
RETURN TO COACHING

SESSION IDEAS FOR SOCIAL DISTANCING REGULATIONS

Designs by
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RETURN TO
COACHING

SESSION IDEAS

FOR SOCIAL

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DISTANCING

REGULATIONS

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First of all, well done.

Genuinely, seriously, well done.

You have kept your head in difficult times and made it this far. It has not been easy for anyone, to say 2020 has been testing is understatement of the highest order.

As of June 2020 we have reached a point where football is returning and children are able to participate in sessions. In a few countries they have deemed it fit to return to full contact at this point, but those are very few. The majority are operating under strict guidelines that involve small numbers and maintain social distancing.

Many coaches will be wracking their brains to think of ways in which to make sessions with young players engaging, interesting, of value and safe. This booklet offers a number of ideas that we hope will be of help to you, if not in their current form then as a jumping off point for new ideas.

The rules are different from country to country, so please keep that in mind with regard to what follows, you may need to make small adjustments based on those rules.

Stay safe.

Peter Prickett

Session: Ball Mastery Activation

Principles in Focus: Improvisation (Technical Skills & Technique), Personal Mobility

20 mins

Organisation:



DESCRIPTION:

- A 20x15 space with three lanes marked out and a pole at the end of the channel
- Players in groups of two/three per channel
- A ball placed between each marker

START:

- REPETITION: On a coach's call, the first player in each channel moves up to the first ball starting the nominated ball mastery move. On the signal, players move forward to the next ball, and the second player steps forward to do the same move. At the end of the channel, players run around the pole and back to the start.
- GROUPING: Each station has a different ball mastery move
- COMPETITION: Relay race between teams - players do a set ball mastery move 10 times at each station before they can move forward. First team to finish and get back to the start, wins!

Ball Mastery moves (suggested):

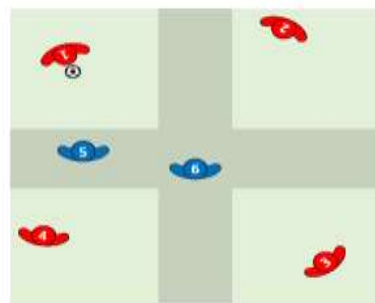
- Sole taps
- Lateral toe taps
- Sticky tape (sole rolls from little toe to big toe on one foot)
- Pull push (laces)
- Pull push (inside of foot)
- Pull push (outside of foot)
- Sole rolls across your body
- V Turns
- L Turns

Session: 4v2 Rondo

Principles in Focus: Width, Support (Attacking) - Delay, Dictate, Restraint (Defending)

15 mins

Organisation:



DESCRIPTION:

- 4v2 Rondo in a 10x10 space
- Central cross channel for defenders to operate in

START:

- Four attacking players in their zones look to combine with their teammates to keep possession whilst two central defending players look to try and win an intercept.
- 1 point = Attacking team can string 8 passes together
- 1 point = Defending team can win an intercept and dribble forward to get out of their central cross channel zone within 4 seconds

PROGRESSIONS:

- Defenders stay in the middle for a time limit (30sec/45sec work)
- Attacking player who loses possession (and their teammate on the left) go into the central cross channel to become the defenders.

HINTS/CUES:

ATTACKING

- Width - Use the space available to your advantage - when do you want to make the field bigger and when do you want to draw players in?
- Support - Passing positions left/right/centre(far), and supporting communication

DEFENDING

- Delay - Can you as a defender force your opponent to slow down their game play? Applying pressure - get there quickly, arrive slowly, body shape in surfboard stance.
- Dictate - Can you as a defender force your opponent to play where you want them to go? Can you force them to play predictable football and then win an intercept?
- Restraint - Can you as a defender look to stay calm and patient out of possession and then steal the ball and launch an attack going forward?

Patents apply: Reg. US Pat. | Reg. EU Community Designs | www.gamechangers.coach/patents

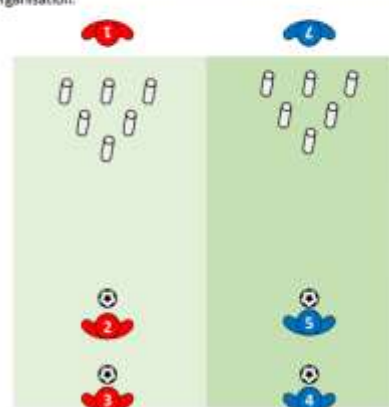
Sessions by Coach Pete Nowokowski

Session: Soccer Bowling

Principles in Focus: Penetration

10 mins

Organisation:



DESCRIPTION:

- Divide the group into two teams
- Either larger markers to knock over or six footballs on cones per team replicating bowling pins
- One player behind the cones as "The Collector"

START:

- Players strike the ball attempting to knock over as many "bowling pins".
- Once the strike has been taken, the collector passes the ball back to their teammates for the next player's attempt.
- The team to knock over all the bowling pins the quickest wins.

PROGRESSION:

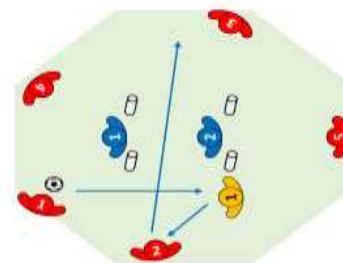
- Set a time limit or a leaderboard - "Can you knock the pins over quicker than your last time?"
- If too hard, move the starting position forward
- If too easy, move the starting position back
- Players could be to do a ball mastery skill before striking the ball forward
- Players could start with a dribble forward before striking the ball (striking on the run)
- Challenge: Can you knock over the pins using different parts of your foot - laces, inside of foot, outside of foot, toes, sole, heel?

