

**BC Soccer**

**Return to Play Phase 1**

**Technical Resources – Sample Sessions**



**Training Environment**

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## Introduction

These are the BC Soccer 'Return to Play' Technical Resources/Sample Sessions designed to support BC Soccer Members and Affiliated Clubs that are looking to deliver soccer programming within the BC Soccer Return to Play Phase 1 Recommendations and Guidelines. The resources provide:

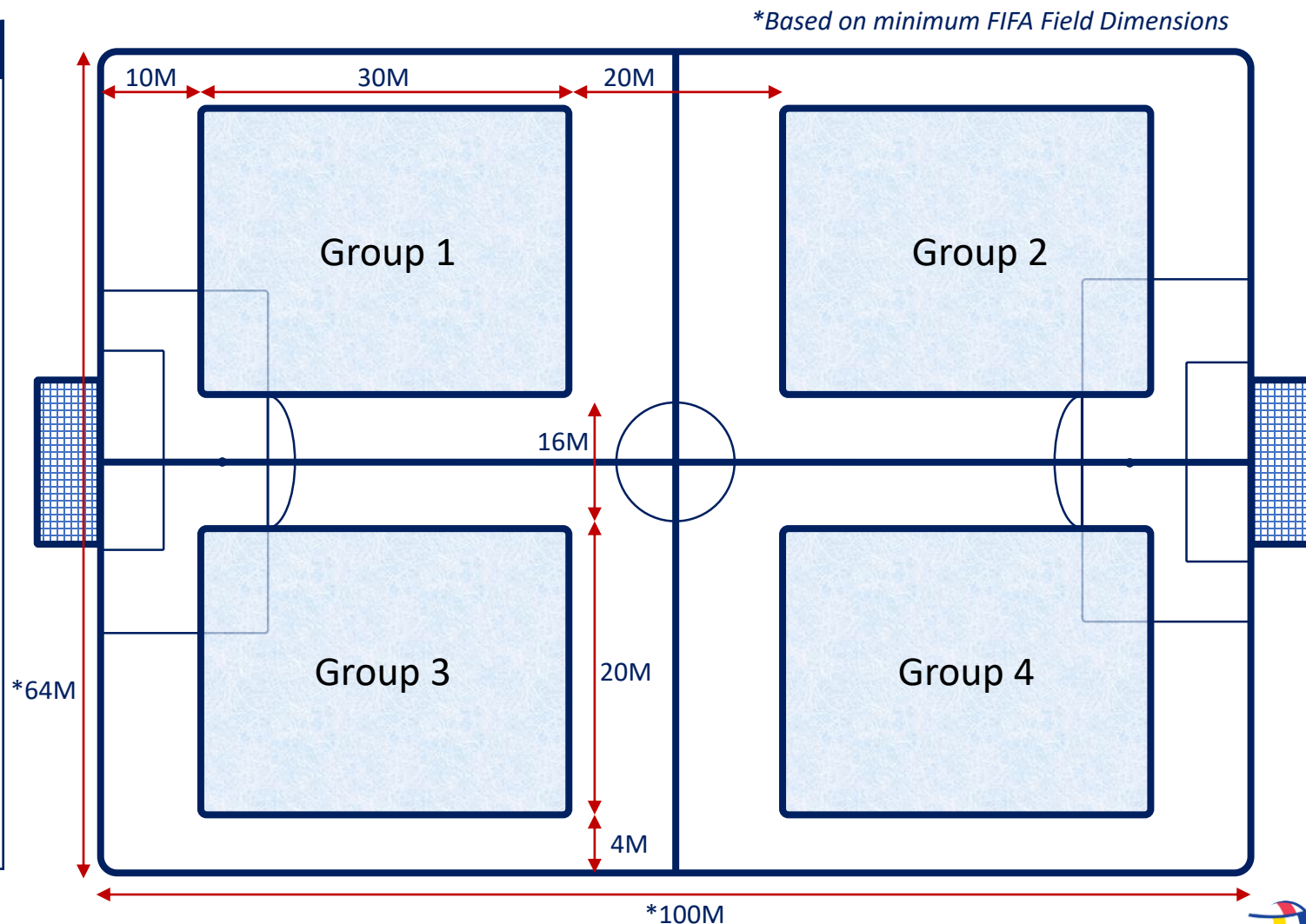
- A modified soccer experience with examples of session activities and plans that could be implemented as a basic structure to ensure sessions are physically active and conducted in a safe and fun environment.
- An environment whereby Players will experience controlling, juggling, and passing the ball either individually or with a partner, as well as 'games' aimed to encourage teamwork in defending and attacking situations.
- A number of slides detailing the session plans as well as providing coaches with basic tips on managing players, equipment, time and space within the directive guidelines.

These resources include example sessions that organizations may choose to use or not. However in all activity delivery adherence to the distancing measures and recommendations, along with any gathering restrictions issued by the provincial government health authorities is required, which the following meets under the specified field dimensions.

## Field Dimensions (Regular 11v11 Full-Size Soccer Field)

### Set Up

- Number of Groups = 4
- Number of Players = 40
- Number of Coaches = 8
- Total Number of People = 48 (Within the requirement of 50 people)
- Each Group has 20m x 30m for players to play within.
- Space provided in between each Group, for Coaches to move freely and for appropriate exit and entrance protocols within 2m physical distancing guideline.
- Can be modified to suit organizational and facility needs.





## Session Structure

### Overview

- Session Duration = 60 Minutes
- Session Activity = 55 Minutes
- Rest & Transitions = 5 Minutes
- Activities can be used in sequence or mixed.
- Activities can be repeated if needed.
- Activities can be modified to suit the needs of the players ability and age.
- Activities are basic examples that abide by the physical distancing and number of people guidelines.

Duration	Activity	Example
5 Minutes	Warm Up	1. Ball Control
15 Minutes	Pass	1. One & Two Touch
		2. Ball Swap
		3. Through the Gates
		4. Soccer Tennis
15 Minutes	Dribble	1. Small Touches
		2. Relay Race
		3. Turns
		4. Skills
15 Minutes	Game	1. Keep Ball
		2. Keep Ball to Targets
		3. Keep Ball to Goal (2 v 2)
		4. Keep Ball to Goal (4 v 4)
5 Minutes	Cool Down	1. Ball Control

