

# ***Alberta Soccer Association***

***Back to Play – Session Plan Guidance & Templates***

# ***Introduction***

These are the Alberta Soccer 'Return to Play' Technical Sample Sessions/Resources designed to support Alberta Soccer Members & Affiliated Clubs that are looking to deliver some modified soccer programming within the Alberta Soccer Return to Play Recommendations and Guidance. This program has been developed with the Alberta Government Relaunch Guidelines for Recreation in mind which can be found at:

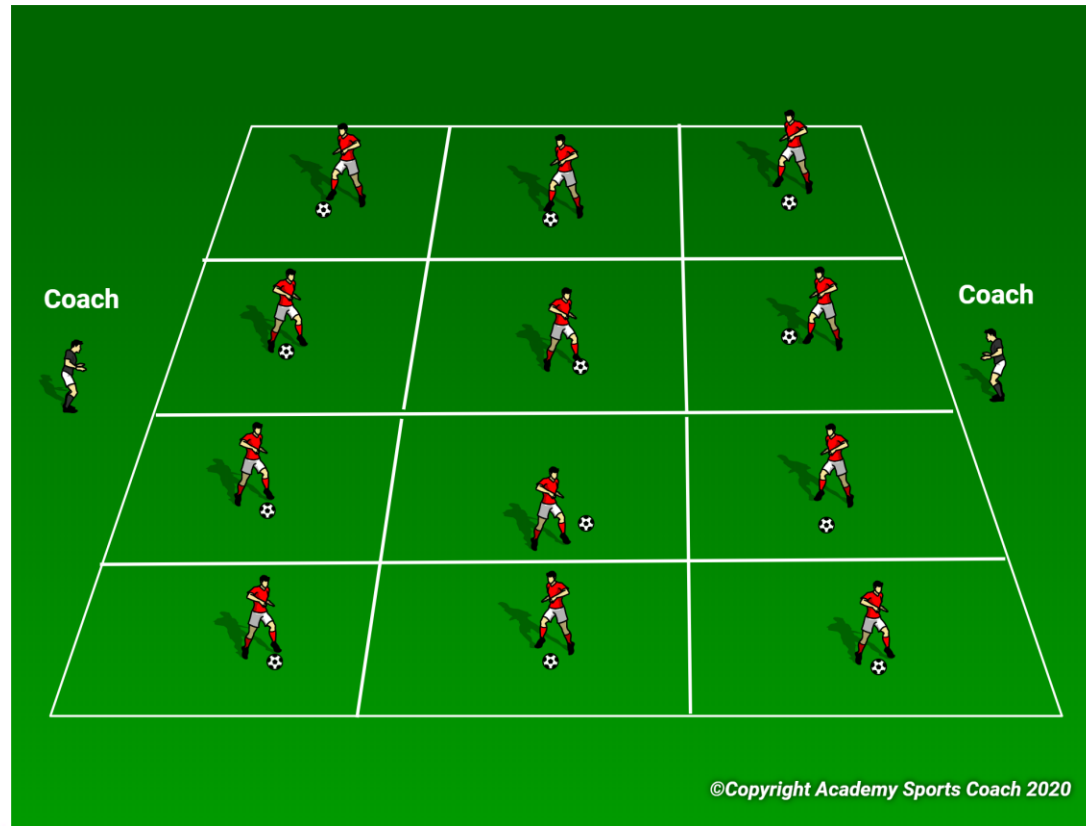
<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-outdoor-recreation.pdf>

Aim of this resource is to provide:

- Modified soccer experience which provides participants samples of sessions/activities that are conducted in a safe & enjoyable environment
- Sample sessions that have players working on controlling, juggling, and passing the ball either individually or with a partner, as well as 'games' developed to encourage teamwork in both defending and attacking situations.
- Resources which provide coaches activities & basic tips on managing players, equipment, time and space

Organizations may choose to utilize the resources included. However, all activity delivery MUST adhere to the distancing measures (2m) and health recommendations (frequent equipment cleaning), along with the gathering restrictions (max = 50 outdoor), issued by the Government of Alberta.

