

June 18 – 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.

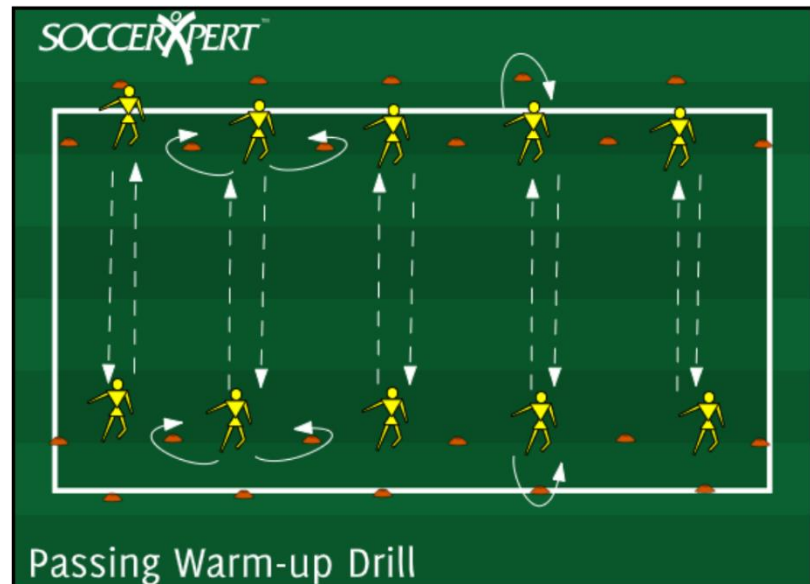
Warm up:

- 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.



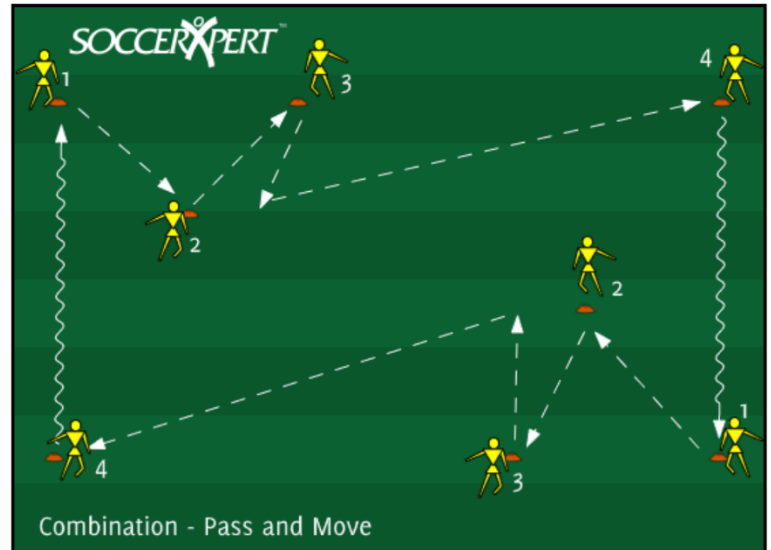
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5. Players play in two-touches; immediately after making a pass, the passer touches their butts to the ground and quickly returns to their feet to receive the next pass.
6. Players play in two-touches; immediately after making a pass, the passer moves 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: COMBINATION - PASS AND MOVE

Execution:

1. Players will be set up at cones around the field. There will be one ball that moves throughout the players and players will follow the ball to the next position in line
2. Flow:
 1. Player 1 passes to Player 2 and moves to Cone 2.
 2. Player 2 passes to Player 3.
 3. Player 3 passes back to Player 2 and runs forward, Player 2 passes the ball back to them as they move and runs to Cone 3.
 4. Player 3 passes to Player 4 and runs to Cone 4.
 5. Player 4 dribbles with speed to the other Player 1's cone.
3. The drill repeats



OPTIONAL Drill variation

- Switch directions of the play to work on different angles and passes.
- Same as above, except shoot a long ball to player 1 instead of dribbling

Drill 3: RUNNING AND SHOOTING

Execution:

1. Players line up behind a cone, keeping 3m of distance
2. Players take turns dribbling the ball until they get to a second set of cones, then shoot into one of the two small goals, the defender tries to block the goal (make sure the distance of the nets is close together to give the defender a chance)
3. Each player in line gets a shot on the goals, when the first player returns to the front of the line they will take the defending position