## Warm Up

### 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.

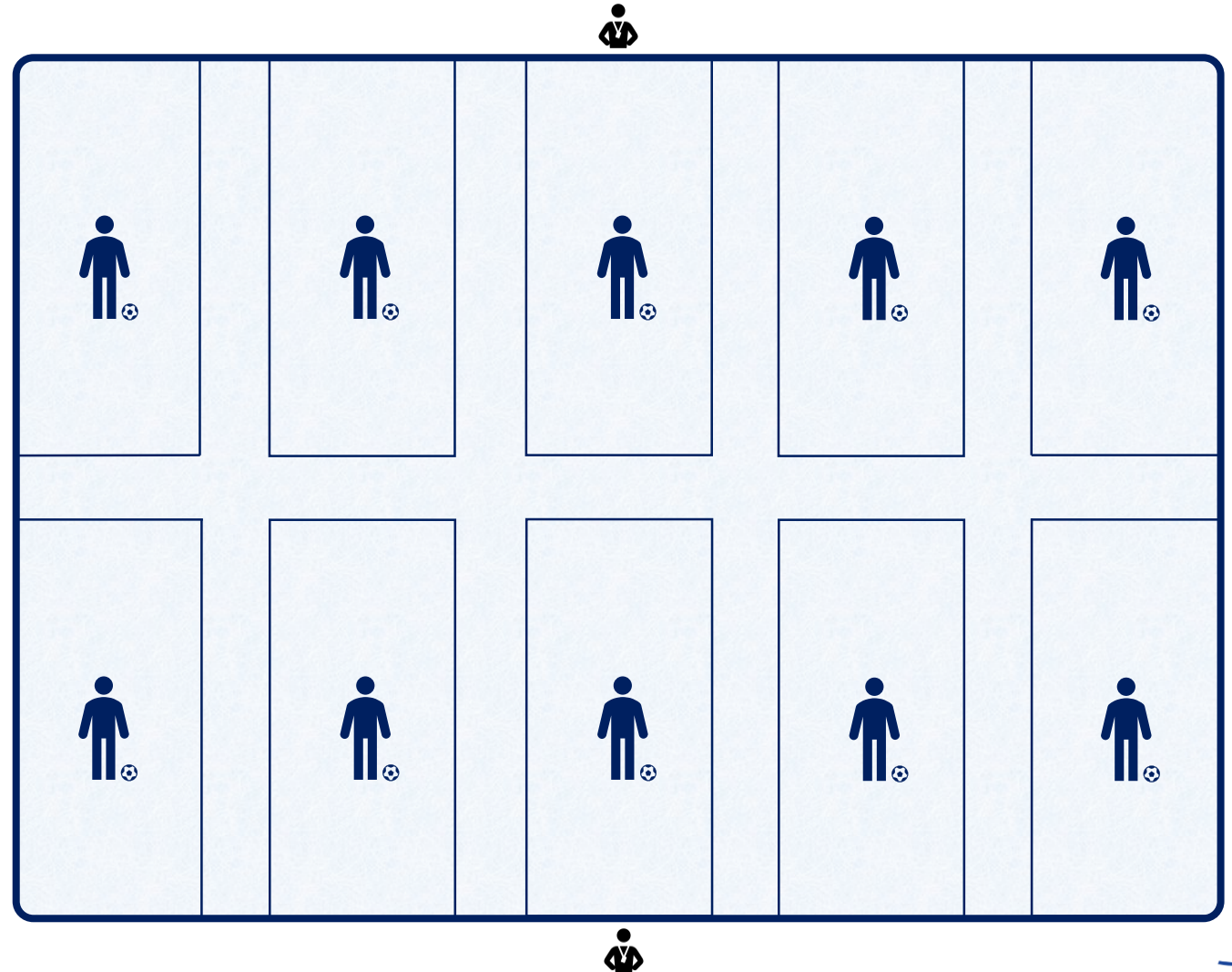
### Tips

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 Control



## Pass One

### Set Up

In their designated zone, players can pass the ball to a teammate as shown.

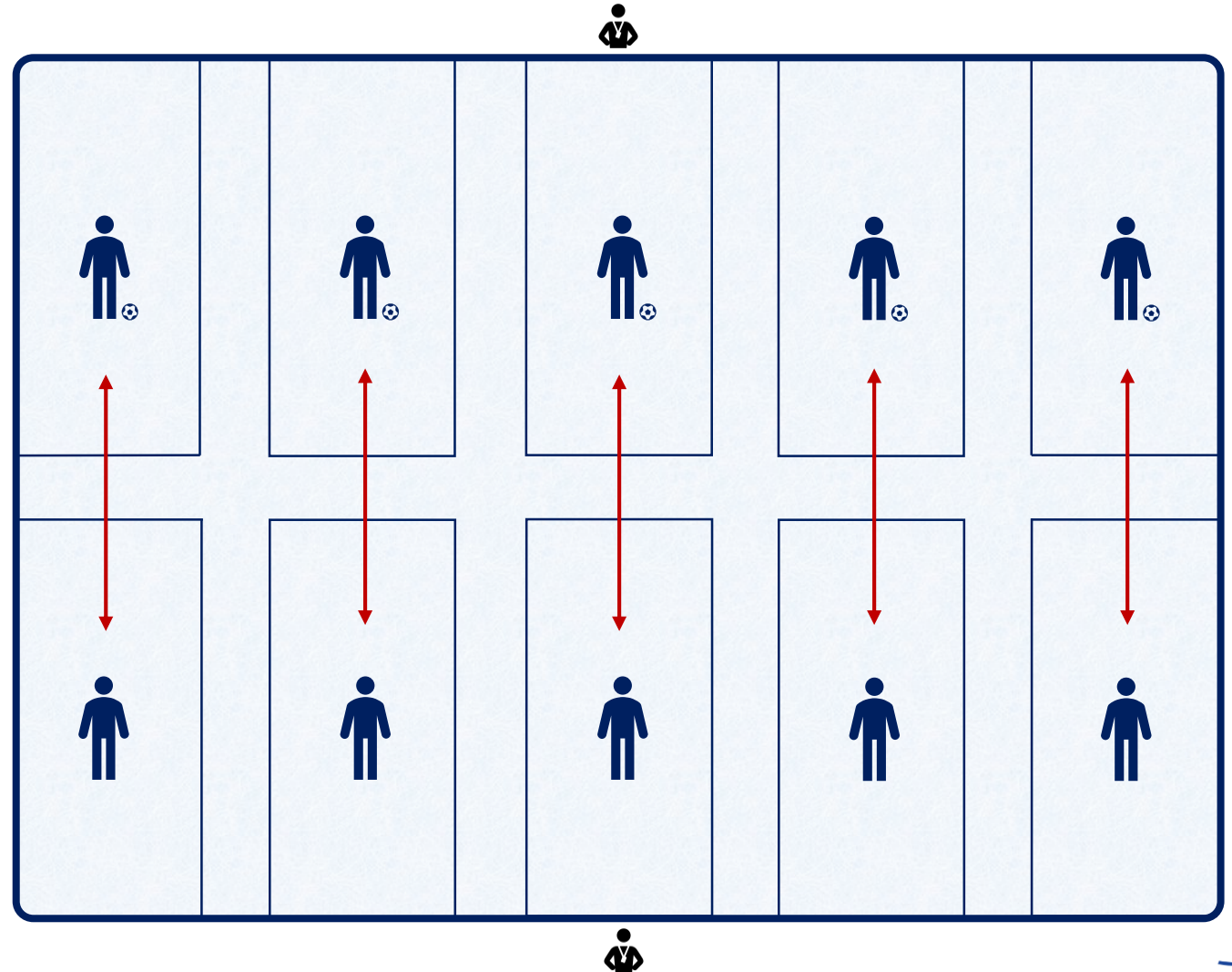
Encourage players use all parts of their foot as well as trying different passing techniques.

### Tips

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.

## One & Two Touch





## Pass Two

### Set Up

In their designated zone, have the players stand a certain distance away from the coned gates.

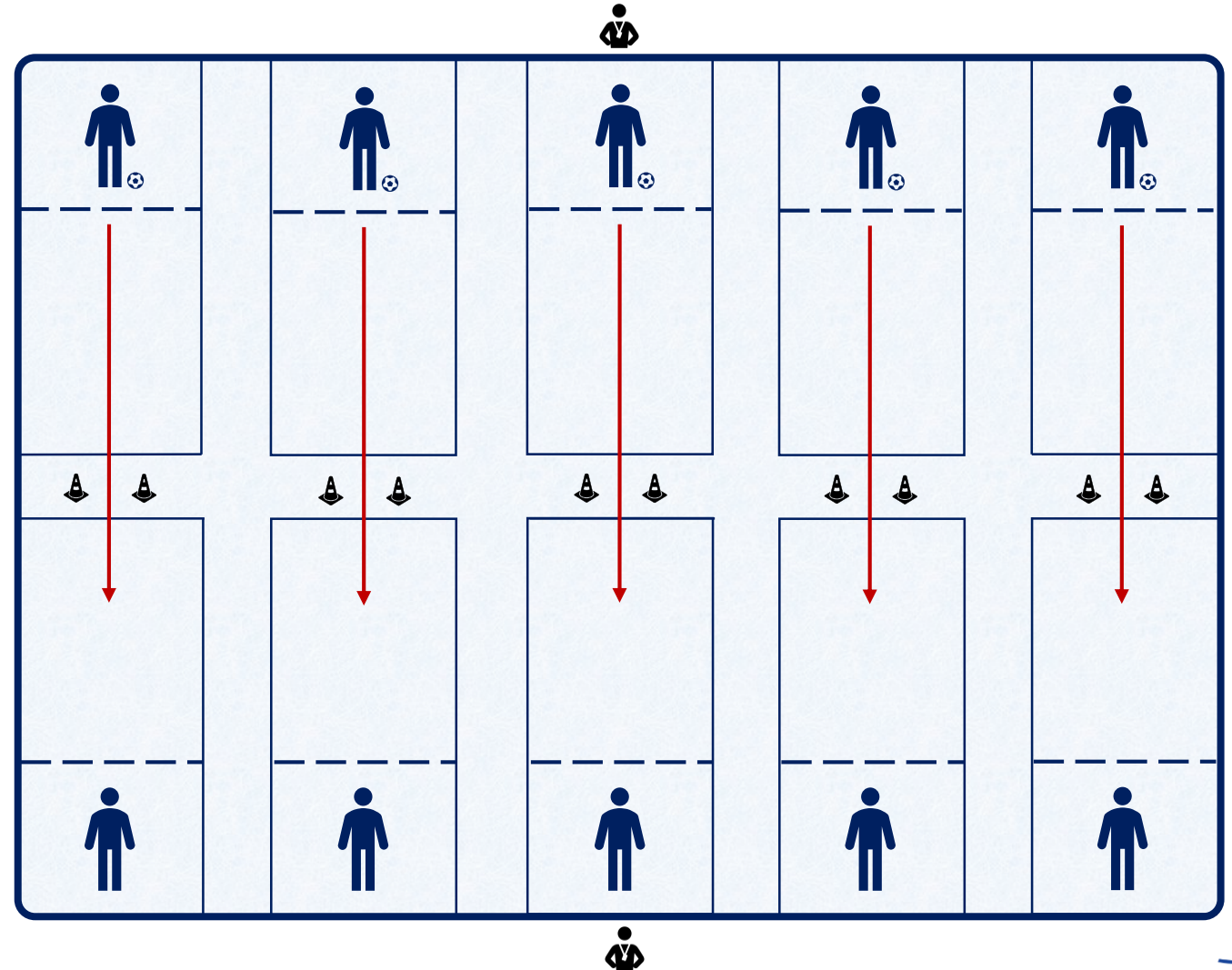
Players must pass the ball through the gates to score a point.