# Warm Up and Ball Control



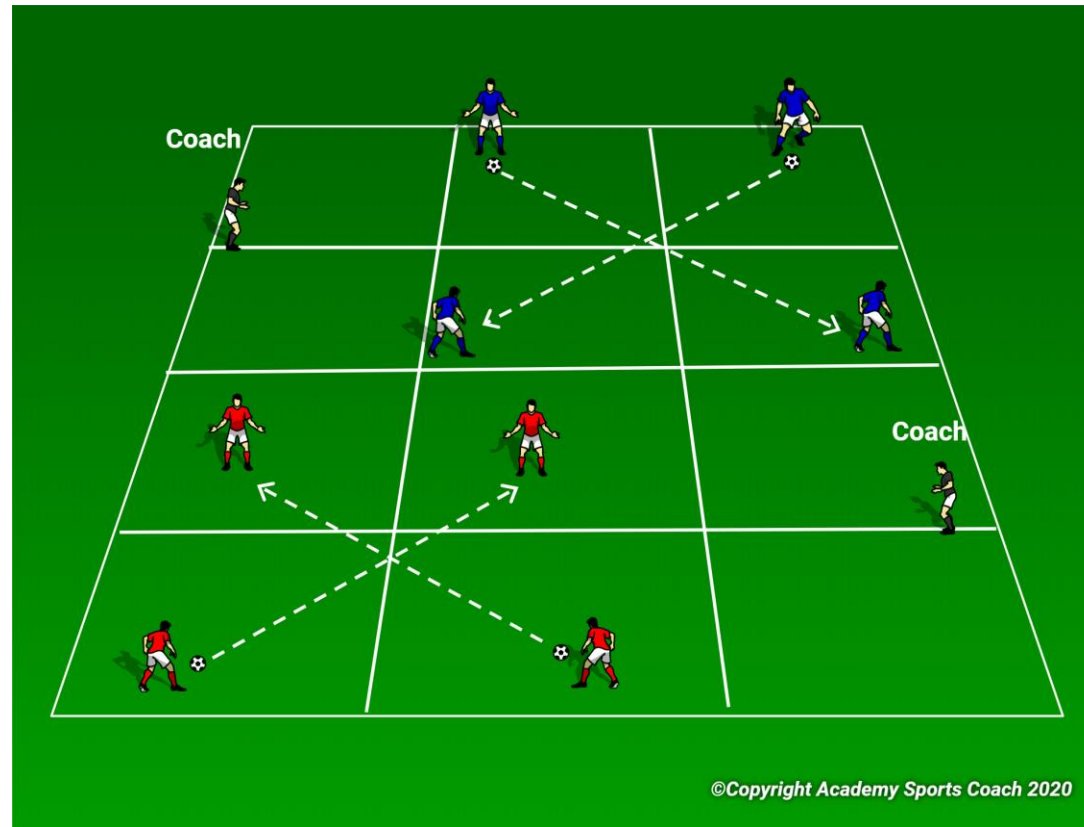
## Set Up

In their designated zone, players can use all parts of their foot, including the bottom, top, inside and outside as well as both feet. Players can take small touches of the ball in a variety of ways. This can be on the ground or juggling the ball in the air. Ensure players are not using their hands to pick the ball up.

## Tips for players

Give players a challenge or task, for example a move to perform or the number of times they can juggle the ball. Let the players demonstrate their best skill or trick. Increase the tempo to have the players ready for the next activity

# Ball Swap



## Set-Up

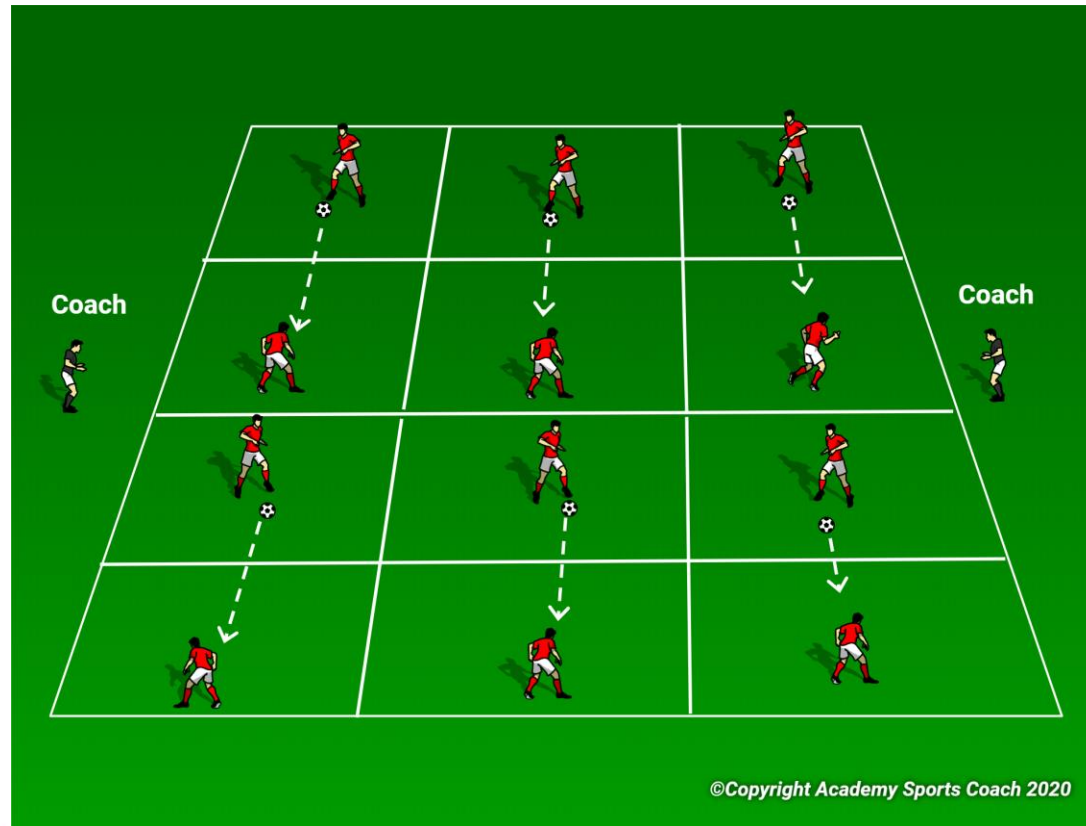
In their designated zone, each player has one ball and need to connect with a teammate by passing to each other and 'swapping balls'. Once they have completed one pass, players can find another teammate to swap balls with.

## Tips for the players

Encourage players to try different types and distances of passes.  
Encourage players to work together and communicate with each other.