Session: 5v2 + 1 Rondo with Goals

Principles in Focus: Personal Mobility, Penetration, Support

20 mins

Organisation:



DESCRIPTION:

- 5 attackers / 2 defenders / 1 jolly
- 4 poles or markers in the middle of the space

START:

- 5 attackers + 1 jolly look to combine and when possible, play a penetrating pass through the central goals.
- 1 point = beating the first defender and getting past the first set of posts
- 3 points = beating both the first and defender defenders and playing a penetrating pass through both gates

PROGRESSIONS:

- Points only count if the ball stays on the ground going through the middle
- Jolly only has to play one touch football
- All players play one touch football
- If the defenders win possession, they have to dribble outside the area within 5seconds to score a point (attacking players can block their path)

HINTS / CUES:

- Personal Mobility - movement with (first touch & prepare to pass) and without the ball
- Supporting positions - passing options left - right - centre (under pass & penetrating passing options)
- Recognising the time to play penetrating passes - risk vs reward

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Sessions by Coach Pete Nowokowski



INNOVATIVE COACHING AIDS

Pete Nowokowski

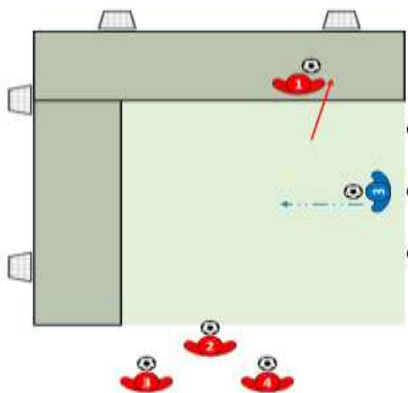
@petenowakowski

Session: Shooting on the Run

Principles in Focus: Personal Mobility, Penetrating Runs & Penetrating Shots on Goal

20 mins

Organisation:



DESCRIPTION:

- A 25x25 grid with markers setting out a "Goal Scoring Zone (GSZ)" (3 yards from the end line)
- Two goals for each group to score.

START:

- Red1 dribbles the ball quickly into the goal scoring zone and attempts to score in either goal.
- As soon as Red1 enters the GSZ, Blue3 can dribbling forward quickly - Challenge is can Blue3 attempt to score before Red1 can score in a goal and then run around the goal that Blue3 is heading towards.
- Play continues with players from either team trying to score before their opponent can run around the goal.

PROGRESSIONS:

- Make the GSZ larger
- Make the GSZ smaller
- Change the direction of the field to have goals facing each other at either end

HINTS / CUES:

- Personal Mobility - ran faster with or without the ball? Keeping the ball under control at speed.
- Penetrating Runs - direction of explosive action & option of 1v1
- Penetrating Shots on Goal - players take their shots on goal quickly and then get ready for the defensive phase of play quickly

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Sessions by Coach Pete Nowakowski

Session: Crossing and Finishing Pattern

Principles in Focus: Width, Improvisation, Mobility, Penetration, Support

15 mins

Organisation:



DESCRIPTION:

- Crossing and finishing exercise requiring players to rotate roles as a midfielder player, a striker, a winger + a goalkeeper.

START:

- Passers open the game from a central position with a bounce (one-two) pass to the striker. The midfielder then plays a diagonal pass to a winger. The winger dribbles with pace and plays in a cross to a striker who arrives in the box and tries to score past the keeper.
- Players follow their pass (Midfielders -> Stiker / Strikers -> Wingers / Wingers -> Back to start as Midfielder)

PROGRESSIONS:

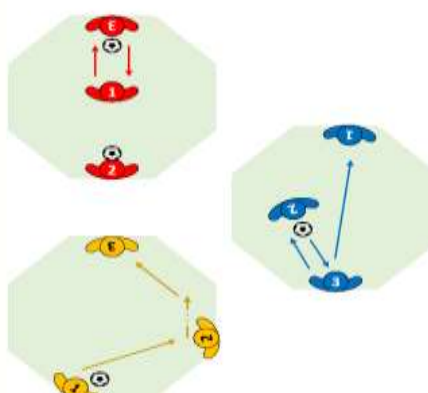
- Players follow their pass (Midfielders -> Stiker / Strikers -> Wingers / Wingers -> Back to start as Midfielder)
- Vary the types of crosses coming in - early crosses (in front of striker), on-time cross (lateral pass), late cross (by-line cut back)

Session: Passing Practice in Groups of 3

Principles in Focus: Penetration, Support

10 mins

Organisation:



DESCRIPTION:

- Divide the group into groups of three
- Mark out a 15x15 space (could be an octagon as shown, or a diamond shaped space)
- At least two footballs per group
- Go time: Depending on age group - 30sec/45sec/60sec

START (Pattern 1 - Red):

- Bounce pass (one-two return pass) from player in the middle to their outside partner
- Realism - If you can't play forward, can you play backwards and then try to get the ball again to go forward?

START (Pattern 2 - Blue):

- Bounce pass (one-two return pass) and then a long penetrating pass. Repeat with opposite partner.
- Realism - If you can't play forward, can you play backwards and look to find the furthest passing option to get forward?

START (Pattern 3 - Yellow):

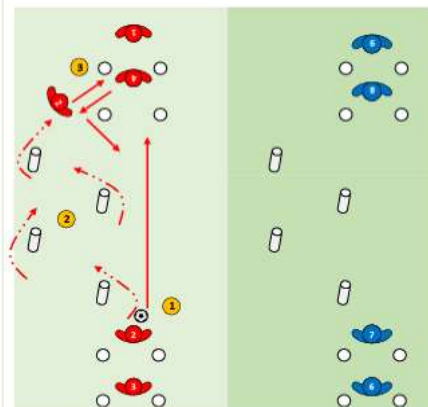
- Using as much space as possible, can the central player receive a pass, open up their body and look to play forward quickly?
- Realism - Can you look to create supporting angles to pass around spaces? And, can you be in a position where you see as much of the space as possible?

Session: Relay - Running with and without the ball

Principles in Focus: Mobility, Penetration

10 mins

Organisation:



DESCRIPTION:

- Weighted passing and personal mobility
- Two zones marked out 15-20 yards apart + 4 agility poles for personal mobility activations

START:

- A pass is played from one zone with the intention of it staying exactly inside the zone on the opposite side. The player then zig zags through the agility pole, plays a bounce pass with a teammate and then sprints back to the start.
- The same pattern is followed between the two groups - Challenge: Can your team go through all players before your opposition can?