### Tips

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.

## Through the Gates



## Pass Three

### 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'.

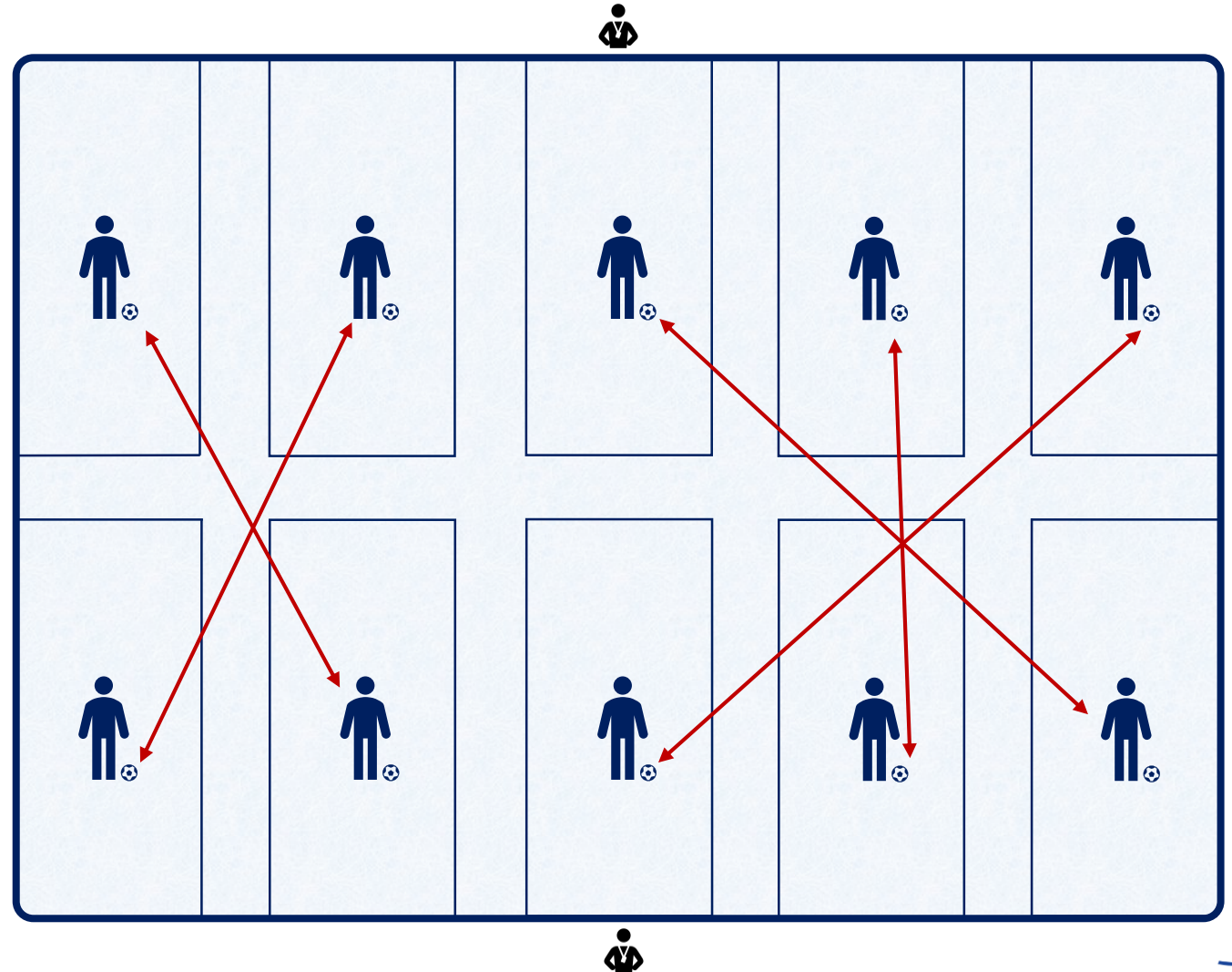
Once they have completed one pass, players can find another teammate to swap balls with.

### Tips

Encourage players to try different types and distances of passes.

Encourage players to work together and communicate with each other.

## Ball Swap



## Pass Four

### Set Up

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 and thigh.

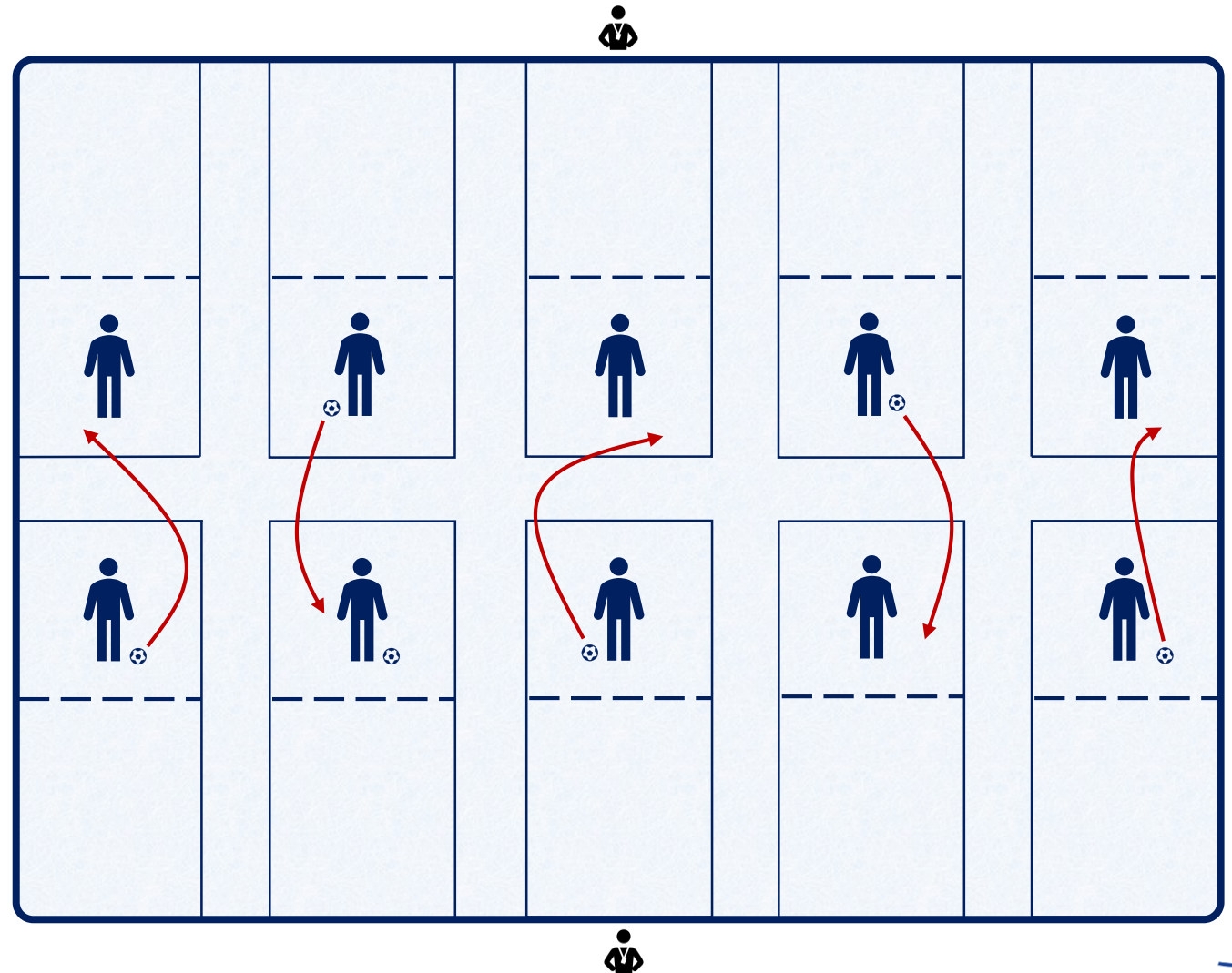
Ensure players are not using their hands to pick the ball up.