# One and Two Touch Passing



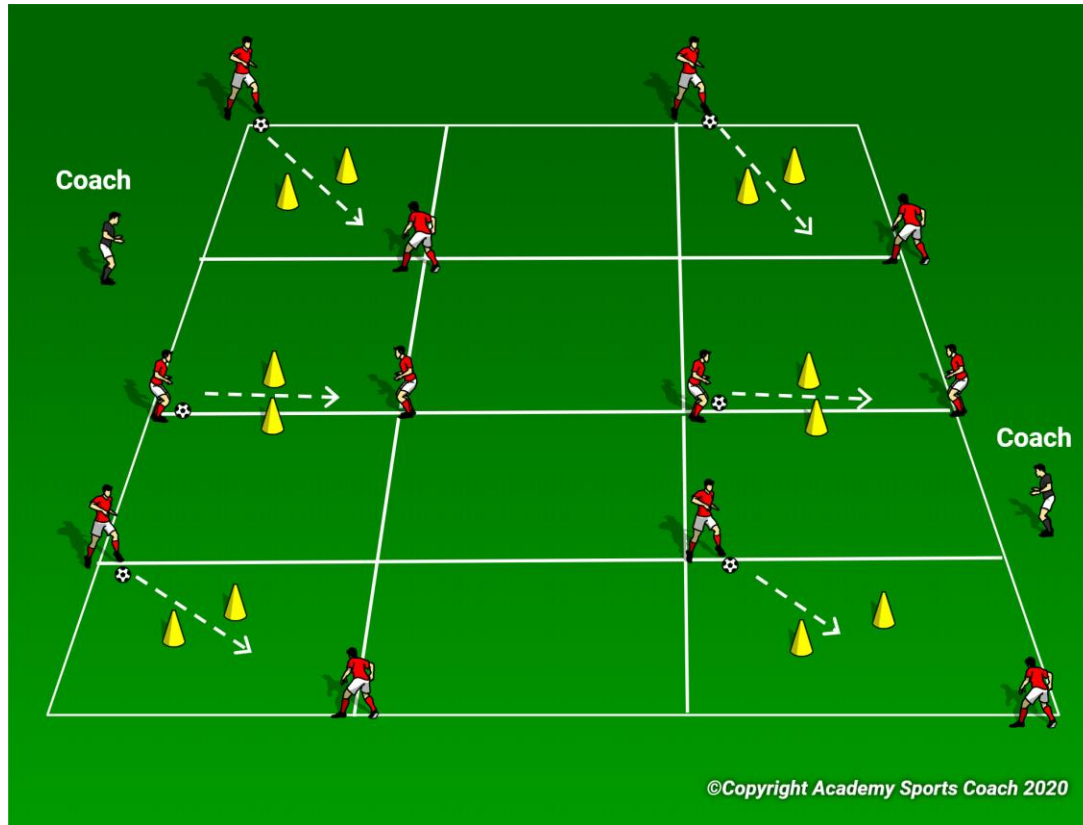
## Set-Up

In their designated zone, players can pass the ball to a teammate as shown. Encourage players use all parts of their foot as well as trying different passing techniques.

## Tips for the players

Give players a challenge or task in their team. For example, depending on their level, how many successful passes can they make together. Add cones for players to control the ball around or move to within their own zone prior to passing.

# Through the Gates



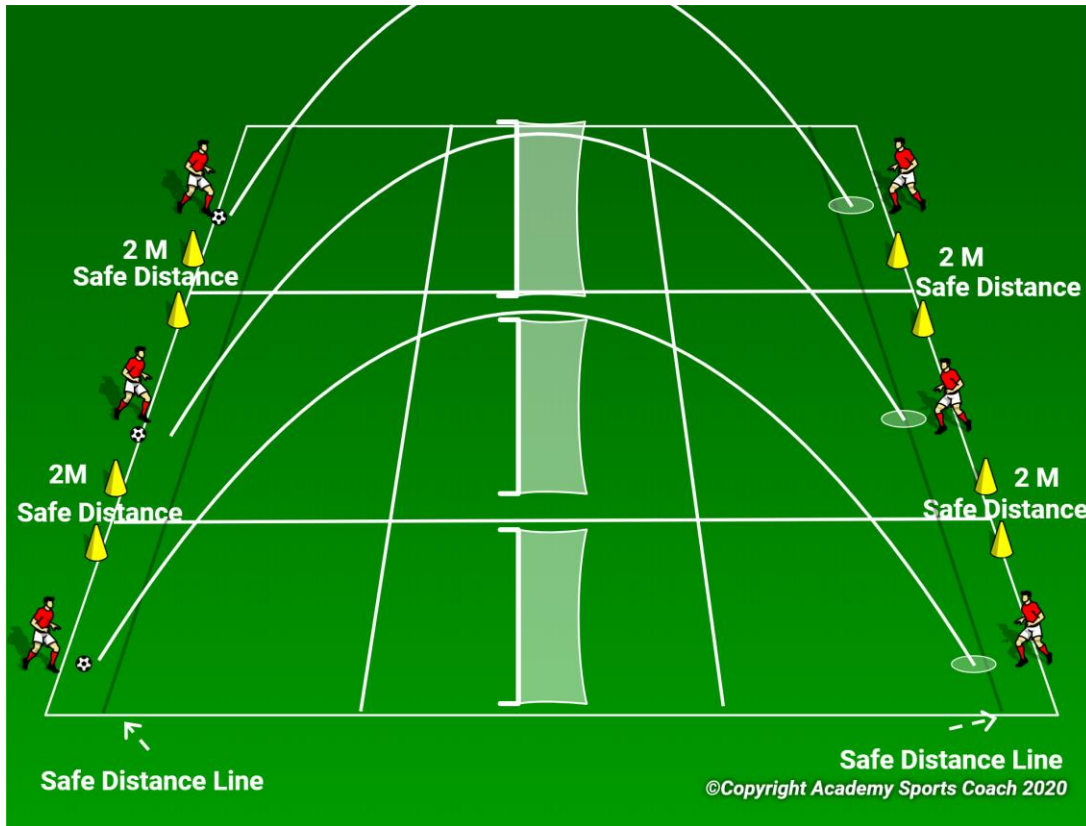
## Set-Up

In their designated zone, have the players stand a certain distance away from the coned gates. Players must pass the ball through the gates to score a point.

## Tips for the players

Give players a challenge or task, for example, keep score within a certain time and rotate the players to experience a different opponent. Vary the distance to the gates to make it harder or easier. Vary the size of the gates to make it harder or easier. Remove the gates and players must chip or loft the ball into their teammates zone.