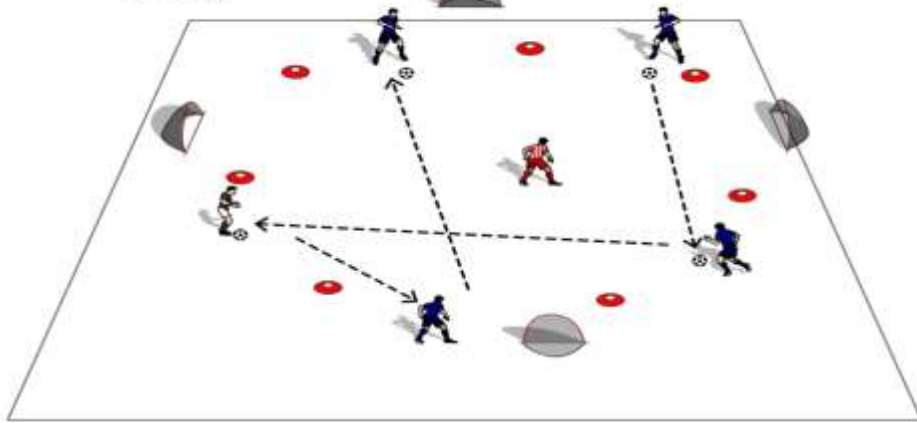
PROGRESSIONS:

- Make the space smaller for shorter/explosive actions
- Make the space bigger for longer/endurance actions

HINTS/CUES:

- Penetration - Weight of passes
- Mobility - Speed of actions

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SD IDEAS**

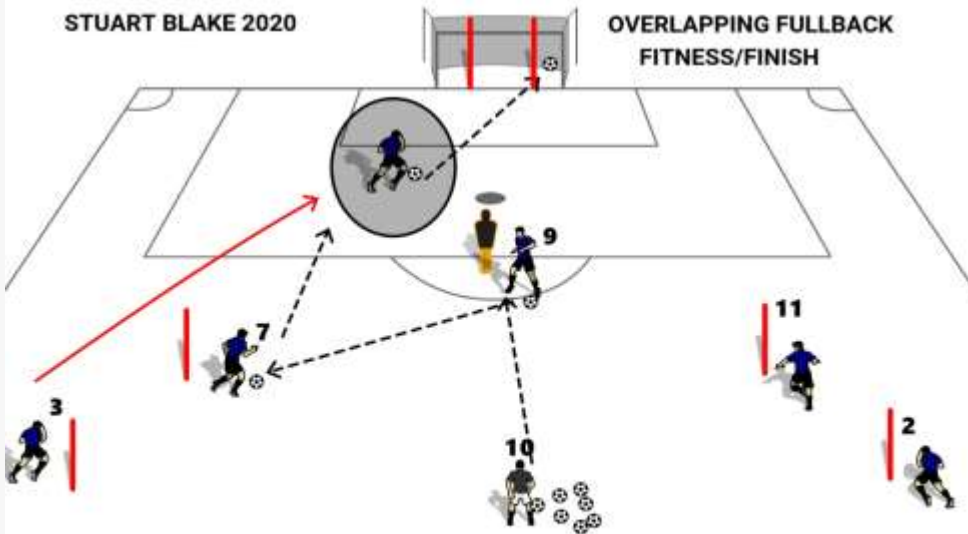


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BALL MASTERY IN THE CIRCLE/KEEP UPS?

1. PLAYERS ON THE OUTSIDE ALL HAVE A BALL. MIDDLE PLAYER TAKES A PASS AND PLAYS BACK?
2. AS ABOVE. MIDDLE PLAYER SWAPS WITH OUTSIDE PLAYER?
3. RONDO. MIDDLE PLAYER HAS TO "NICK" THE BALL (ADD AN EXTRA PLAYER)
4. MIDDLE PLAYER PLAYS INTO 4 GOALS/CONES

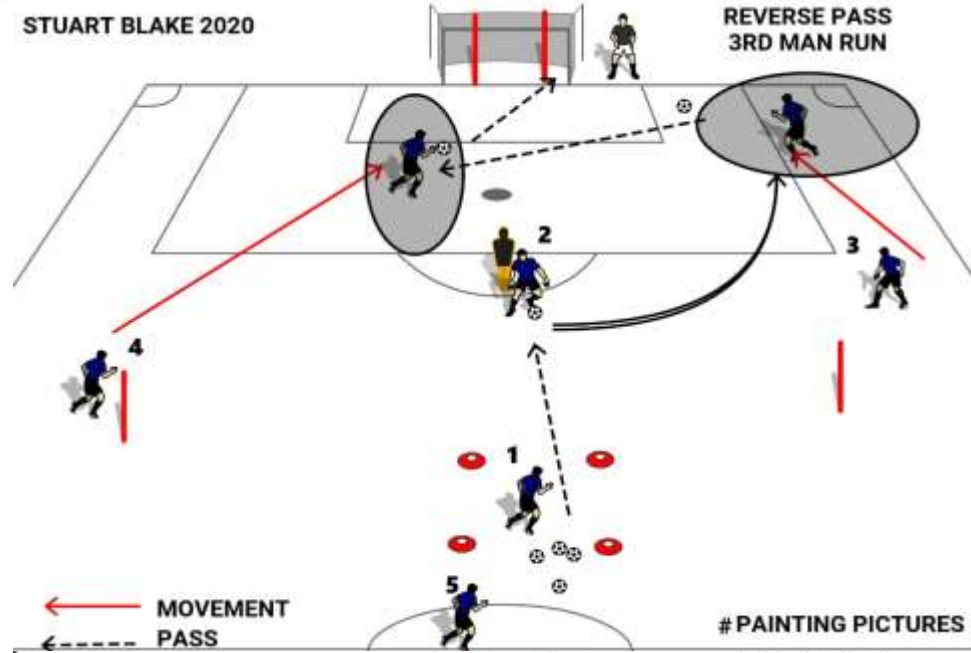
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**OVERLAPPING FULLBACK
FITNESS/FINISH**

I HAVE ADDED SUGGESTED POSITIONAL NUMBERS BUT ITS GENERALLY A PATTERN PLAY TO PAINT A PICTURE - WILL HELP FITNESS AND FINISHING ROTATE PLAYERS

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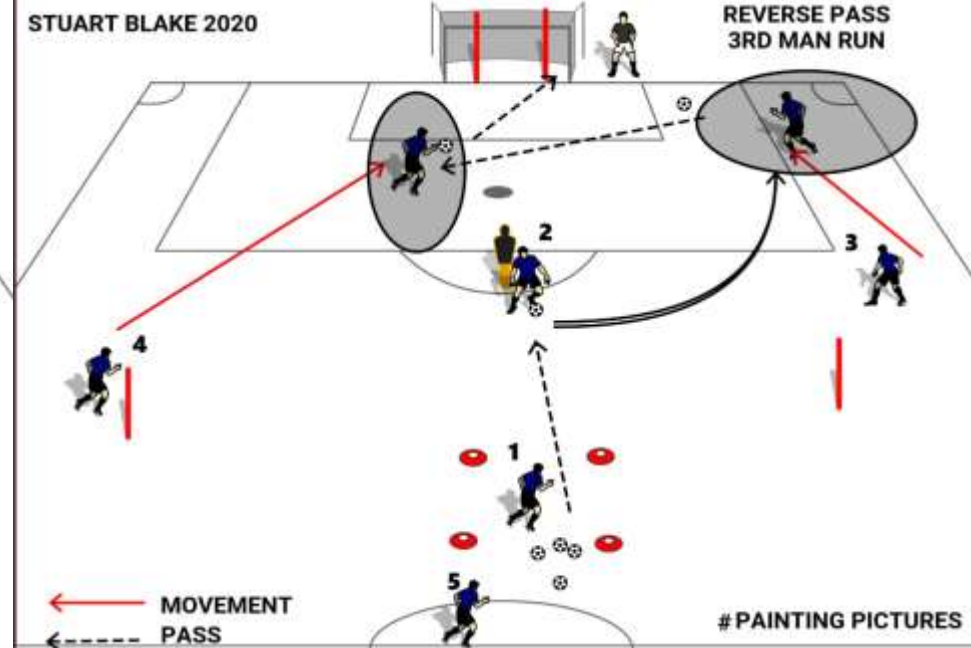