### Tips

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.

## Soccer Tennis



## Dribble One

### Set Up

In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches at various speeds and distances.

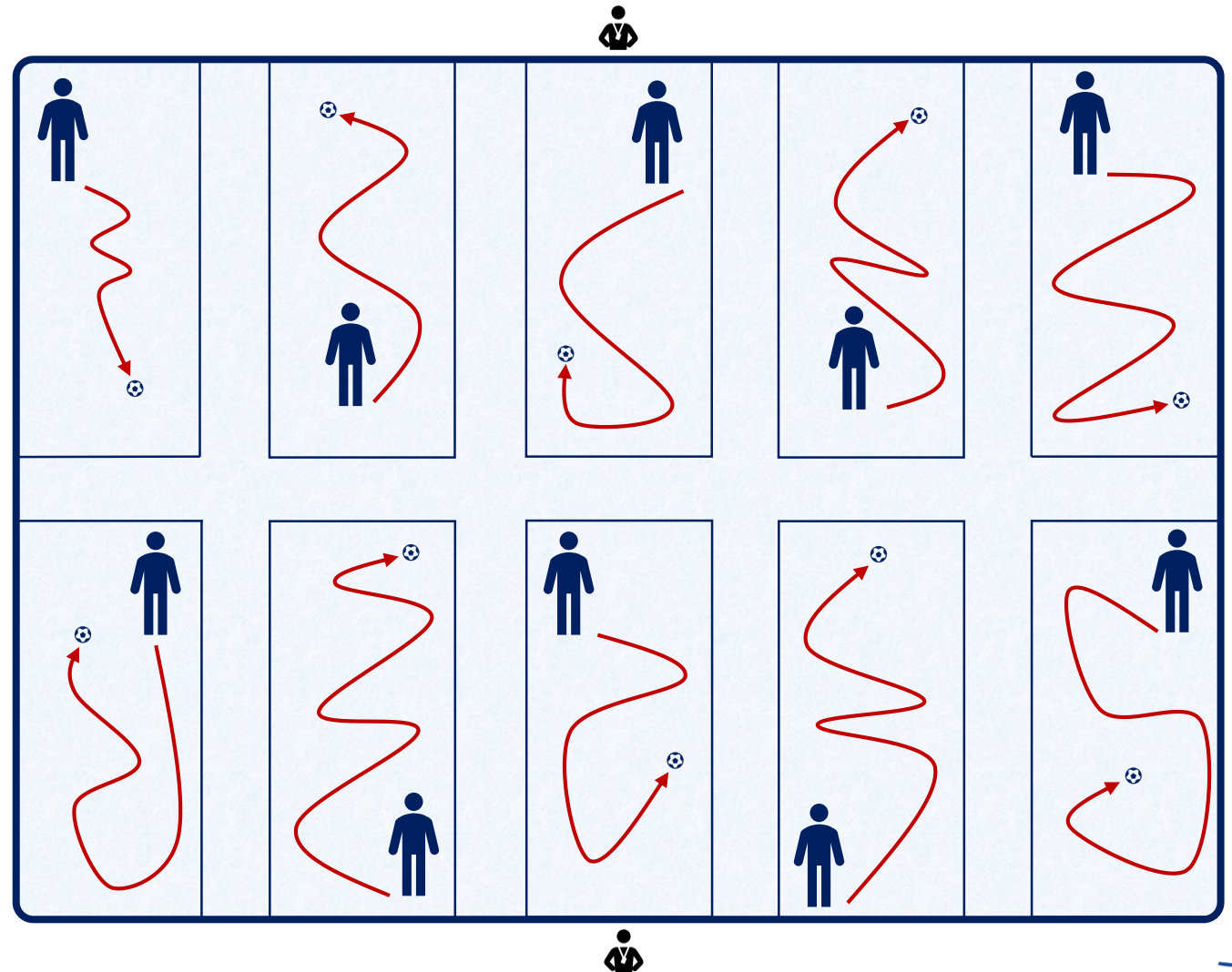
### Tips

Give players challenges by shouting commands including:

“Turn”  
“Skill”  
”Stop”

Let the players demonstrate their best skill or trick.

## Small Touches



## Dribble Two

### Set Up

In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches in and out of the cones.

Have players race against each other to make the dribble competitive.

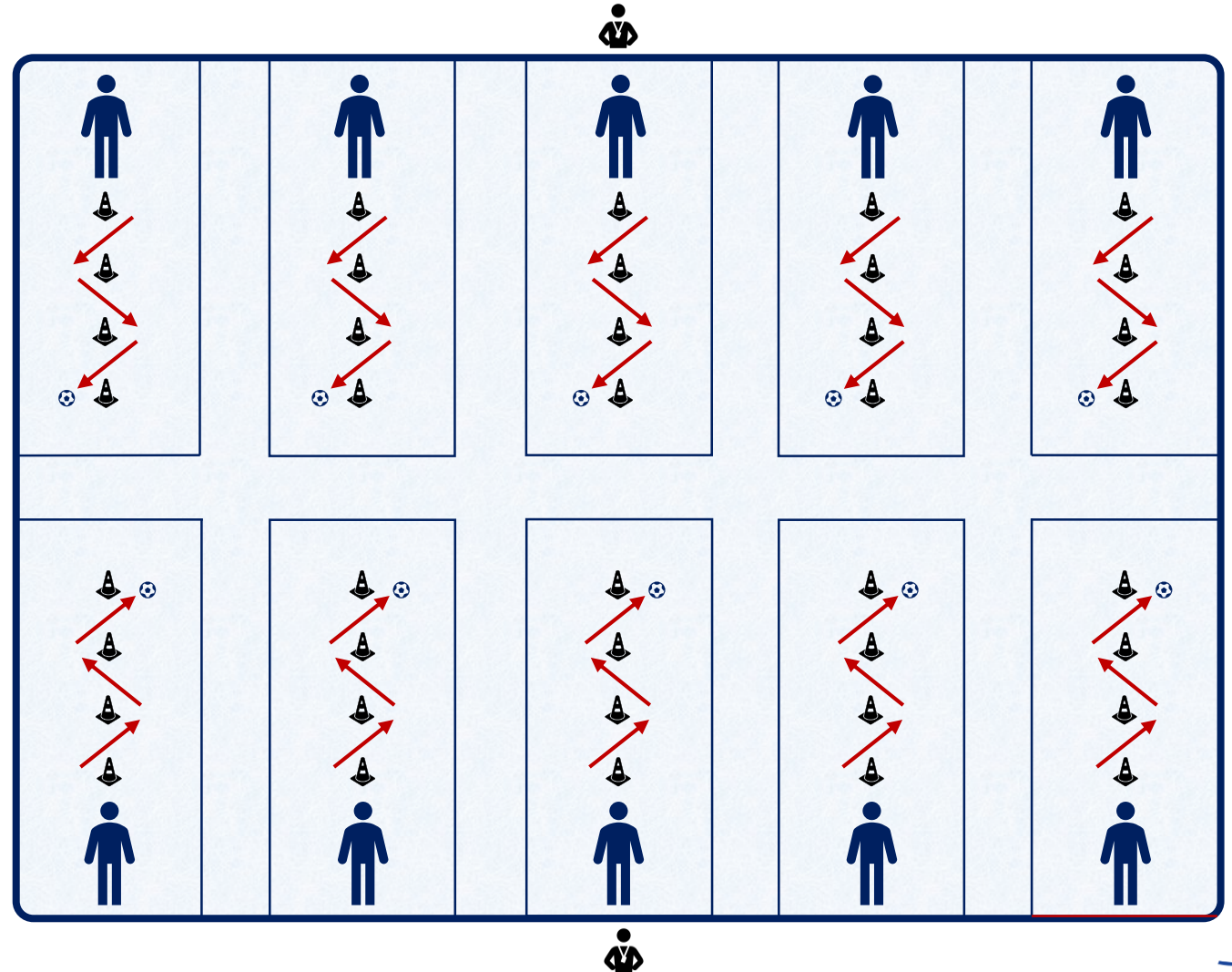
### Tips

Give players a challenge or task, for example, rotate the players so they race with and against other teammates.