# Soccer Tennis



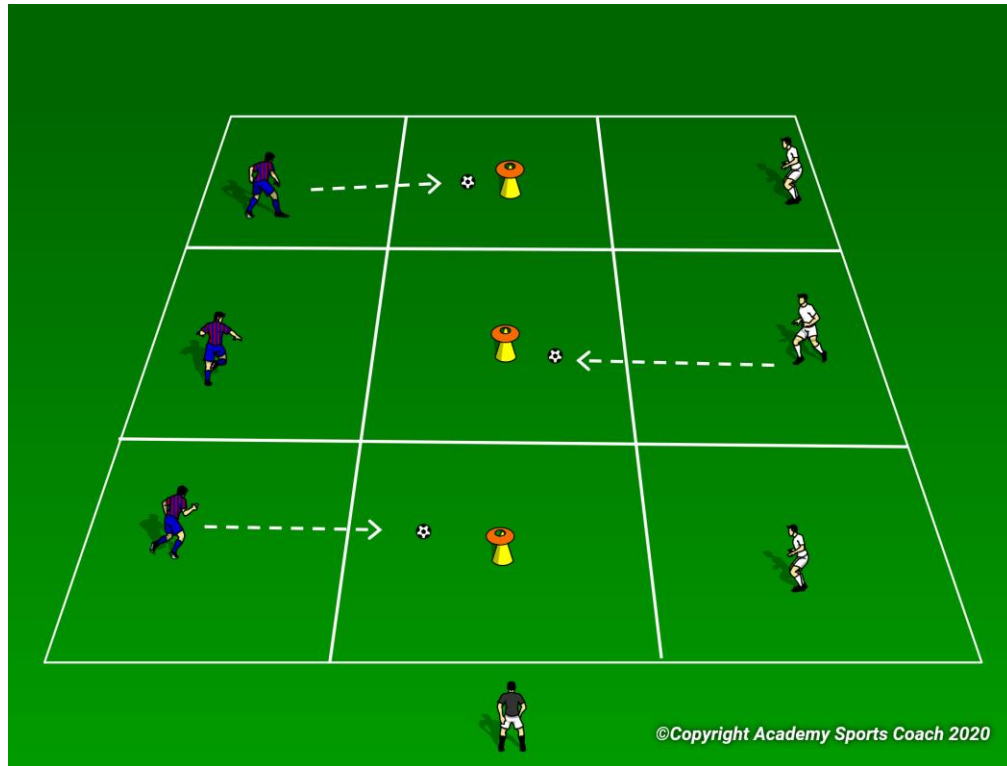
## Setup

In their designated zone, the players must play in two's and pass the ball to their teammate, keeping the ball in the air. Players can use a variety of ways to keep the ball in the air by using their feet, thigh and chest. Ensure players are not using their hands to pick the ball up.

## Tips for players

Give players a challenge or task, for example the players score a point if their teammate lets the ball bounce once or twice depending on the ability of the players. Keep score within a certain time and rotate the players to experience a different opponent.

# Coconut Shy



## Set-Up

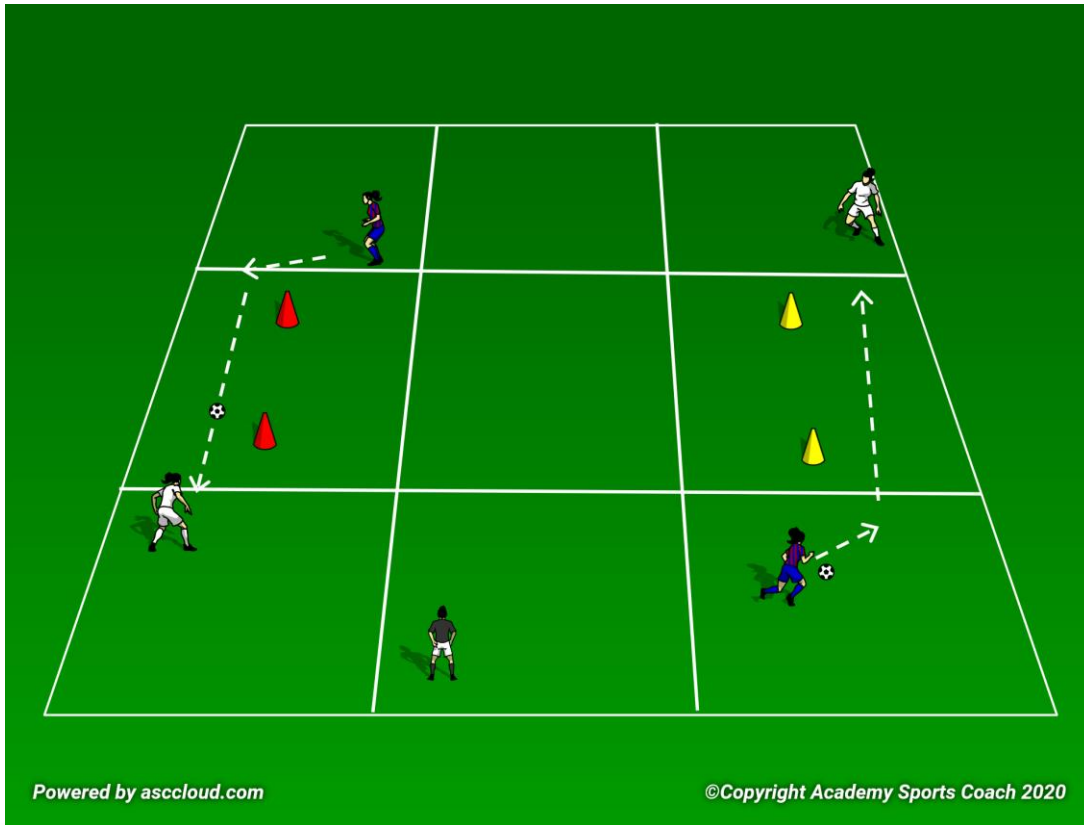
This activity is played in pairs, the objective is to strike the central cone with the ball three times before your opponent.

## Tips for the players

Change the distance and which foot is used to pass the ball. Players may also be rotated following each set of games, so the winner moves up one place and there is a rolling competition of winners.



