





Station One: "Star Wars"	Instructions
 <p>Powered by academysoccercoach.com © YESsoccer 2015</p>	<p>Field Set Up:</p> <ol style="list-style-type: none"> 1. Set up a large square with two end zones at each end. 2. Set up a small circle in the middle of the square, in between each end zone. (as in diagram) <p>Player Preparation:</p> <ol style="list-style-type: none"> a. Coach names each zone (Either 'Rebellion Air Base' or 'Rebellion HQ') b. All players start in one end zone. c. Coach (Darth Vader) stands in the circle (Death Star) with a lots of pinneys. <p>Station Rules</p> <ol style="list-style-type: none"> 1. When Coach says go, players attempt to dribble from one end zone to the other. Players cannot dribble through the circle. 2. Coach throws pinnies at the players' soccer balls from inside the circle. 3. If a pinney hits a player's soccer ball or a player dribbles out of the boundary or through the circle, they join the coach (or the 'Dark Side') as additional shooters. These players also throw pinnies from inside the circle. 4. After all players have made it across into the new end zone, coach tells players to dribble back to the original end zone. 5. The game continues until only one player is left. That player is the winner -- 'Luke Skywalker'
<p>Progressions</p> <ul style="list-style-type: none"> • Coach moves outside circle throwing pinnies. • Split into 2 teams. Team who has most players left or last player wins. • When players get into End Zone, they perform ball mastery actions: <ul style="list-style-type: none"> ○ Toe Taps ○ Tick Tocks ○ Drag backs 	<p>Key Coaching Points</p> <ul style="list-style-type: none"> • Head Up (Look for free space) & 1st touch (out of feet and into space) • Move around on tip toes. • Use all different parts of foot (Mostly laces to keep a natural running position): DON'T USE TOES TO MOVE THE BALL. • Keep ball close but out of feet (small touches: TAP TAP TAP) • Be Creative to experiment performing different feints and tricks to get passed a Defender/Opposition player • Use both feet to dribble • Accelerate into to space once passed Defender/opposition player.



Station Two: 'Sponge Bob Needs Help'	Instructions
 <p>Powered by academysoccercoach.com © YESsoccer 2015</p>	<p>Field Set Up:</p> <ol style="list-style-type: none"> 1. Set up one large square for players to dribble freely in. 2. Set up a small end zone with a small square inside the end zone. 3. Inside the small square dress a tall orange cone in a yellow pinney (This is called SpongeBob). 4. At the opposite end scatter a number of tall orange cones (SpongeBob's Jelly Fish). <p>Player preparation:</p> <ol style="list-style-type: none"> a. Players all start inside the end zone. b. Place 2-3 taggers in the middle of the larger square (ideally coaches or volunteer parents). <p>Station Rules</p> <ol style="list-style-type: none"> 1. On the coach's command all the players must dribble their soccer balls out of the end zone towards the scattered orange cones. 2. Each player picks up ONE tall orange cone at a time to bring back to the end zone and place into the small square with SpongeBob in it. 3. If a player is tagged by a coach, they must drop their tall orange cone (if they have one in their hand) and go back to the end zone to start again.
Progressions	Key Coaching Points
<ul style="list-style-type: none"> • Taggers must dribble too. • Change the size of the area • (Harder): More Taggers. • (Competition): Split into team. Team brings the most tall orange cones back wins. • When players get back inside the End Zone, they must perform ball mastery actions to give Sponge Bob his food. For example.... <ul style="list-style-type: none"> ○ Toe Taps ○ Tick Tocks ○ Take Stops: Push with outside of foot (to side) and stop with sole of foot. ○ Drag back and push: Drag back with sole of foot, then push forward with laces just in front. ○ Half Vs': Drag back with sole of foot, then push forward with inside of foot. ○ Full Vs: Drag back with sole of foot, then push forward with inside of foot, so ball is in front of opposite foot. Repeat process. 	<ul style="list-style-type: none"> • Head Up (Look for free space) & 1st touch (out of feet and into space) • Move around on tip toes. • Use all different parts of foot (Mostly laces to keep a natural running position): DON'T USE TOES TO MOVE THE BALL. • Keep ball close but out of feet (small touches: TAP TAP TAP) • Be Creative to experiment performing different feints and tricks to get passed a Defender/Opposition player • Use both feet to dribble • Accelerate into to space once passed Defender/opposition player.



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. No Goalkeepers.
2. Each team has a minimum of 3 players or maximum of 5 players on the pitch.
3. Coaches rotate every 2 - 3 minutes.
4. On the rotation whistle (or signal)...
5. The 'Home' side become the new 'Away' Side.
6. The 'Away' Side move onto Station One.
7. 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