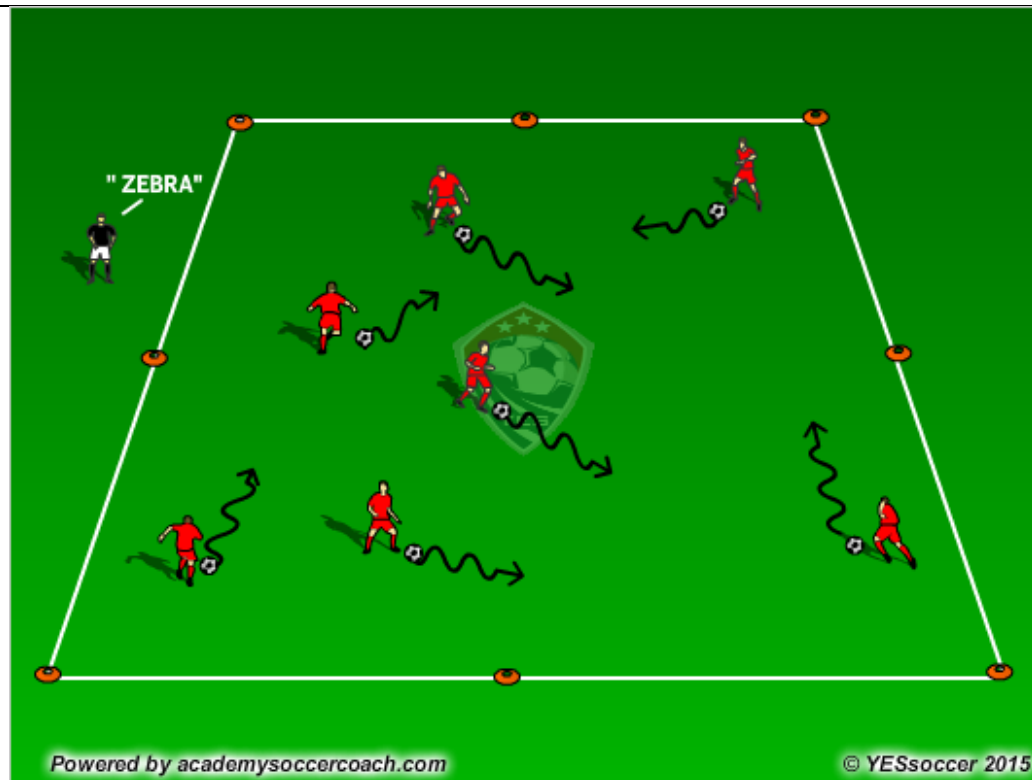




Station One: "Soccer Safari"



Instructions

Field Set Up:

1. Set up a large enough area for the players to dribble around freely.

Player Preparation:

1. Assign soccer moves to animal names. For example:
 - Zebra = dribble
 - Lion = stop and stand still
 - Elephant = go slow
 - Cheetah = dribble fast
 - Kangaroo = do tick tocks
 - Crab = use the outside of the feet to dribble.

Station Rules:

1. Coach introduces three animals to start. Players start to dribble in the area while Coach calls out the animal names and players perform corresponding move.
2. If player goes out of bounds they are caught and need to wait for another player to release them by giving them a high five.
3. Coach adds additional animals after players are comfortable with the first three.
4. Add progressions as needed.

