



Station One: "The Great Escape"



Instructions

Field Set Up:

1. Set up 4 gates in each corner and with enough space for players to run freely.
2. Each 'Gate' is made up of 4 cones in a line with two inner cones close together and the outer cones a little further away. (See Diagram)

Player Preparation:

- No soccer ball are used in the activity to start. Coach can progress to players moving around with the ball later on.
- Choose 4 guards (Blue players) to stand with 2 gates either side of them.
- Guards can only move side to side, not forwards and backwards
- The rest of the players stand in the middle of the area. These players are names the 'Escapes'.

Station Rules:

1. The Escapes try to run through as many gates as possible, in a given time (E.g 2-5 minutes).
3. The guard protect their gates by tagging other players that try to go through the space between their gates.

Progressions

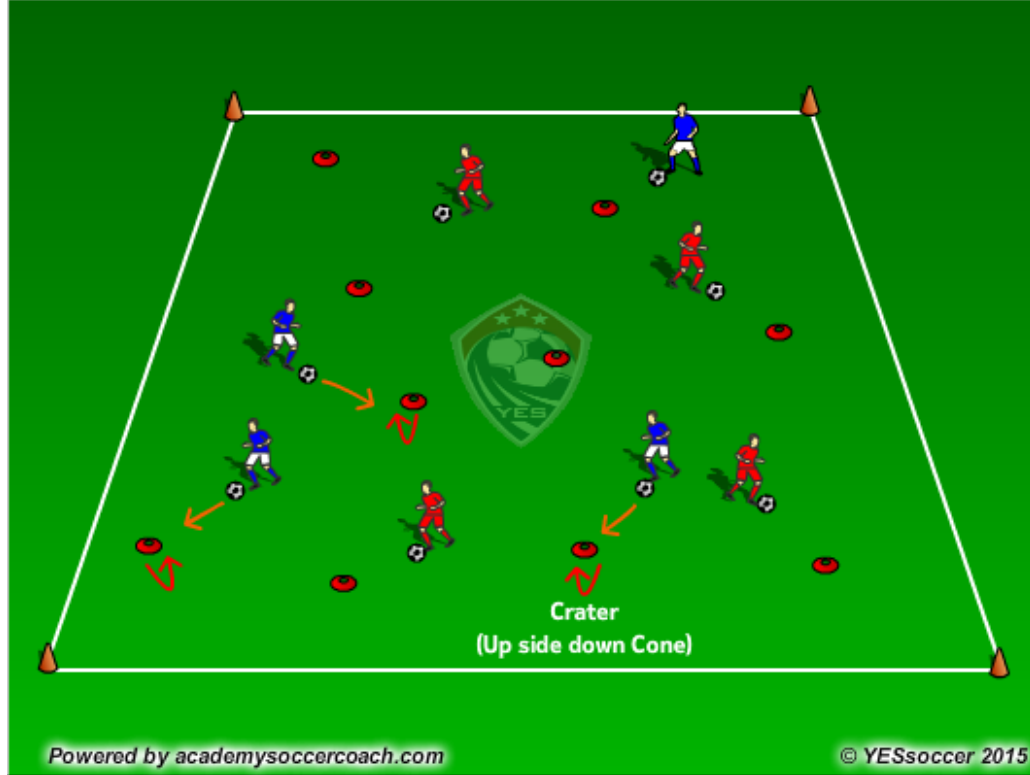
- (Easier for Red Team) Guards have a ball and dribble the ball everywhere they move. (Harder for Red Team) Red players have a ball.
- Change the size of the gates (Smaller: Challenge Red team, Bigger: Challenge Blue Team)

Key Coaching Points

- Head up (Looking for space and free cones)
- Move around on tip toes (natural running technique)
- Feints (Look to go one way then go the other)
- Agility, Dodging, Evading
- Quick on feet (Light on Toes) to move passed guards more easily
- Dynamic movements (Physical Corner)
- Concentration
- Decision Making (Psychological Corner)



Station Two: "Volcanoes or Craters"



Instructions

Field Set Up:

1. Set up a large enough area for the players to move around freely.
2. Scatter cones around randomly....
 - Some cones will be right side up: This are Volcanoes
 - Others will be upside down: Craters

Player preparation:

- a. Split players into 2x teams.
- b. Each team will be designated to turn the cones into Volcanoes or Craters.

Station Rules

1. On the coach's command, players will run to turn as many cones as possible to either Craters or Volcanoes.
2. Each player can only turn one cone over at a time (With two hands).
3. Play for 2-3 minutes per round.
4. At the end of the round, if there are more Volcanoes than Craters then the team that was responsible for turning all the cones to Volcanoes wins (and vice versa).

Progressions

- Increase or decrease area
- More or less cones
- Only use one hand
- Coach randomly turns over cones.

Key Coaching Points

- Head up (Looking for space and free cones)
- Move around on tip toes (natural running technique)
- Feints (Look to go one way then go the other)
- Agility, Dodging, Evading
- Quick on feet (Light on Toes) to move passed guards more easily
- Dynamic movements (Physical Corner)
- Concentration
- Decision Making (Psychological Corner)



Station Three: "Small Sided Game"



Instructions

Field Set Up:

1. Set up a large enough area for two teams play a small-sided game.

Player Preparation:

1. Split players into two teams.
2. Name teams either 'Home' Or 'Away'.
3. Each team has either 3,4 or 5 players on the pitch at any time.

Station Rules:

1. Teams play a normal small-sided game, by aiming to score in the opposite team's goal.
2. No Goalkeepers.
3. Each team has a minimum of 3 players or maximum of 5 players on the pitch at any given time.
4. Coaches rotate every 2-3 minutes.
5. On the rotation whistle (or signal):
 - 'Home' side becomes new 'Away' Side.
 - 'Away' Side move onto Station One.
 - New 'Home' Side, is the team rotating from 'Station Two'.

Progressions

1. Bigger or Small goals.
2. Add more small goals.
3. 'End Line' Game: Remove the goals to leave a small pitch without goals. Players score by dribbling the ball beyond the opposite team's End Line.
4. 'Accuracy Game': Remove goals and replace with 6 soccer balls on top of a cone (3 on each side). A goal is scored by accurately knocking one of the opposite teams soccer balls.

Key Coaching Points

- Head up (Looking for space and free cones)
- Move around on tip toes (natural running technique)
- Feints (Look to go one way then go the other)
- Agility, Dodging, Evading
- Quick on feet (Light on Toes) to move passed guards more easily
- Dynamic movements (Physical Corner)
- Concentration
- Decision Making (Psychological Corner)