# Tramlines



## Set-Up

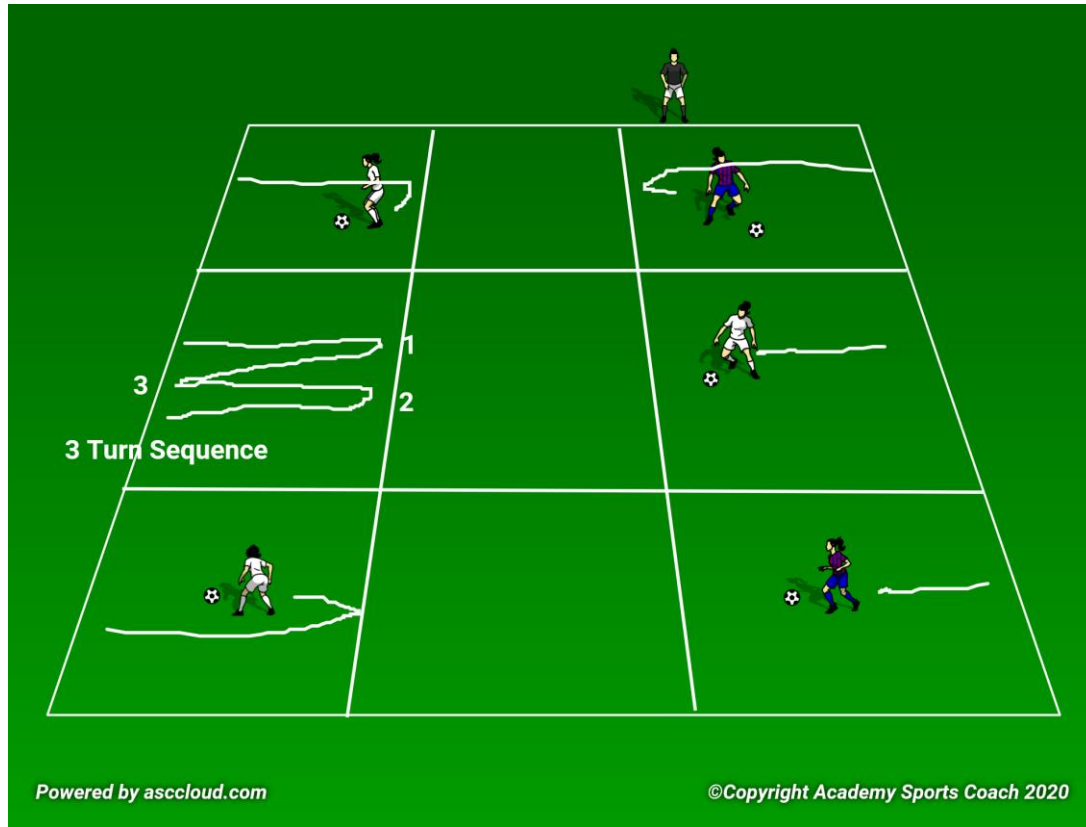
Players are instructed to pass the ball around and beyond the cones on two-touches, using just one foot. If they are moving in a direction to the right, then they should use just the right foot.

## Tips for the players

This activity will encourage players to open their hips and play the ball forward on the first touch.

Encourage alternate directions, and so development of both feet.

# Turns Challenge



## Set-Up

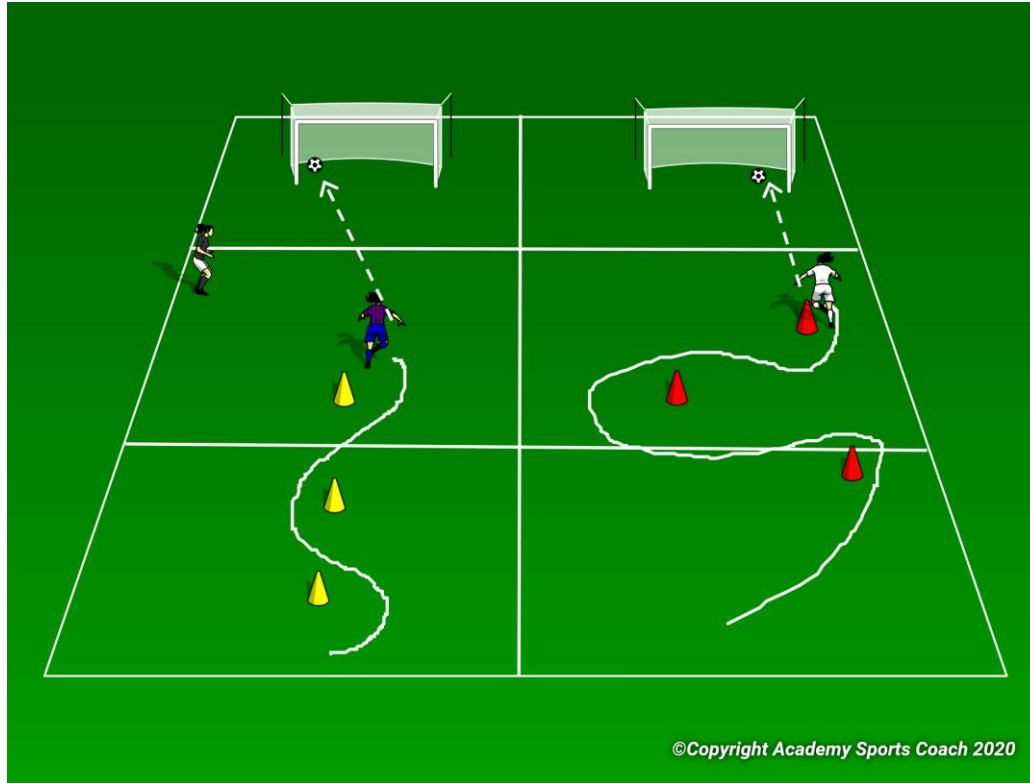
Each player should work within 5-yard grids and comply with social distancing requirements in the set up.