**REVERSE PASS
3RD MAN RUN**

← MOVEMENT
- - - PASS

PAINTING PICTURES

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**REVERSE PASS
3RD MAN RUN**

← MOVEMENT
- - - PASS

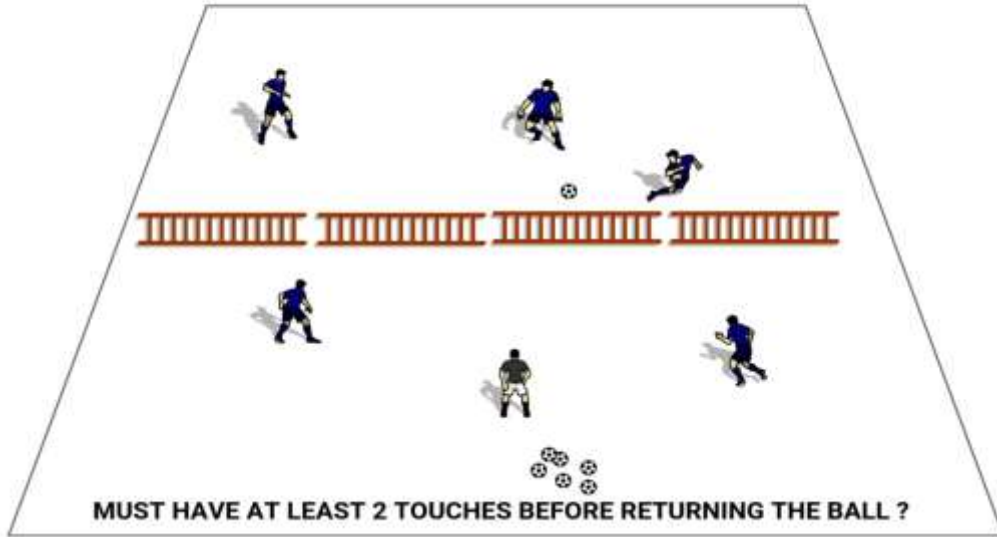
PAINTING PICTURES

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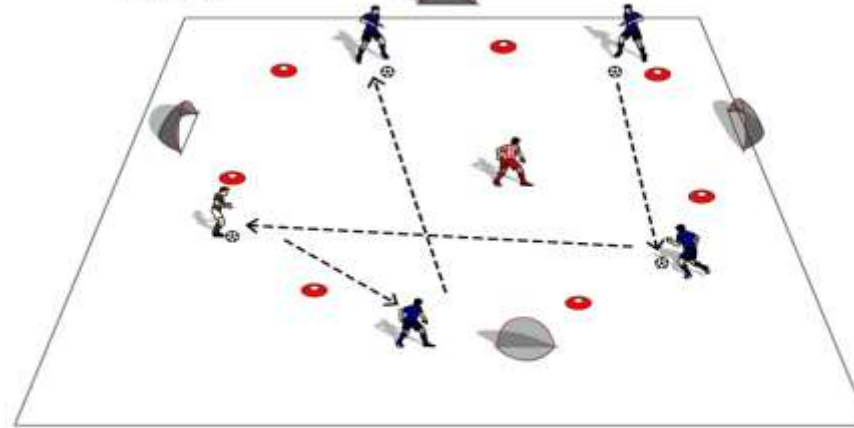
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HEAD TENNIS



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**ONE SET UP-5 PLAYERS
6 ACTIVITIES**



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- BALL MASTERY IN THE CIRCLE/KEEP UPS?**
1. PLAYERS ON THE OUTSIDE ALL HAVE A BALL, MIDDLE PLAYER TAKES A PASS AND PLAYS BACK ?
 2. AS ABOVE MIDDLE PLAYER SWAPS WITH OUTSIDE PLAYER?
 3. RONDO MIDDLE PLAYER HAS TO "NICK" THE BALL (ADD AN EXTRA PLAYER)
 4. MIDDLE PLAYER PLAYS INTO 4 GOALS? CONES

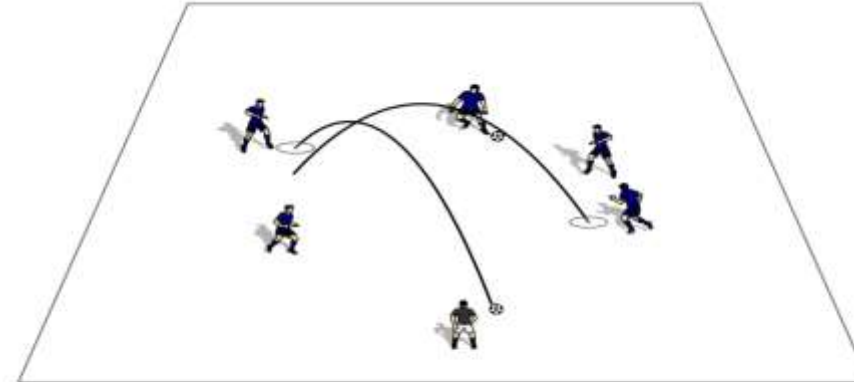
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HEAD TENNIS IN 2,S



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**IF YOU CANT CONTROL AND YOU
CANT PASS YOU CANT PLAY!**

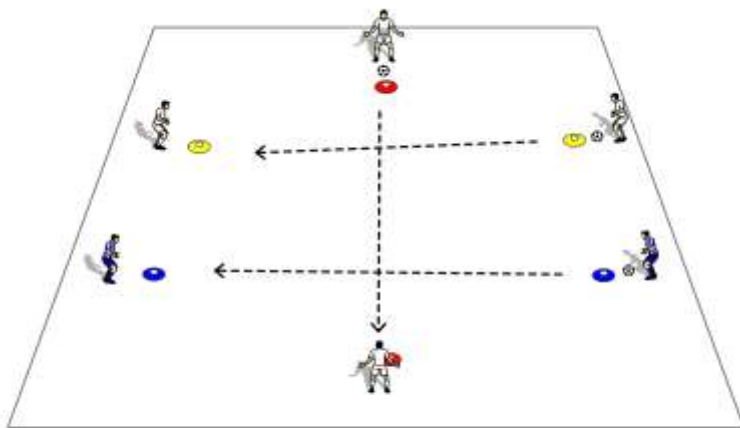


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- CAN YOU KEEP THE BALL IN THE AIR?**
1. AGE/ABILITY DEPENDANT
 2. NUMBER OF BOUNCES? IF ANY
 3. CONE AN AREA?

