Physical Distance Training – Swim Lanes

**Organization:**
Set-Up 9 cones on the sidelines 7 yards apart starting at the end line then set up 9 cones starting at the 6-yard box 7 yards apart towards half field. Players can bring their mask, water bottle, and ball to their set of cones.

**How to play:**
Players run, lunge, jump, hop, skip, or dribble to the cone across from them and back. Players can practice different dribbling techniques and moves. Takes breaks as needed.

**Why:**
Warm-Up, physical training, technical training.

**Variations:**
Increase or decrease the distance between cones.
Vary the type of moves to complete
Do timed challenges- dribble left foot down, right foot back, 3 times. Do again, beat your time.
Partner up to work on passing at varying distances, use different passing techniques, receiving, turning

**Coaching Points:**
Body mechanics and technical points when doing physical, dribbling, passing, receiving
Positive feedback when you see players working extra hard, executing well, improving on technique