Place players in teams and they have to co-ordinate their dribble to work together.

Vary the cones to make a new race-course.

## Relay Race



## Dribble Three

### Set Up

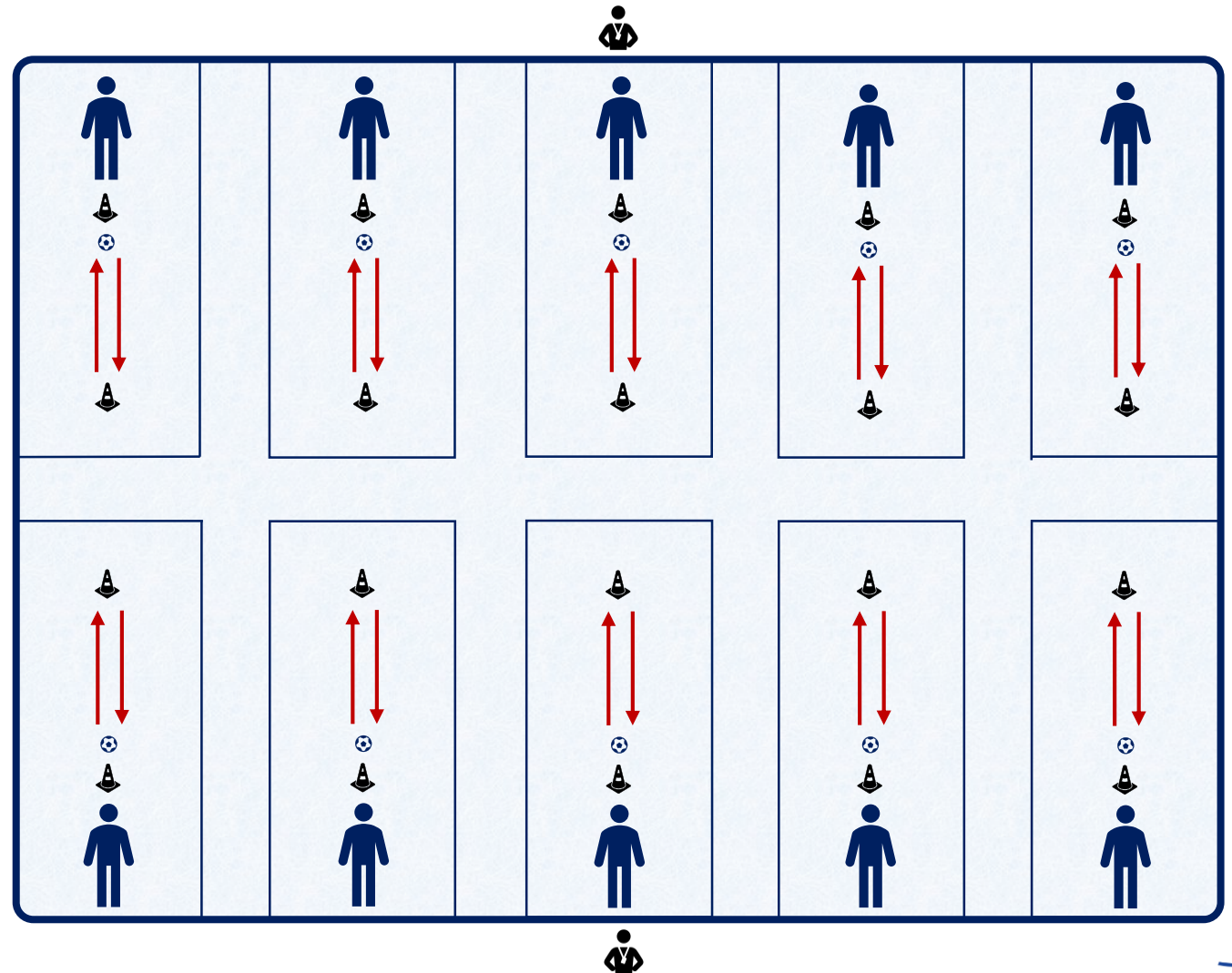
In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches towards the cone and turning away from the cone with speed.

### Tips

Let the players demonstrate their best turn as well as task the players to invent a new turn.

Increase the tempo by making the turns at pace.

## Turns



## Dribble Four

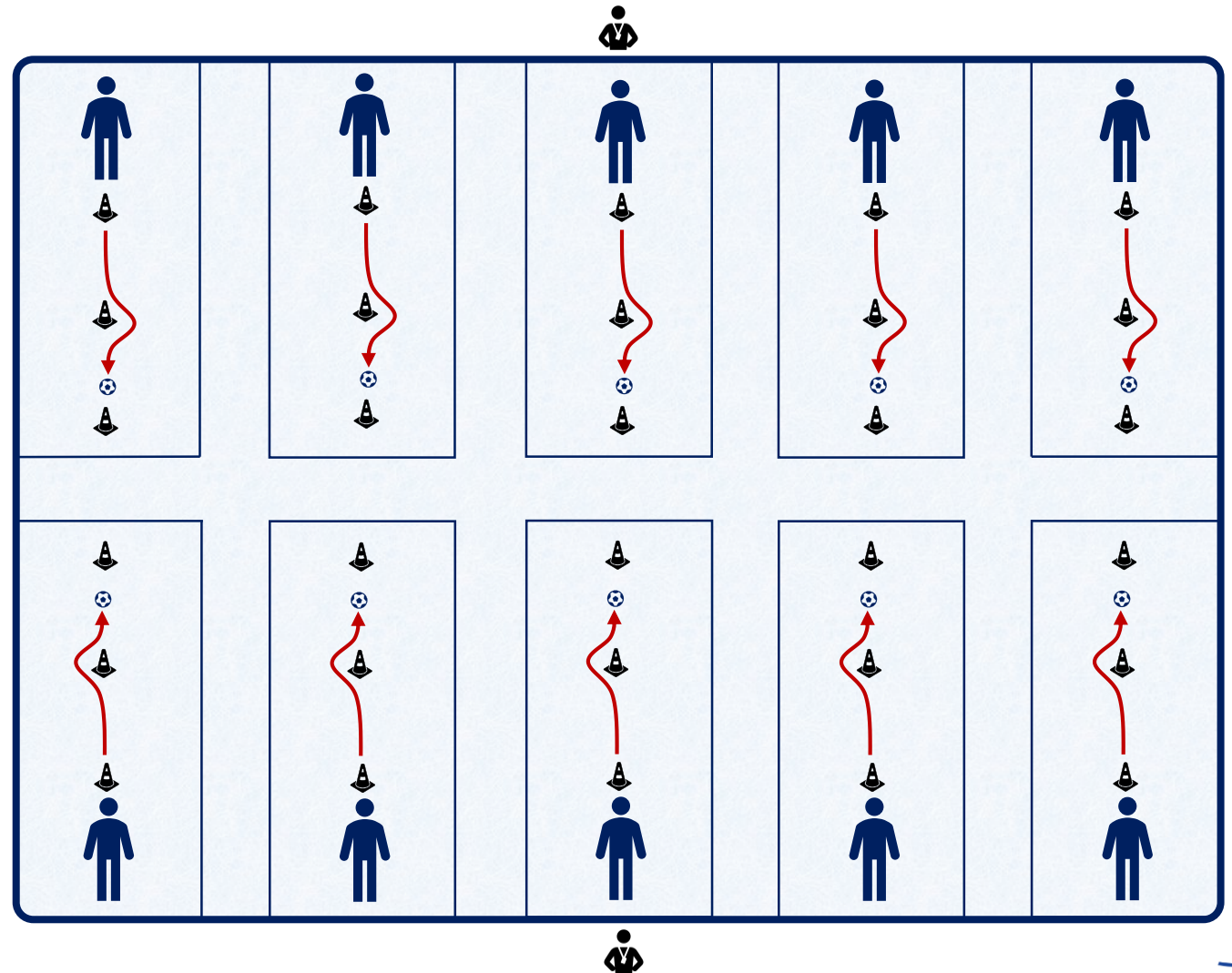
### Set Up

In their designated zone, the player can use all parts of their foot including, inside, outside, top and bottom as well as both feet by taking small touches towards the cone and beating the cone (defender) with a trick or skill.

### Tips

Let the players demonstrate their best skill as well as task the players to invent a new skill to beat the cone (defender).

## Skills





## Game One

### Set Up

Split the group into 2 smaller groups creating a 3v2. Staying in their designated zones player must keep the ball by passing it through an opponent zone.