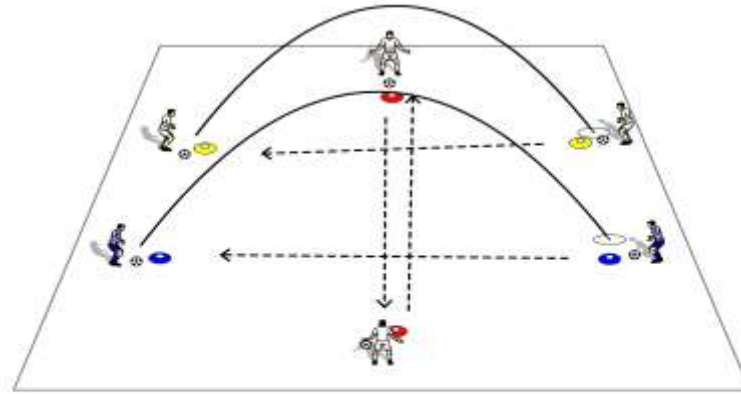
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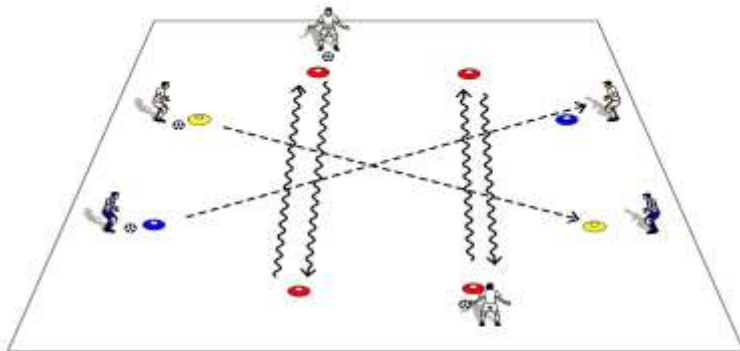
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Pass the ball across without the balls striking.



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Instead of a ball between two each player has a ball.
Yellow and blue cones have one player passing high and the other passing low.
At the red cones the players both pass on the ground.
TAKE A TOUCH!



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Yellow cones pass diagonally.
Blue cones pass diagonally.
Reds dribble from cone to cone, causing interference.
High awareness required.
Red dribblers can practice specific moves as well as changes of speed.

Kriss-Kross 3



1. Pass across the area, and rotate to your right-hand row after passing
2. Pass across the area, and rotate to your left-hand row after passing

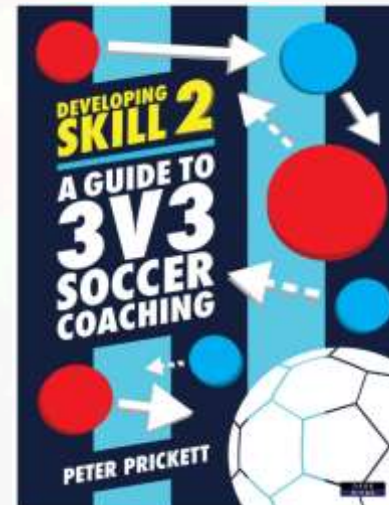
Points

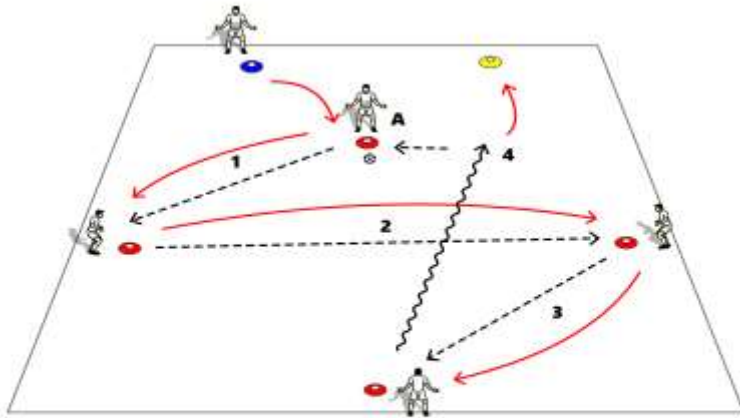
- First touch
- Clean ball strike
- Finding a rhythm/tempo

These plans have been adapted from practices from Developing Skill 2. It is important to remember that we may not necessarily need to create all new designs if we already have plans in existence for small groups. As a book built around 3v3 and six player activities it was relatively simple to adapt the practices.

