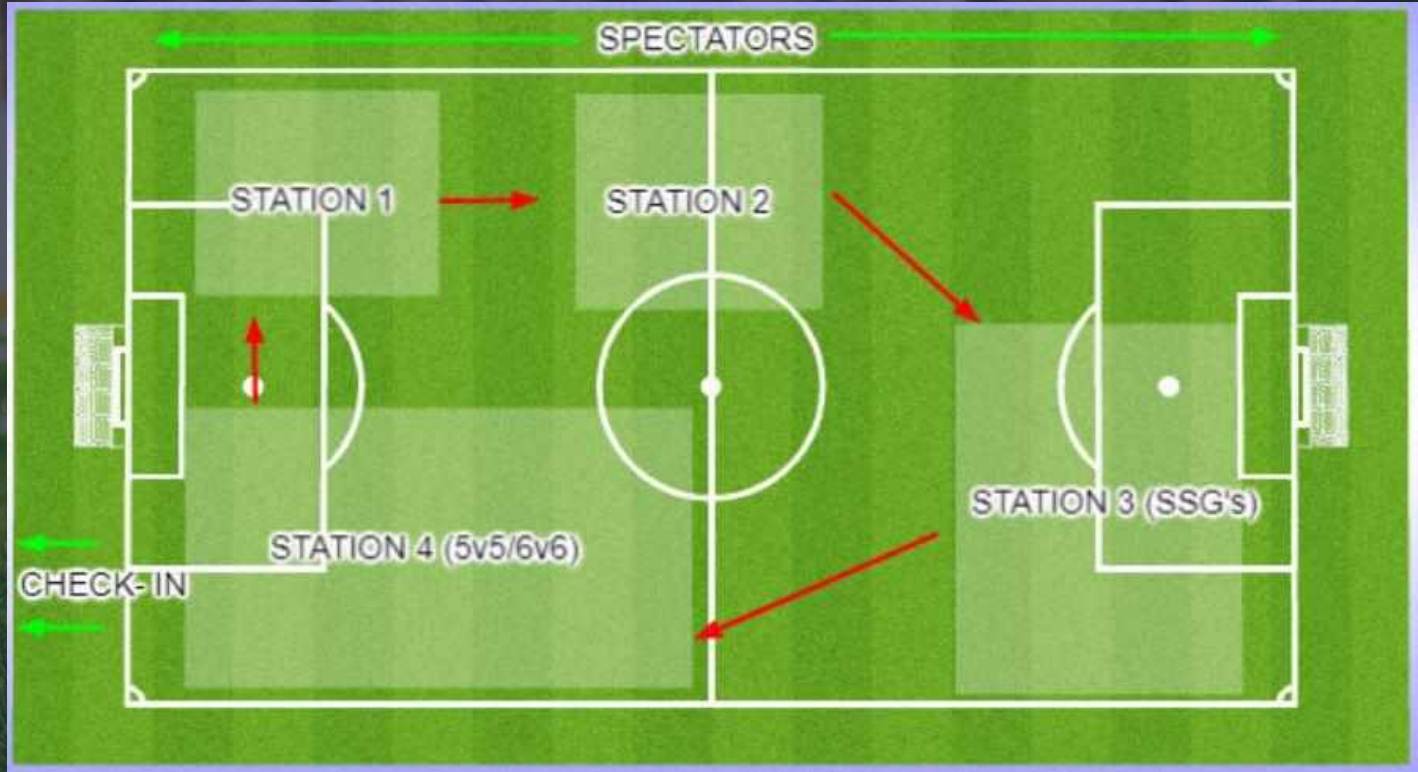
- **4 Different Stations for players to work through.**
- **Each Station lasts 15 minutes.**
- **2 minute water break between stations.**
- **10-12 players per station.**
- **1 or 2 Volunteer coaches per station.**
- **Station 1 – Dribbling Exercise or 1v1.**
- **Station 2 – Possesion/Passing Exercise.**
- **Station 3 – 5v5 or 6v6 game to Quickplay portable goals.**
- **Station 4 – Wave activity to goal 2v1, 3v2 etc.**

This would allow us to bring in and train 40-48 players.



Clinic Structure

U11's and up – 1 Hour 15 session:





I will provide coaches with a coaching packet for each week, which will outline each station that will be used that week. This will enable coaches to slowly build a repertoire of good drills and activities to do with players, to help the coaches and players develop and enjoy playing soccer.

1 v 1, WHI's goalkeeper: focus: Defend!

Setup:
Setup a 20 x 20 grid with two goals or gates at the end of the line.
Split players into two lines and then have the line up one behind the other, with the coach positioned between the players ready to feed a ball in.

Instructions:
The coach kicks a ball out towards the final third of the area. The first player in each line then runs out to try and get to the ball. The players then try to get to the ball first, turn and try and square either side of the goal, which ever player has possession of the ball can score.
If the ball goes out or a goal is scored it ends and the next two players come in. The player who just played joins the back of the line. You can set a time limit to ensure that players play at speed and so that everyone gets plenty of goals.

Practitioner:
To score players have to dribble through the goals/gates.

Coaching Points:
Encourage the player who has the ball first to try and think it from their opponent and use their body to protect the ball. Using their arm will give them additional space.
Once you have turned try to dribble or speed or run with the ball so that the defender can't catch you up.
Can you look up to see where the defender is and which gate might be a better option to dribble towards?



1 v 1 (Change of Direction)

Setup:
Setup a 15 x 20 grid with goals/gates at each end. Split into into 2 groups: 1 group are attackers, 1 are defenders. Both are positioned opposite each other at the half way point of the grid. The defender has a good supply of balls.

Instructions:
This is a 1v1 where the aim is to score in either of the goals. The defender passes the ball to the attacker and then proceeds to get pressure on them. The attacker looks to square either side of the goal, using turns and feints to confuse the defender.
The coach may have to feed the ball into the attacker, if players can't pass that far.

Practitioner:
1. Players have to dribble through the gate to score.
2. Award a ball in favour of the attacker.
3. Select a goal it doesn't matter for the ball must complete a change of direction before they score.

Practitioner:
1. Make a 1v1 in favour of the attacker.

Coaching Points:
Attacker- What can you do to really trick the defender? Do a misdirection to get away from the defender.
What can you do with your first touch? Can you if forward when you want to go or you can use it to dribble to go one way, confuse the defender and then suddenly turn the opposite way.
Defender- What should you do once you've passed the ball to the attacker? Pressure them so they make a mistake, slow down as get close to the ball, watch the ball, your run to force attacker a certain way.



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