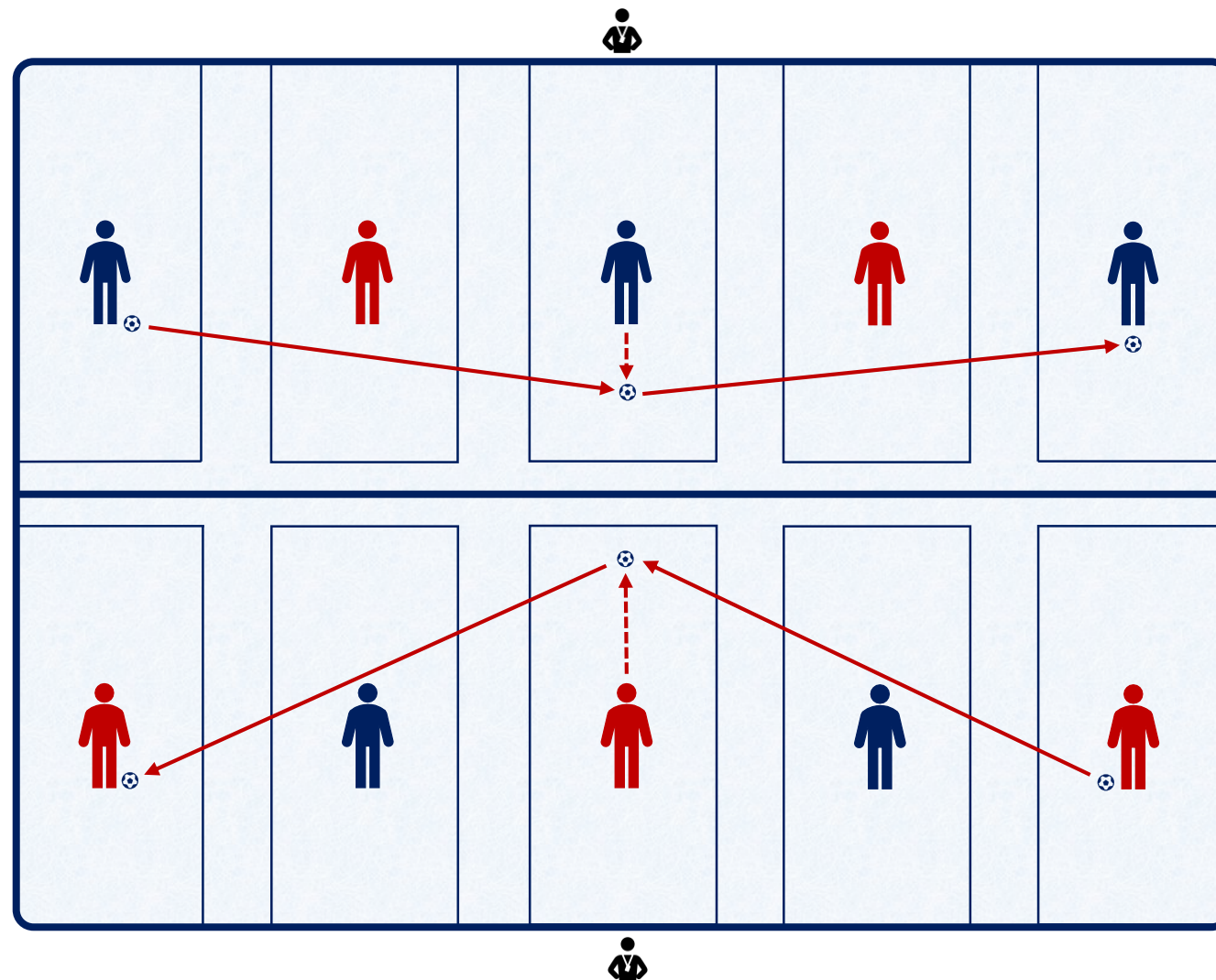
Staying in their designated zone, the opponent must try and intercept the pass.

### Tips

Vary the size of the zone depending on the ability of player and challenge. Rotate the players so they experience being in the end zones as well as the middle zones.

When doing the above remember to maintain and prioritize the distancing requirements of 2m.

## Keep Ball





## Game Two

### Set Up

Split the group into a 4v4 and 2 Goalkeepers. Staying in their designated zones player must keep the ball by passing it through an opponent's zone and finally into a target to score a goal.

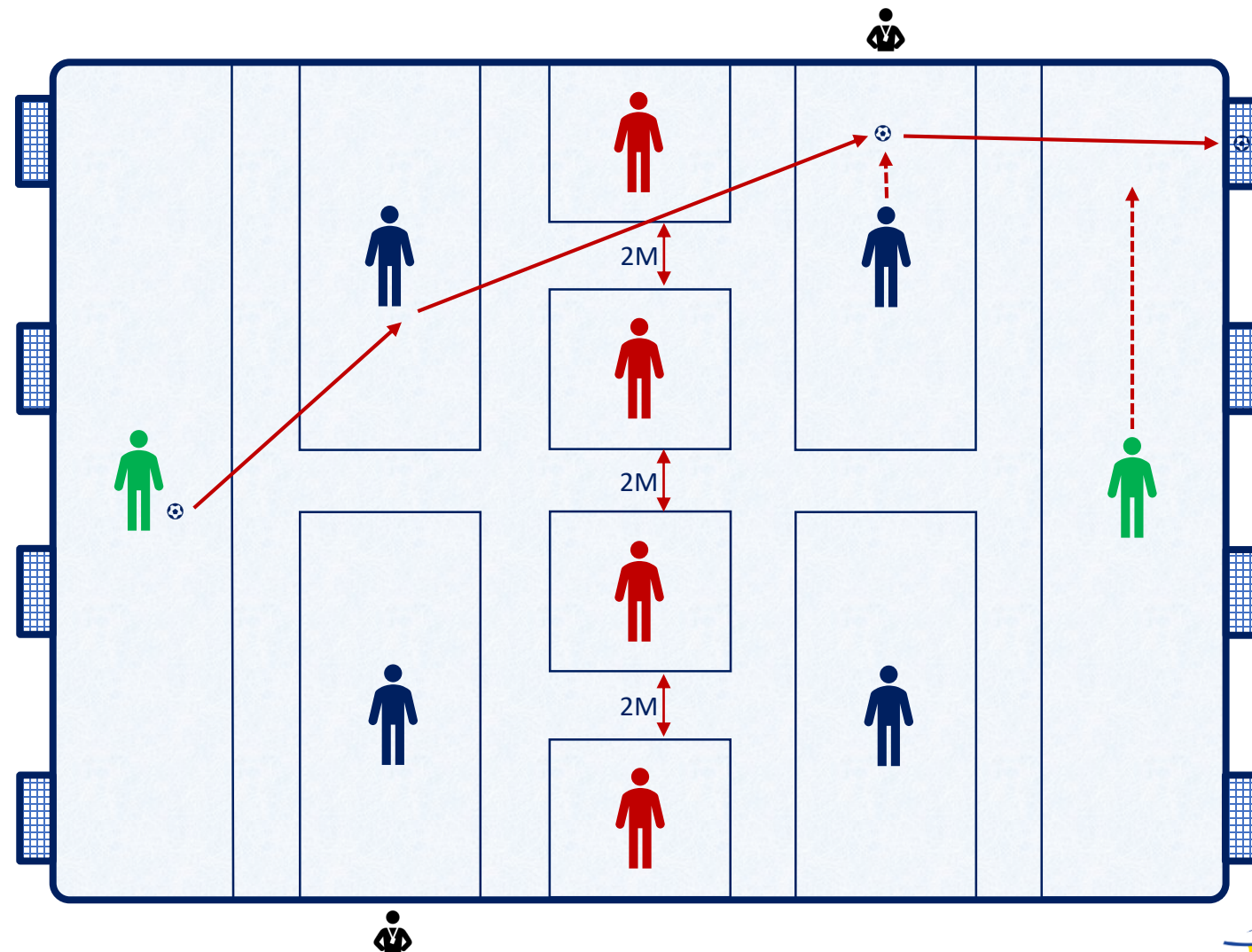
Staying in their designated zone, the opponent must try and intercept the pass to stop their opponent from finding targets.

### Tips

Vary the size of the zone depending on the ability of player and challenge. Rotate the players so they experience being in the end zones as well as the middle zones.

When doing the above remember to maintain and prioritize the distancing requirements of 2m.

## Keep Ball To Targets



## Game Three

### Set Up

Split the group into 2 smaller groups creating a 2v2 + Goalkeepers. Staying in their designated zones player must keep the ball by passing it through an opponent's zone and ending with a shot on goal.