PeterPrickett

@PeterPrickett

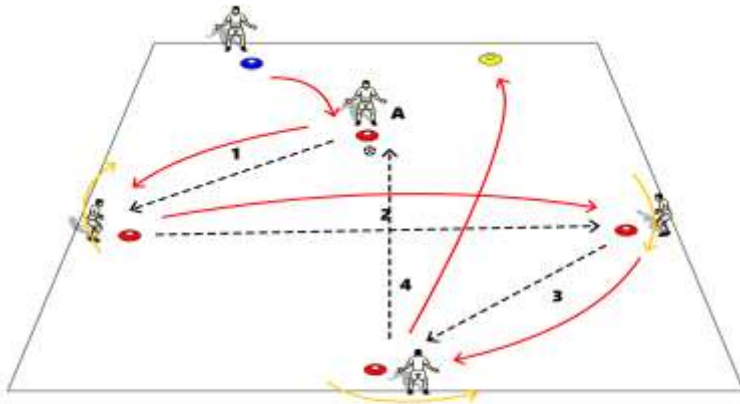




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Diamond

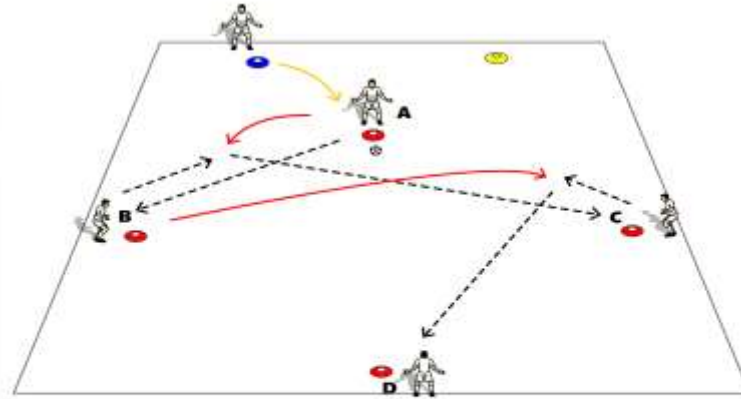
Pass and follow in the sequence 1, 2 and 3. Player 4 dribbles and passes to the player at position A, then waits at the yellow cone.



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Diamond 2

In version two the players at the red cones make a checked movement away from the cone before receiving. In movement 4 the player passes and then makes a run to the yellow cone (straight pass, diagonal run).



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Diamond 3

Passing patterns can be used. In version 3 we have B setting the ball back to A who then plays across to C. C sets the ball to B who passes to D and so on.

D goes to the yellow cone. When A leaves the red cone, the player at the blue cone steps up to the red.

Diamond 1



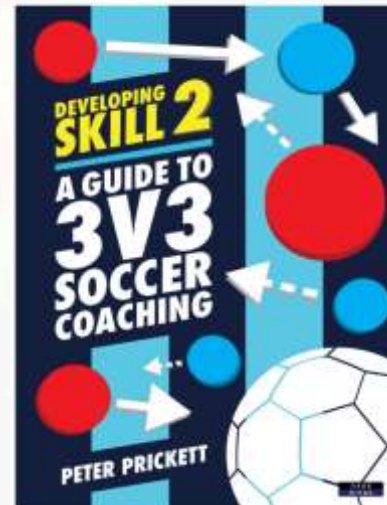
The ball starts at position A. A dribbles to B, B dribbles to C, C dribbles to D, D dribbles back to A. Can the players execute tricks as they dribble?

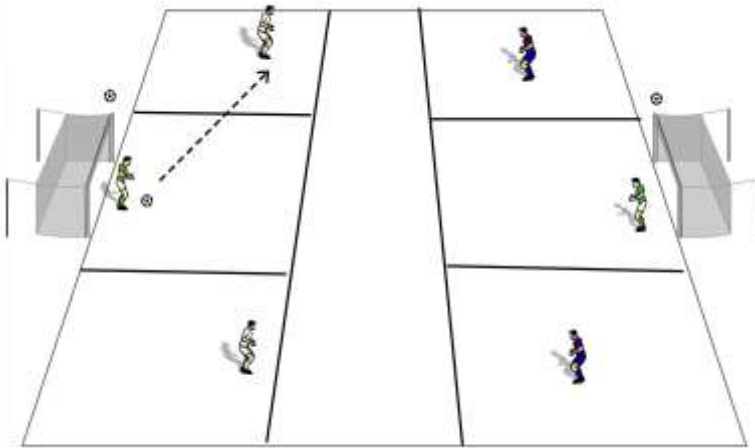
Progression 1

Change the direction: A to C, C to D, etc.

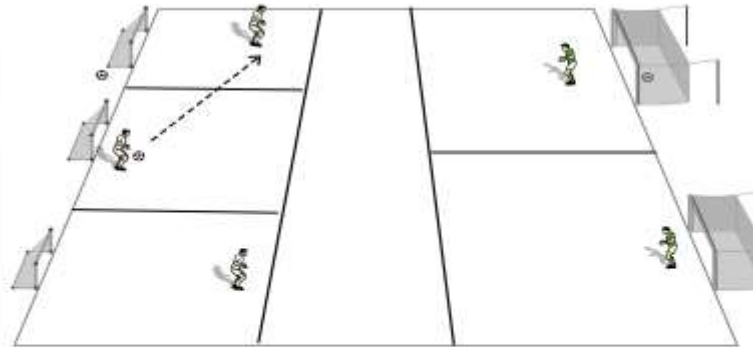
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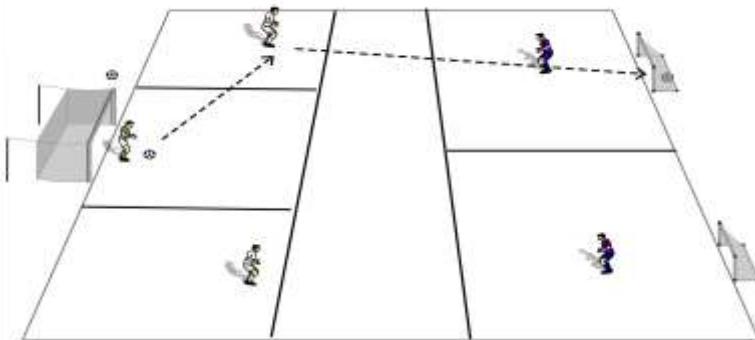
Long shots 3

Players are locked into their zone. Middle zone is kept as neutral to maintain distancing.

3v2. The team of two are both goalkeepers and have large goals. The team of three have small goals and can not use their hands.

Use a time limit to keep the game fast.

Allow goalkeepers to throw the ball into the team of three's goals.



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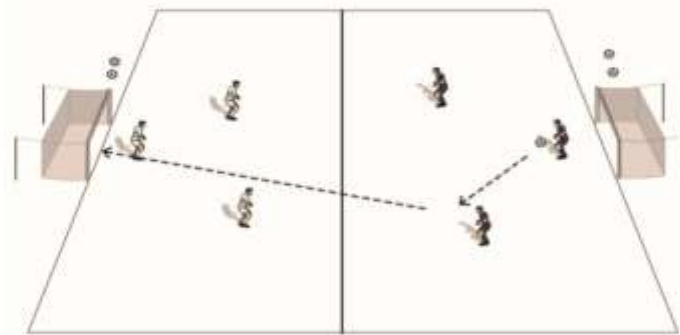
Long shots 2

Players are locked into their zone. Middle zone is kept as neutral to maintain distancing.

3v2 with the two defending a two slightly smaller goals than the team of 3 with a GK. The two may not use their hands.