The players dribble out and across the grid to perform three turns before completing the sequence and returning to the start.

## Tips for the players

Encourage players to select one turn for each sequence and this should be practiced on just one foot at a time. Challenge the players to use both feet separately, to improve their times (less touches) and compete with other players. Turns that could be used include: step-over, Cruyff, Scissors, drag-back.

# Dribble n Shoot



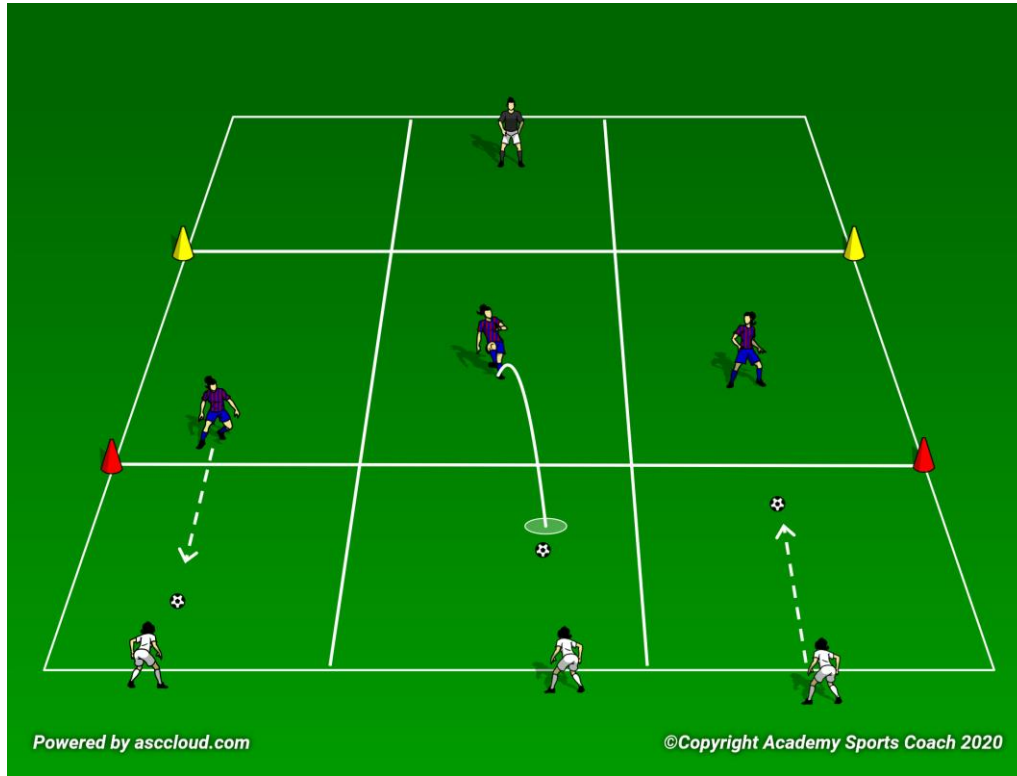
## Set-Up

Depending upon the space available, set up a series of dribbling slaloms for the player to race through before finishing with a strike on goal.

## Tips for the players

Encourage players to use different feet, different types of finish (inside/outside of foot). Also start with a physical challenge (somersault) before they commence the dribble.

# Three Lines Passing



## Set-Up

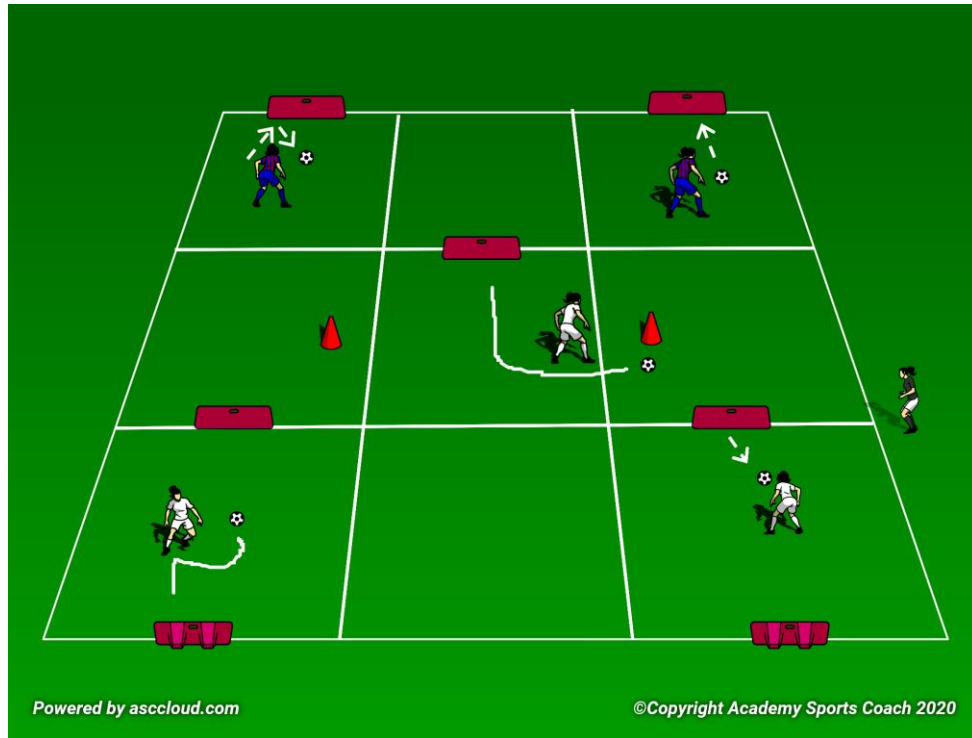
This is a pairs exercise that should respect Social Distancing. The players take turns being a server and receiver (1-minute transitions). The server plays the ball to the first (red cones) line for the receiver to return the pass. The receiver must then run to the back line (yellow cones), turn and upon returning to the first line, play a first time return pass to the server.

