

June 15 – Soccer Drill

Hello UofT Students!

We are very happy to finally have you back on campus participating in our drop-in sessions. Just a reminder, due to COVID-19 protocols students must remain 3m or 10ft apart during these drop-in sessions and are encouraged to sanitize your hands often.

Due to phase 1 re-opening plans restrictions Sport & Rec is pleased to offer these drop-in drill sessions. During these sessions different pre-made drills will be provided for participants each day (not each session). No game play or free play is allowed under phase 1 re-opening plans. Thank you for your cooperation during this time.

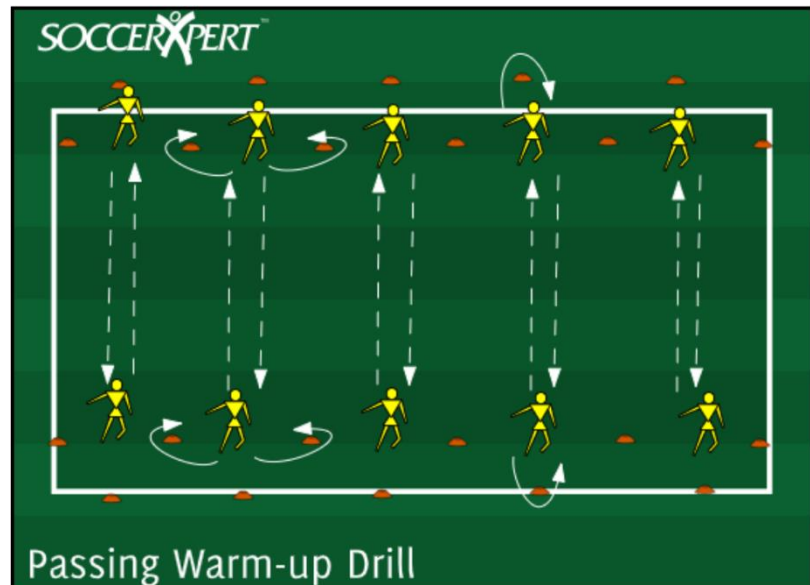
Warm up:

- Run 1-2 lap around the field
- Ankle and knee rotations - 6 each
- Fire hydrants - 4 each direction/leg
- Squats + bottom half squats - 8 full reps, 8 bottom half squats
- Arm circles - 15 circles each arm
- Walking lunges with twist stretch - To one cone and back
- Quad stretch - To one cone and back
- Walking heel touch - To one cone and back
- Frankenstein/ reverse lunge walk - To one cone and back
- Sumo stretch - To one cone and back

Drill 1: PASSING WARM-UP DRILL

Execution: in this warmup drill, run through a few of these variations for 3-4 minutes each

1. Players start with two-touch passes to one another. Players should be on the balls of their feet and moving.
 - Two touch – receive ball with one foot and make the pass with the other
2. Players play in two-touches, immediately after making a pass, the passer alternates moving around the cones to their right and left.
3. Players play in two-touches; immediately after making a pass, the passer touches their chest to the ground and quickly returns to their feet to receive the next pass.
4. Players play in two-touches; immediately after making a pass, the passer turns and runs around the cone behind them and check-in to the middle of the cones to receive the next pass.
5. Players play in two-touches; immediately after making a pass, the passer touches their butts to the ground and quickly returns to their feet to receive the next pass.



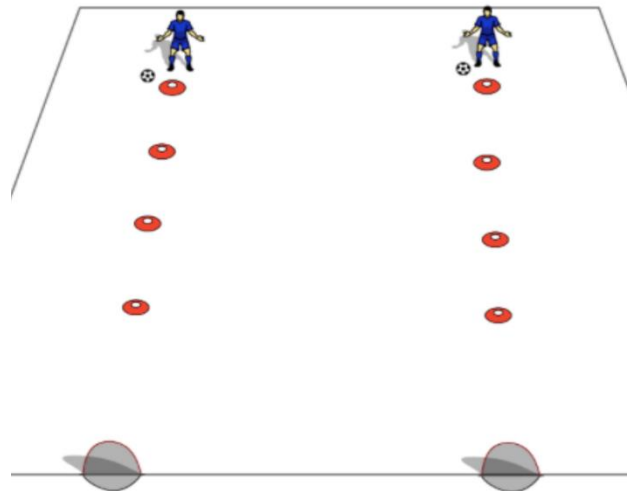
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6. Players play in two-touches; immediately after making a pass, the passer moves backward to the cone and checks-in to the middle of the cones to receive the next pass.
7. Players play in one-touch passes
8. Can add a dribble around cones if wanted

Drill 2: RELAY

Execution:

1. Participants form 2 lines behind the cones, staying 3m apart
2. Simple relay dribbling around cones but participants can attempt the following variations
 - a. Both feet
 - b. One foot only
3. Shoot a goal at the end of the relay



Drill 3: Diamond shooting Drill



Execution:

1. Player 1 starts with the ball and passes to player 2. Player 1 follows the pass and moves to player 2's place, keeping 3m of distance at all times.
2. Player 2 passes to player 3 and again follows the ball to their new position.
3. Player 3 passes to player 4 and takes 4's place.
4. Player 4 receives the ball and tries to score.
5. If player 4 doesn't score player 4 becomes the keeper. If player 4 scores, keeper remains.