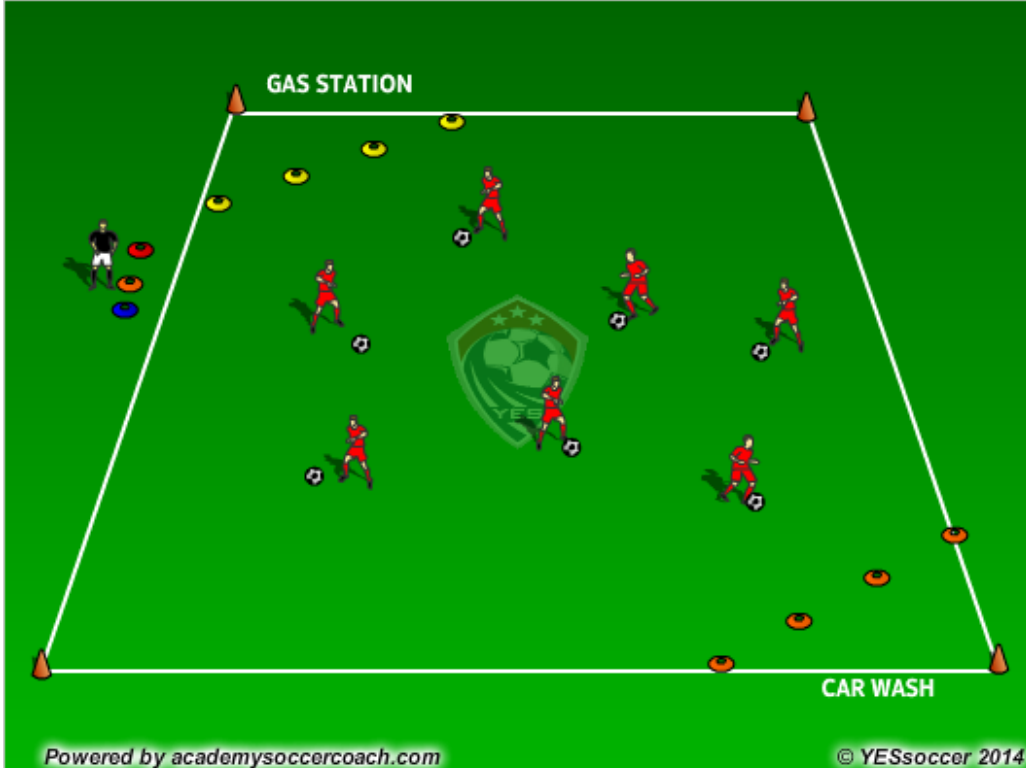
Progressions

- (Easier - (Easier/Harder): Change the area size.
- (Fun/Harder): Coach becomes a 'Hunter' and acts as a tagger. In order for to tag a player, the coach must throw a bib at the players soccer ball. If a ball is hit the player must perform an animal noise whilst doing 'Tick Tocks.
- Add other ball mastery actions. For example:
 - Take Stops: Push with the outside of the foot (to the side) and stop with the sole of the foot.
 - Drag back and Push: Drag back with the sole of foot, then push forward with laces just in front.
 - Half Vs': Drag back with sole of foot, then push forward with the Inside of the foot.
 - Full Vs: Drag back with sole of foot, then push forward with the Inside of the foot, so the ball is in front of opposite foot. Repeat process.

Key Coaching Points

- Ball out of feet (but close and in control)
- Head Up (Look for free space)
- Move with ball by being on TIP TOES
- Use all different parts of foot (Mostly laces to keep a natural running position, BUT DONT USE TOE)
- Small touches when moving with the ball, but out of feet (small touches= Tap, Tap, Tap)
- Use both feet to dribble
- Dribble into space
- Change of Pace
- Always be moving



Station Two: "Don't Crash The Car"	Instructions
	<p>Field Set Up:</p> <ol style="list-style-type: none"> 1. Set up a large enough area for the players to dribble around freely. 2. Place cones in two separate areas. <p>Player Preparation:</p> <ol style="list-style-type: none"> 1. Assign one area of cones as a gas station and the other as the car wash. 2. Explain the rules of red light green light and what the gas station and car wash are for: <ol style="list-style-type: none"> a. Red Light means players stop. b. Yellow light means players go faster. c. Green light means players dribble without hitting into others. d. Gas Station is where players go to do toe taps e. Car Wash is where kids go to tick tock. <p>Station Rules:</p> <ol style="list-style-type: none"> 1. The Coach calls out red light, green light, or yellow light to get the kids started. 2. After the players are used to the lights the coach introduces the gas station and the car wash. 3. Add progressions as needed.
<p>Progressions</p>	<p>Key Coaching Points</p>
<ul style="list-style-type: none"> • 'Police Cash' = the coach tries to tag the players (with the ball in their hands). Drivers get points for every player who isn't tagged. • 'Wind-Screen Wipers' = Players stop, then perform Tick Tocks). • Add other ball mastery actions: <ul style="list-style-type: none"> ○ Take Stops: Push with the outside of the foot (to the side) and stop with the sole of the foot. ○ Drag back and Push: Drag back with the sole of foot, then push forward with laces just in front. ○ Half Vs': Drag back with sole of foot, then push forward with the Inside of the foot. ○ Full Vs: Drag back with sole of foot, then push forward with the Inside of the foot, so the ball is in front of opposite foot. Repeat process. 	<ul style="list-style-type: none"> • Ball out of feet (but close and in control) • Head Up (Look for free space) • Move with ball by being on TIP TOES • Use all different parts of foot (Mostly laces to keep a natural running position, BUT DONT USE TOE) • Small touches when moving with the ball, but out of feet (small touches= Tap, Tap, Tap) • Use both feet to dribble • Dribble into space • Change of Pace • Always be moving



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 player a normal small sided game, by aiming to score in 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):
 - o The 'Home' side become the new 'Away' Side.
 - o The 'Away' Side move onto Station One.
 - o The 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

- Ball out of feet (but close and in control)
- Head Up (Look for free space)
- Move with ball by being on TIP TOES
- Use all different parts of foot (Mostly laces to keep a natural running position, BUT DONT USE TOE)
- Small touches when moving with the ball, but out of feet (small touches = Tap, Tap, Tap)
- Use both feet to dribble
- Dribble into space
- Change of Pace
- Always be moving