



Physical Distance Training – Human Foosball

Organization:

Set-Up a 34-yard wide by 22-yard long field with 9 6-yard by 10-yard boxes inside of it. Players are confined to their box. Set-up 4 goals that are 3 yards behind each end line. Play 4-minute games, rotate defenders with attackers.

How to play:

Coach serves a ball to either side and player move the ball to connect a pass to their teammates. If red team wins the ball the try to score in one of the 4 goals.

Why:

Work on playing through the lines.

Variations:

Increase or decrease the width length of the grid.

Add or subtract goals.

Reduce numbers of defenders.

Coaching Points:

Scan for passing lanes before ball gets to you. Ask players what they are looking for. How to adjust their positioning based on what they see.

Body shape and receiving foot.

Movement to receive ball, create passing lanes, angles

Defenders “press” and cover to cut down passing lanes, move while ball is traveling.