## Tips for the players

Encourage players to vary the service, for floor and aerial passes. Also encourage two touch for aerial passes.



# Wall Ball



## Set-Up

A staple activity for all soccer players. Using a wall or rebound wall, players play simple one touch passes, attempting to gain 100 consecutive passes (place a condition of using a specific foot or surface of the foot).

## Tips for the players

This diagram shows two variations on the wall ball theme. The left diagram shows the receiver controlling the ball with a 90 degree turn and travelling around a positioned cone before repeating the sequence. The right diagram requires a 180 degree turn and the ball is played onto one of two rebound walls.

# Juggling 4 Challenge



## Set-Up

This activity is called 4 Nations and is used to encourage ball manipulation on various parts of the body. Players should be encouraged to juggle on each part of the body separately.

1. Right Foot.
2. Left Knee
3. Right Knee.
4. Left Foot.

Then they should add these together and control the ball from the right foot through to the left foot sequentially.

## Tips for the players

Encourage gentle touches on the ball to keep it close to the body. If anyone makes it to the left foot, they should be encouraged to attempt the sequence in reverse, from left foot to the right foot, and continue

# Hit the Crossbar



## Set-Up

A simple activity to encourage players on lifting the ball off the floor. The game is to hit the crossbar three times before your opponent, from a set distance and with the ball starting on the floor.

## Tips for the players

If players are skilled, an additional challenge is to hit the crossbar and then both posts in sequence. So, once the bar has been hit, attempt to strike one of the posts, then the opposite one.

# Castles



## Set-Up

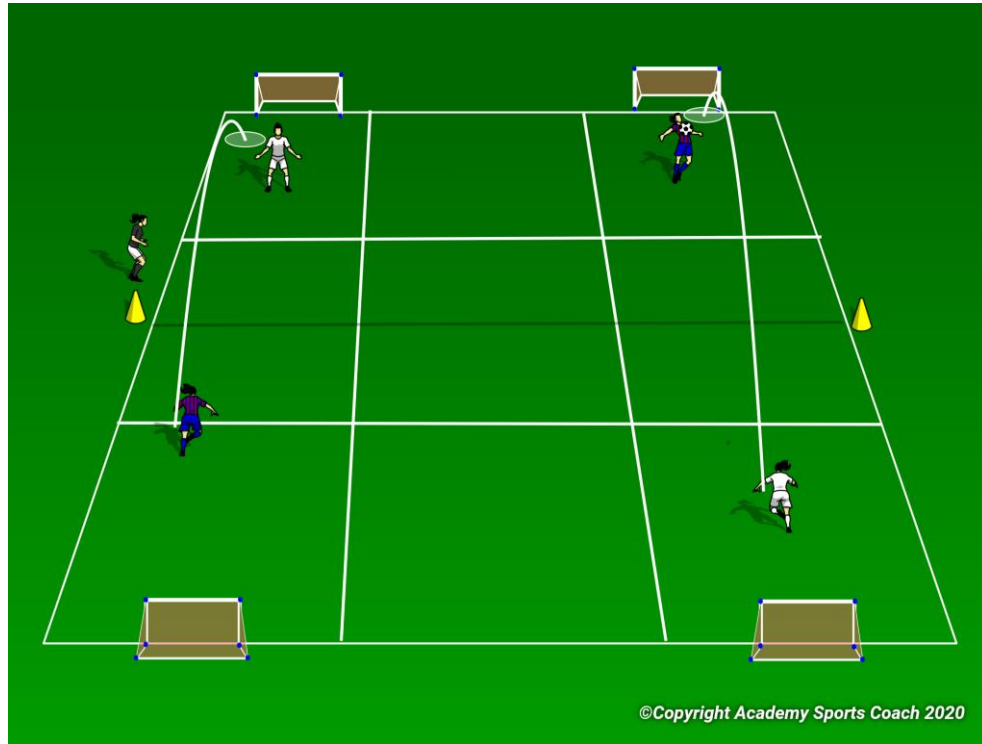
This activity combines running with the ball and passing. On the coach's command, the players run the ball across the field, as close as they wish to the passing line and then attempt to knock all three of the opponent's cones (castle) over. The defending player may stop the attempt with their legs, whilst also attacking their opponents castle. The players must then retrieve the balls and await the coach's instruction.

## Tips for the players

This is a game of risk and challenge, who strikes first and who defends best?



