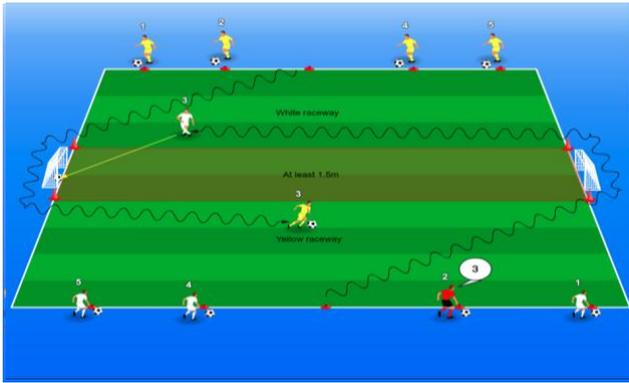


REBOOTING FOOTBALL

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



Activity #1: Raceway to score!

-  Create 2 teams of 5, including the coach, and split them on opposite sides, adhering to 1.5m social distancing guidelines
-  Each player is given a number. Coach calls out a number, e.g., "3"
-  Players (#3s in this case) run around the goal on their right-hand side as shown and score in opposite mini-goal
-  First player to score gains a point for their team
-  First team to reach 5/10 goals wins! Modify to cater for your players



Activity #2: In the mixer

-  Create activity, adhering to 1.5m social distancing guidelines
-  Player in corner will pass the ball into 'shooter' in the middle area who will shoot and attempt to score in corners of the goal
-  3 points for a goal in corners; 1 for a goal; 1 point for GK save
-  Passer becomes 'shooter' and receives ball from other side
-  Cater for all abilities. E.g. one-touch finish to stretch players

Michael Edwards | Football Tasmania



Activity #3: Combinations

-  Position players as shown, adhering to 1.5m social distancing rules
-  Simple passing drill and finish with strike on goal
-  Passing and movement (encourage different variations)
-  Once ball gets to forwards, they decide to turn and shoot, or lay off
-  Develop players' habit of moving and supporting after each action
-  Encourage quality passing into feet or into space and communication
-  Get players to come up with their own patterns and combinations

Scott O'Donnell | Capital Football



Activity #4: Turn and go

-  Create two areas with goals and areas as shown
-  Player will pass the ball into attacker as middle player moves into either the left or right area as marked out
-  Attacker receives the ball and turns into the vacant area and advances to score in goal past the goalkeeper
-  3 points for a goal in corners; 1 for a goal; 1 point for GK save
-  Passer becomes attacker, attacker becomes middle player and middle player becomes passer. Repeat sequence