(If you do not have goals use poles or just mark with cones)

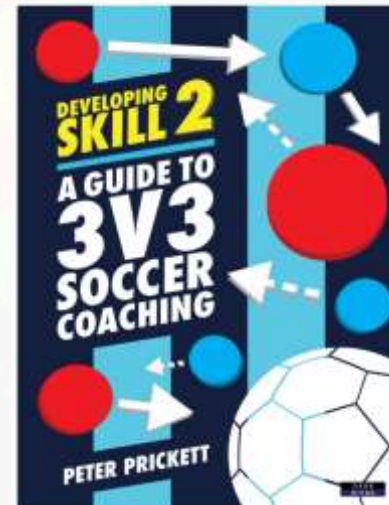
Finishing and Goalkeeping 1



White versus stripes. Teams are locked into their halves, and cannot enter the opposition's half.

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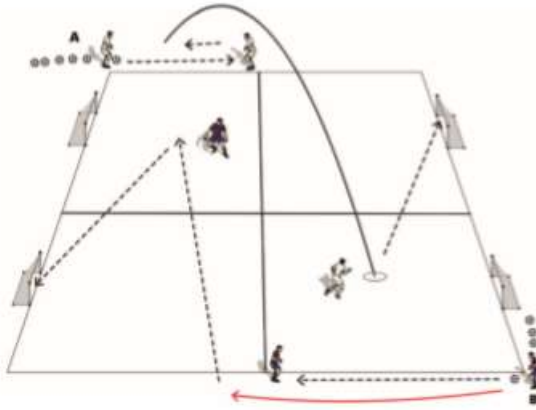
@PeterPrickett



Developing Skill 2
Peter Prickett

https://www.amazon.co.uk/Developing-Skill-Guide-Soccer-Coaching/dp/1911121774/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=

Three Player Finishing



A – The first player passes the ball into his teammate who sets the ball back. The ball is now crossed for a finish into either mini goal. Service can be high or low.
 B – The first player overlaps before crossing low for a finish.

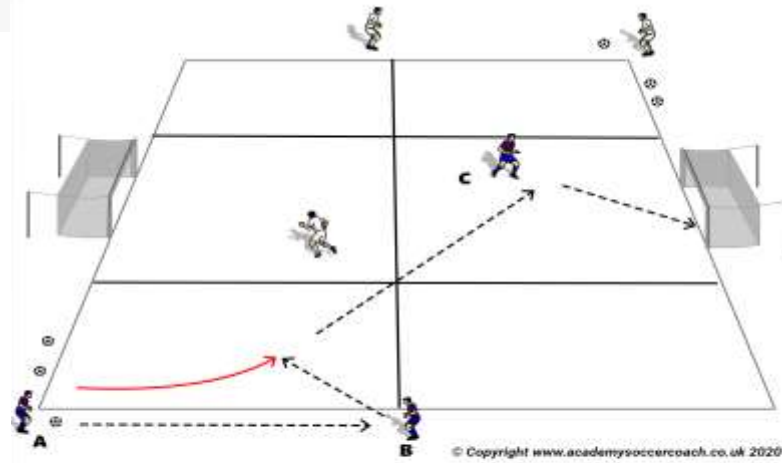
Progressions

- For an opposed practice, play from both ends and have the player who sets the ball, or passes for the overlap, quickly recover to mark/pressure the player who is finishing
- Add a goalkeeper. Either move the mini goals closer, or only play with one larger goal at each end.
- Should the goalkeeper or defender gain the ball, counter attack the opposite end.
- The receiving player can decide to cut in and attack/finish 2v1 (or 2v2 with goalkeeper)

Start opposed or unopposed depending on context.

Points

- Timing of movement and timing of pass/cross
- Communication
- Types of cross and types of finish
- Recovery runs

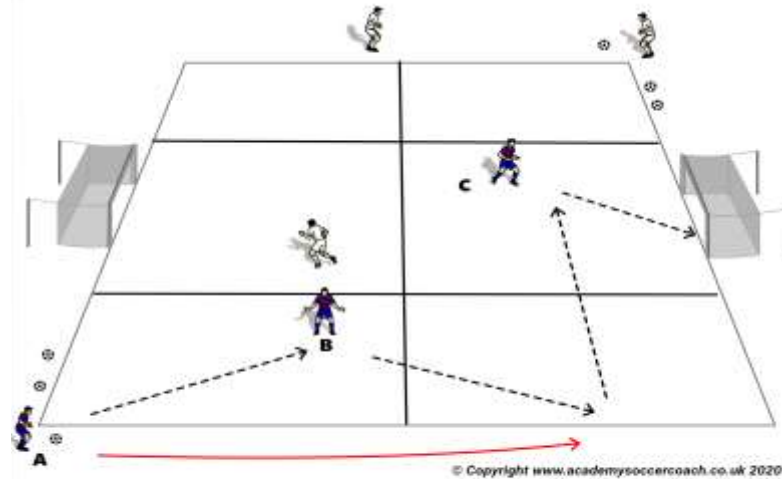


Up-back attack

A passes to B who delivers for C to finish (The coach can take position B)

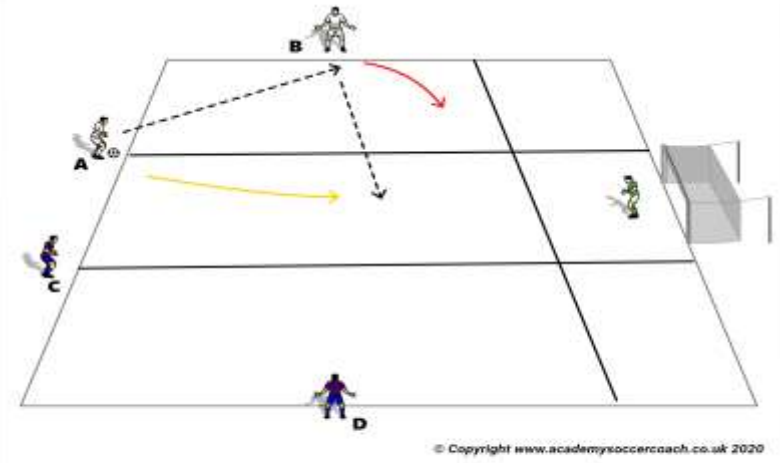
Both the wide set of players and the stripe set attack.

Vary the type of service.



Overlap

A plays a one-two with B, then overlaps and crosses for C to finish. The coach can take position B.