# Strike it Lucky



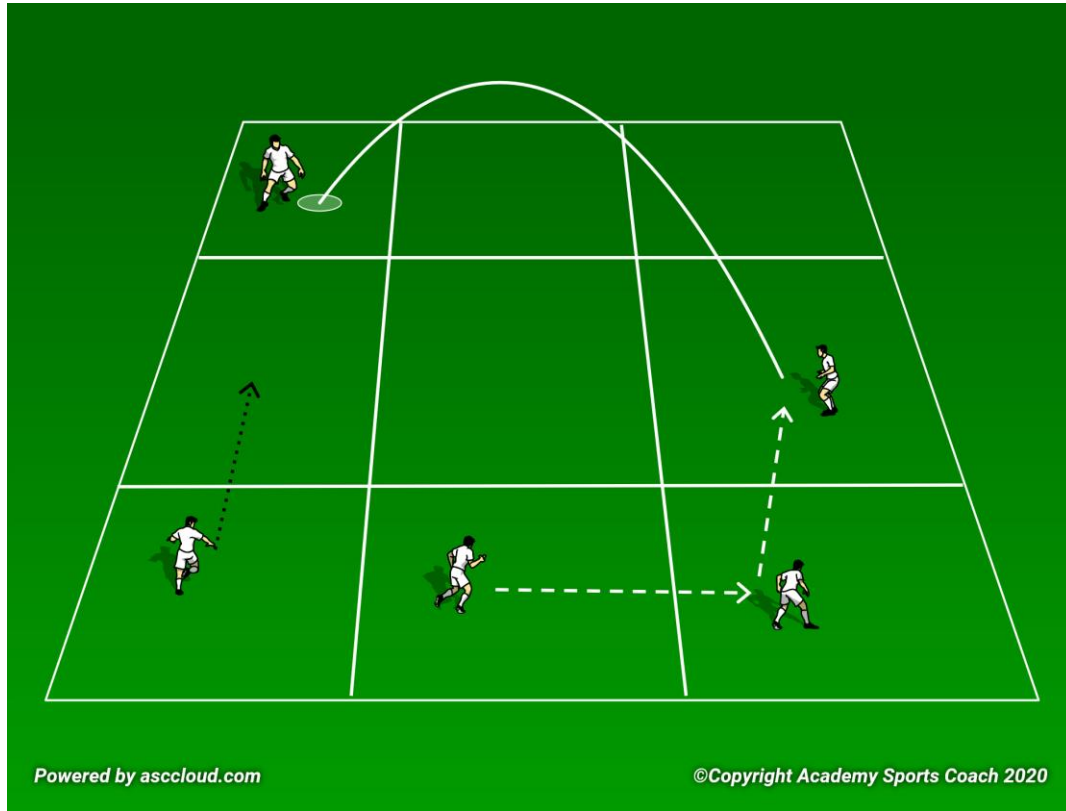
## Set-Up

Strike it lucky combines ball control and striking techniques within one activity. The players are confined to their side of the field and attempt to score in their opponents' goal. The defending player is not permitted to use their hands or arms to save an attempt on their goal.

## Tips for the players

Conditions such as which foot to shoot with and limiting the number of touches before a shot is taken may also challenge the players.

# Two Short One Long



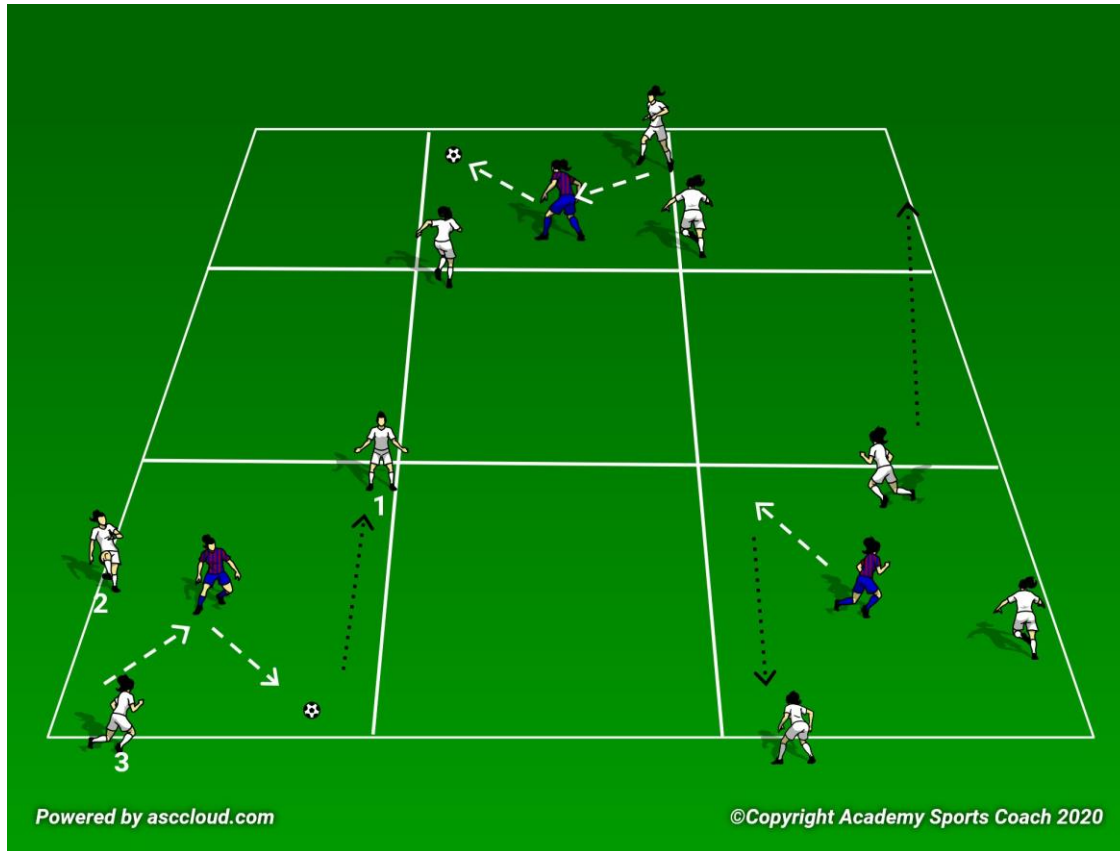
## Set-Up

This activity takes place in 9 x 10 yard grids, with 5 players. The players are restricted to one grid each and may move around the grids, but not enter one another player is in. The players must coordinate their passing sequence to play 2 short passes and 1 long pass.

## Tips for the players

Conditions such as two touch or one touch passes to encourage opening hips and playing, supporting quick play.

# Give n Go Square



## Set-Up

This activity should take place in 12 yard grids to reflect social distancing guidelines.

There is a central player and three rotating outside players. The players should follow the passing sequence as illustrated in the bottom left diagram. Player 3 has performed a give and go and then plays the ball to waiting player 1, who then performs a give and go and moves into the free corner, before playing to player 2 who had rotated to the next available corner.

## Tips for the players

Once the players have mastered the sequencing, encourage them to play off one touch. Also rotate the direction of the sequence to encourage the use of both feet.