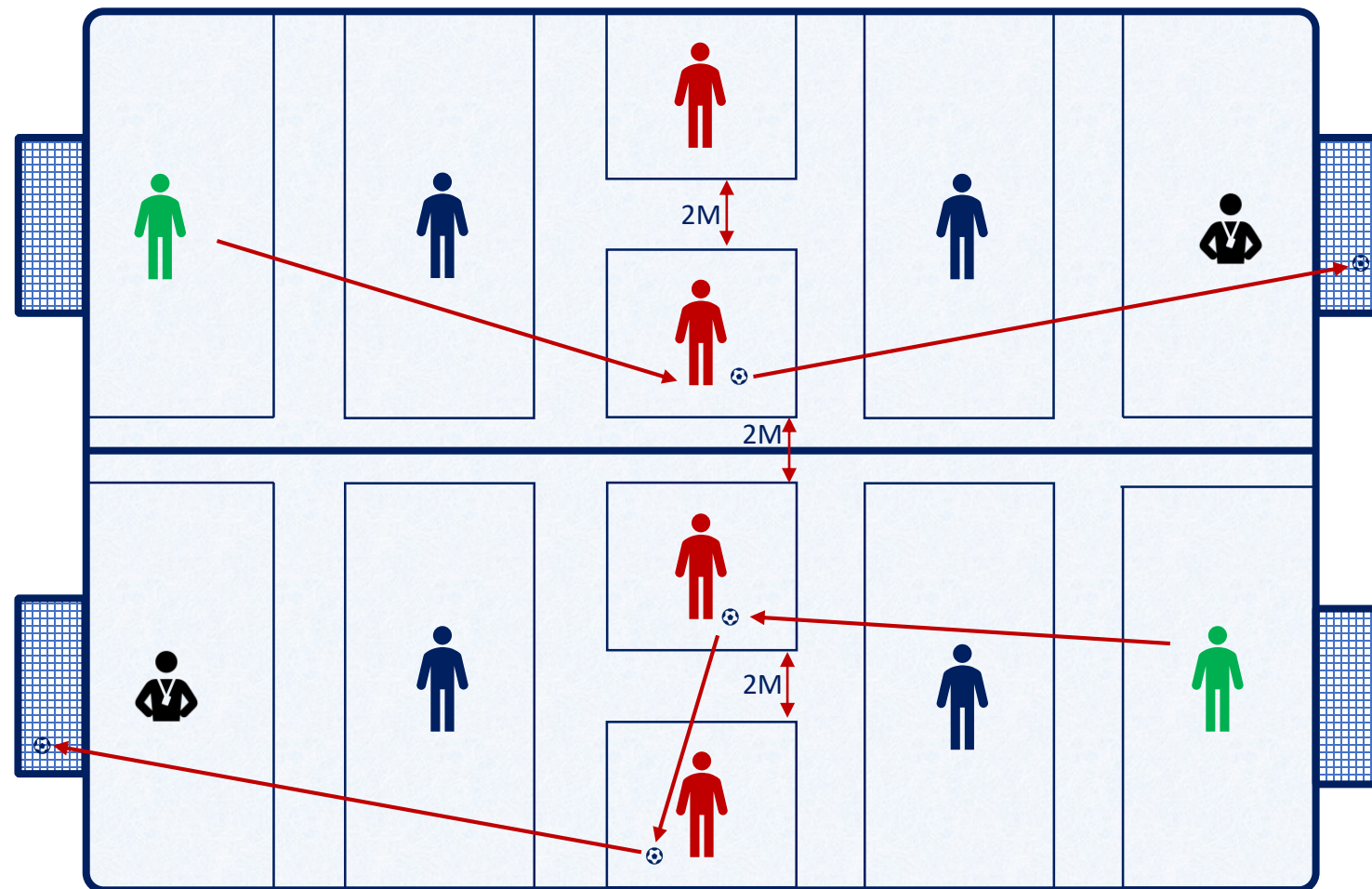
Staying in their designated zone, the opponent must try and intercept/block the pass/shot to stop their opponent from scoring.

### Tips

Vary the size of the zone depending on the ability of player and challenge. Rotate the players so they experience being in the end zones as well as the middle zones.

When doing the above remember to maintain and prioritize the distancing requirements of 2m.

## Keep Ball To Goal (2v2)



## Game Four

### Set Up

Split the group into a 4v4 and 2 Goalkeepers. Staying in their designated zones player must keep the ball by passing it through an opponent's zone and ending with a shot on goal.

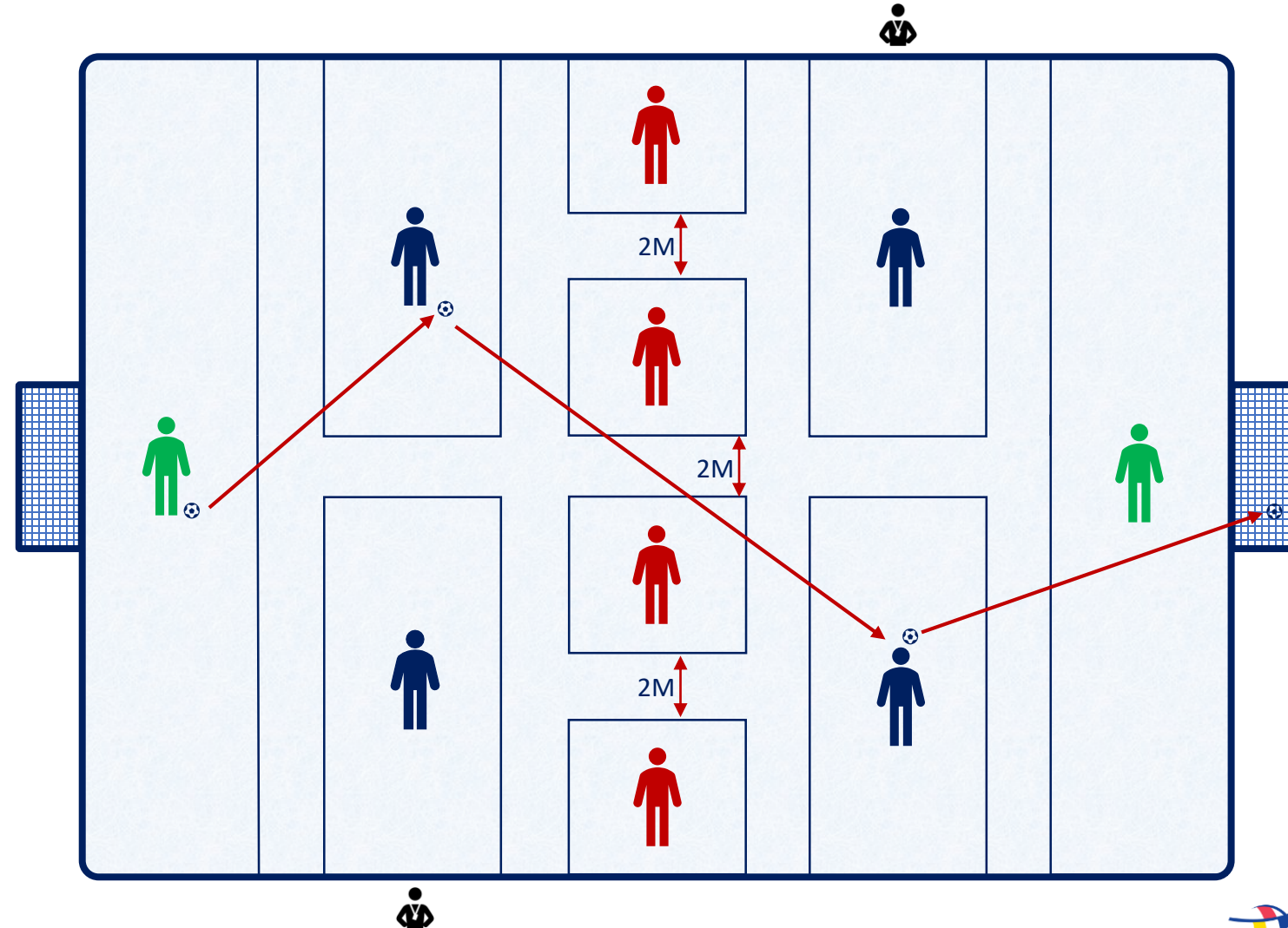
Staying in their designated zone, the opponent must try and intercept/block the pass/shot to stop their opponent from scoring.

### Tips

Vary the size of the zone depending on the ability of player and challenge. Rotate the players so they experience being in the end zones as well as the middle zones.

When doing the above remember maintain and prioritize the distancing requirements of 2m.

