

REBOOTING FOOTBALL

AIS Level B Guidelines: Small groups (no more than 10 athletes/staff in total); 1.5m social distancing; activities must be non-contact

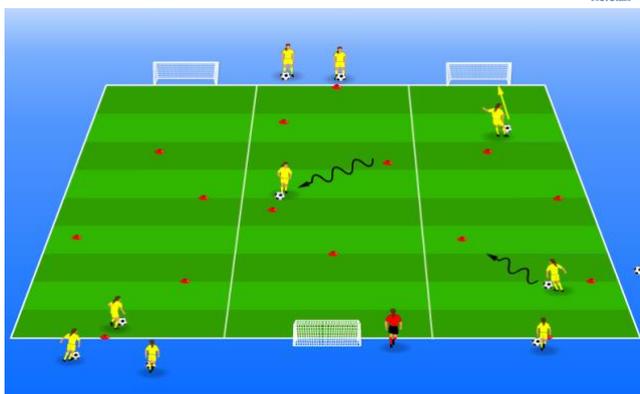


Andrew Kentepozidis | Football Victoria



Activity #1: Build up

-  Split players into two areas and spread players evenly
-  In groups of three, players will pass the ball in sequence before one player must drive into the end zone to score
-  3 points for goal in corners; 1 for a goal; 1 point for GK save
-  Attacker cannot enter 1.5m zone
-  Progression: Create a race between the two areas



Scott Grimshaw | Football Queensland



Activity #2: Zig Zag

-  Split players into three areas and layout cones in a zig zag
-  Attackers will zig zag with the ball and perform a 1v1 skill move (i.e. scissor, outside cut, Ronaldo chop) at each cone
-  After dribbling beyond the final cone, players will score in mini goal placed at the end of area, then join the next area
-  Ensure ALL players are active and involved (i.e. next player starts once first player has reached second cone)

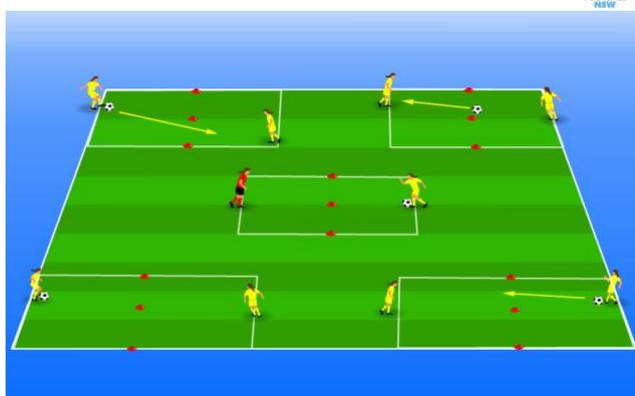


Brian Dene | Football NSW



Activity #3: Take it on

-  Create two areas with goals and spread players evenly
-  Player will pass ball into attacker who will take positive first-touch and use 1v1 skills (i.e. stepover, feints) to get past central cone and enter end-zone to score past goalkeeper
-  3 points for goal in corners; 1 for a goal; 1 point for GK save
-  Attacker cannot enter 1.5m zone
-  Players follow their pass and attacker moves into other area



Andrew Kentepozidis | Football Victoria



Activity #4: Split the gap

-  Split players into pairs and set up areas as shown
-  Pairs pass between them as the ball must go through a different gap (as marked by cones) after each pass
-  When passing the ball, the player gives their pair a number of touches that they can take before they must pass the ball back (i.e. two-touch)
-  Progression: Make a competition between the group as to who can complete the most passes successful (i.e. using one-touch)