Finish

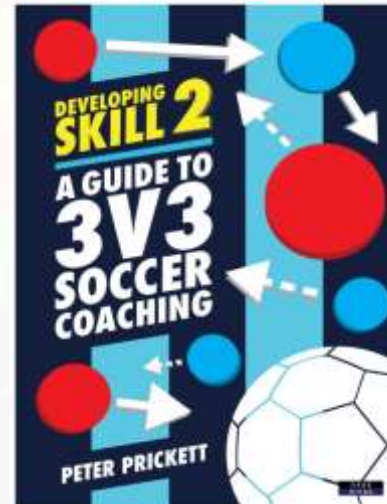
A plays a 1-2 with B. A can finish or play a return pass to B to shoot.

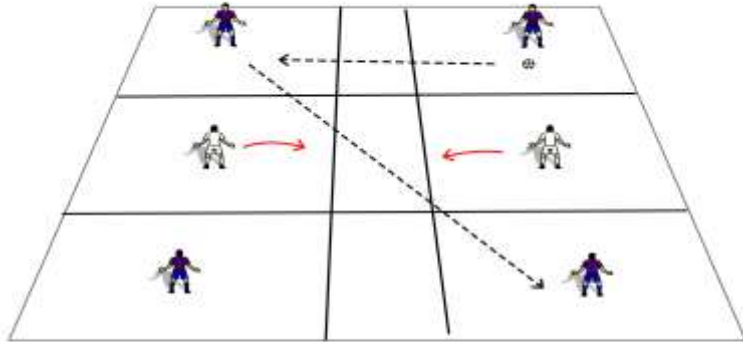
Players C and D then combine.

As a progression D can join with A and B for a far post finish (similarly B can join with C and D).

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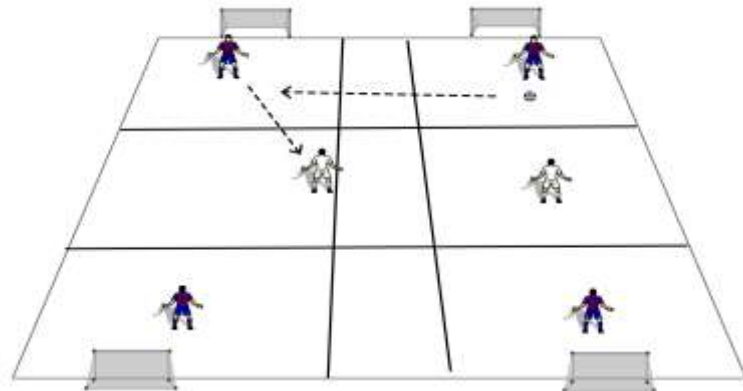
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Play Through 1.

The four stripe players try to pass the ball through the central area without the white team intercepting. Should they successfully intercept switch with the players who gave the ball away.

The vertical central line is inserted in an effort to maintain distancing.

The coach can fulfil one of the roles.



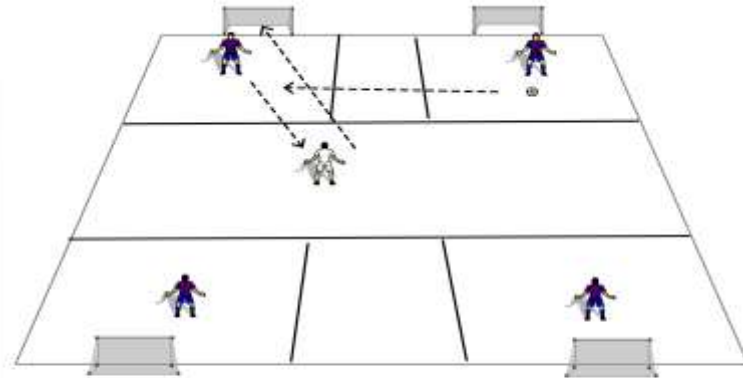
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Play Through 2.

The four stripe players try to pass the ball through the central area without the white team intercepting. Should they successfully intercept the white team can shoot into any of the small goals.

The vertical central line is inserted in an effort to maintain distancing.

The coach can fulfil one of the roles.



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Play Through 3.

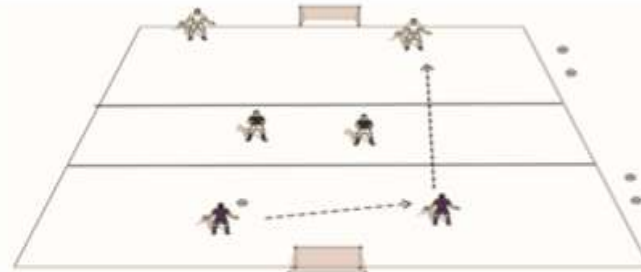
The four stripe players pass the ball, looking to play across to the other side without the single white player intercepting. If successful the white player can shoot into any of the four goals.

Play with a time limit to ensure no player is trapped in the middle for too long.

Ensure the area size is not so big that the middle player has no chance but also maintains social distancing rules.

Chapter 6

Positional Defend and Attack



Play starts with the middle player in row C passing to either the left or right. The next pass goes into one of the players in row B, who attacks the goal. Row A sets as defenders. Row C sits back to provide support.

After five attacks, row A moves to C. C moves to B. B moves to A.

How can B attack? What methods might they use?

Progression 1

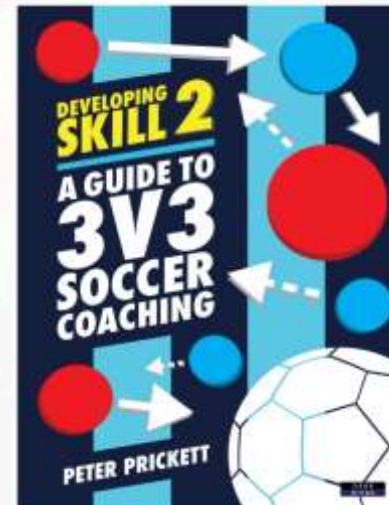
Allow row C to fully join the attack.

Progression 2

Add goals for the players in row A to attack if they regain possession.

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RETURN TO
COACHING

SESSION IDEAS
FOR SOCIAL
DISTANCING
REGULATIONS

Designed by
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Thank you for reading this booklet.

We hope that it will be of use to you and, perhaps more importantly your players.

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GAME CHANGERS AVAILABLE HERE

<https://www.gamechangers.coach/patents>

UK AMAZON LINK FOR DEVELOPING SKILL 2 HERE

shorturl.at/iGLMQ

USA AMAZON LINK FOR DEVELOPING SKILL 2 HERE

shorturl.at/fxNTW