## Keep Ball To Goal (4v4)



## Cool Down

### 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.

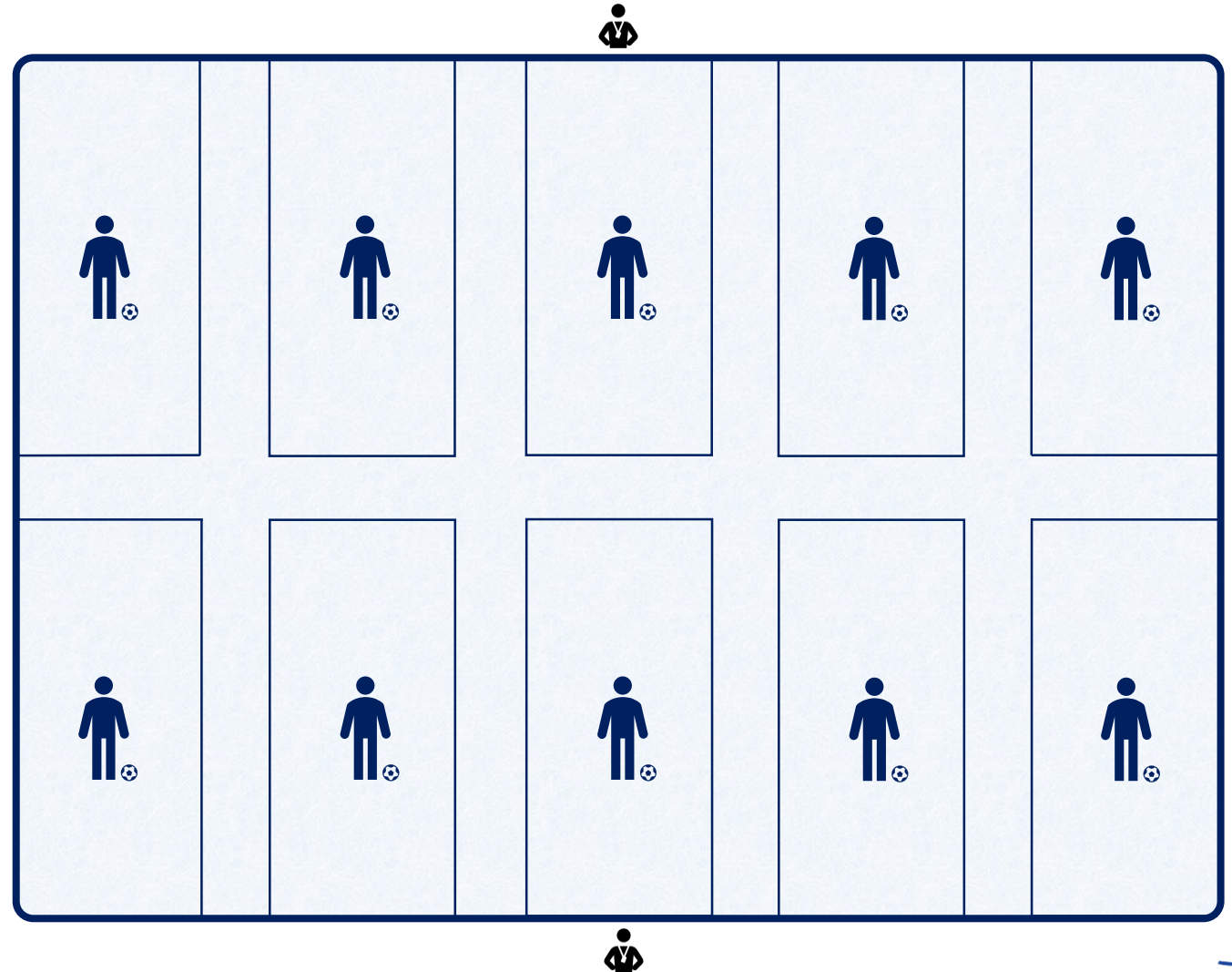
### Tips

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.

Decrease the tempo as the session comes to an end.

## Ball Control



## Coaching Tips

### Player Management

Before	During	After
<ul style="list-style-type: none"> <li>Consider sending a session plan to the parents and players prior to the session.</li> <li>Highlight which zone is allocated to which player.</li> <li>Ensure parents are aware of the Return to play recommendations and guidelines.</li> </ul>	<ul style="list-style-type: none"> <li>Encourage the players to enjoy playing soccer in the current format.</li> <li>Don't be overly concerned about players lacking technical ability at this time.</li> <li>Keep distancing measures in place between players and coaching staff.</li> </ul>	<ul style="list-style-type: none"> <li>Validate the effort your players demonstrated during the session.</li> <li>Ask the players if they have any suggestions for session activities next time.</li> <li>Ensure that each player goes home with their designated household contact.</li> </ul>



## Coaching Tips

### Equipment Management

Before	During	After
<ul style="list-style-type: none"> <li>• Have a designated bag for your equipment and a designated location on the field to place your own equipment that respects distancing requirements.</li> <li>• Have enough cones and balls available for your session.</li> <li>• Coach sets up all the equipment and follows club procedure for any equipment cleaning process.</li> </ul>	<ul style="list-style-type: none"> <li>• Reset cones that delineate the physical distancing parameters whenever they are moved out of place.</li> <li>• Ask and remind players to avoid touching the equipment.</li> <li>• Be adaptive, if there is not enough goals for the game activities, use cones instead.</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure that all equipment is taken from the playing field in a safe manner.</li> <li>• Clean and disinfect equipment after the practice is over.</li> <li>• Reflect on how the equipment was managed and distributed to improve this for the next session.</li> </ul>



# Coaching Tips

## Time Management

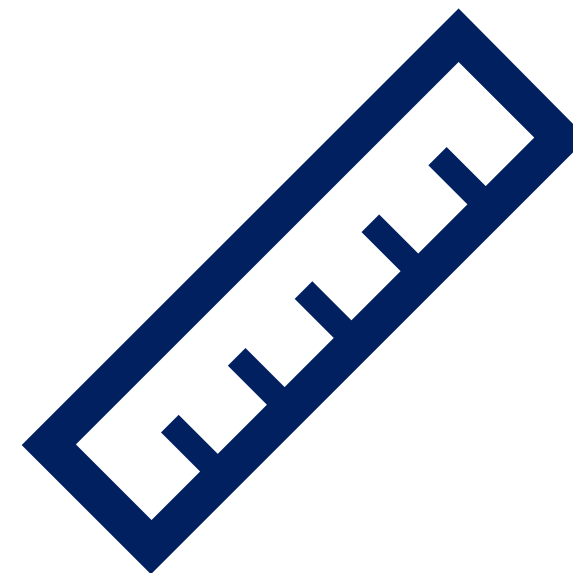
Before	During	After
<ul style="list-style-type: none"> <li>• Consider all factors when designing your session plan (i.e. explanations, activity durations and transitions for water breaks).</li> <li>• Prepare that transitions may take a little longer than normal when managing players and session set up.</li> <li>• Delineate areas for players to arrive and to place their belongings while considering distancing requirements.</li> </ul>	<ul style="list-style-type: none"> <li>• Respect the timeline you anticipated in your session so parents can plan.</li> <li>• Make use of your time by following your session plan guidelines.</li> <li>• Don't stay too long on one activity to prevent boredom.</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure you pick up all equipment and belongings before leaving the field.</li> <li>• Take a brief time to connect, while adhering to distancing requirements, with your players after the practice and validate their efforts.</li> <li>• Consider following up with a positive email to the players and parents encouraging them about the next practice session.</li> </ul>



## Coaching Tips

### Space Management

Before	During	After
<ul style="list-style-type: none"> <li>• Check with your club to confirm the amount of space available for your session.</li> <li>• Prepare a session plan that includes the amount of players confirmed for your practice.</li> <li>• Ensure that you have the right equipment (i.e.. amount of cones and pumped up balls).</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware at all times that you and the players are respecting distancing guidelines.</li> <li>• Consider designating the Assistant Coach to help you manage the spacing throughout the session.</li> <li>• Add more cones if required to clearly emphasize the zone boundaries.</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure you pick up all equipment before leaving the field.</li> <li>• Don't leave any personal belongings on the field of play or team bench.</li> <li>• Reflect on how the spacing worked out in the session and involve your players, the staff and ask the parents for their feedback.</li> </ul>





## Further Support

To support BC Soccer Members and Affiliated Members with their return to play technical planning.

BC Soccer will offer to host a **Return to Play Webinar** as well provide individual One on One Consultation meetings as requested.