

# June 16 – 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.

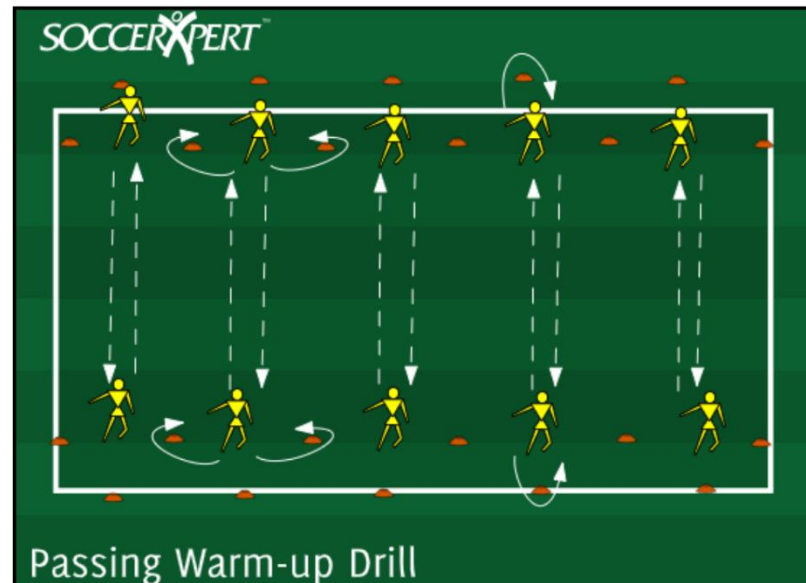
## Warm up:

- 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.



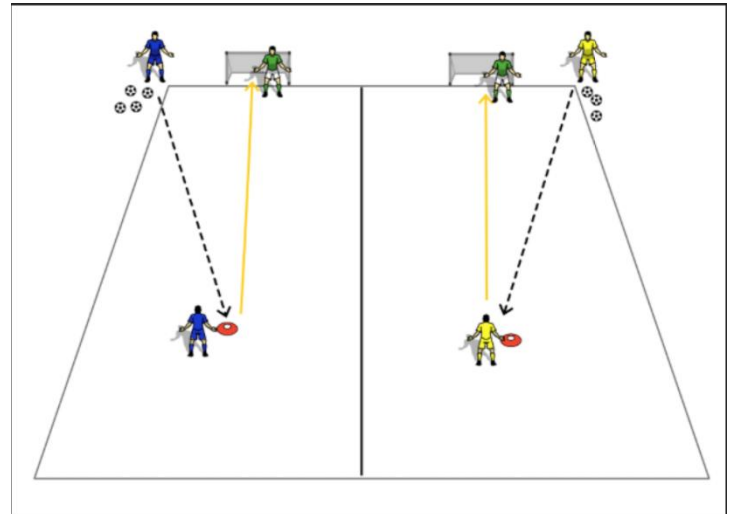
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6. Players play in two-touches; immediately after making a pass, the passer moves backward to the cone and checks-in to the middle of the cones to receive the next pass.
7. Players play in one-touch passes
8. Can add a dribble around cones if wanted

## **Drill 2: SHOOTING CHALLENGE**

Execution:

1. One player is the passer, one player will receive the pass who then shoots on the goalkeeper
2. Passer should start from one side of the goal for 2-3 minutes, then move to the other side to allow the shooting participant to accept passes from each side
3. After 5-6 minutes players rotate positions, allowing everyone to try passing, shooting and goal keeping



## **Drill 3: CIRCLE RONDO SOCCER DRILL**

**Important notice:** those inside the circle may not approach the players stationed around the exterior – 3m of distance must be maintained at all times

Execution:

4. The players outside the circle start with a pass to any of the players on the outside of the circle.
5. The players inside the circle move around to cut off passing lanes and win possession of the ball.
6. If possession is lost, whether to a defensive player, a bad pass, or a bad touch, the player making the mistake switches roles with one of the internal circle players.

.\*OPTIONAL\* Drill variations:

- Limit the players inside the circle to 1 to make it easier for passing players
- Limit outside players touches to 1-touch of the ball

