





Station One: "World Cup Passing"	Instructions
	<p><b>Field Set Up</b></p> <ul style="list-style-type: none"> <li>Place 3x cones in a line.</li> <li>Place a soccer ball (target ball) on top the middle cone.</li> <li>Continue this set up multiple times.</li> </ul> <p><b>Player Preparation:</b></p> <ul style="list-style-type: none"> <li>Get players into pairs</li> <li>Have players stand on the 'outer cones' (So the soccer ball is in between a pair).</li> </ul> <p><b>Station Rules:</b></p> <ol style="list-style-type: none"> <li>One player starts with the ball.</li> <li>He/she attempts to knock the soccer ball off the middle cone.</li> <li>If he/she knocks the ball off, the pairs gets 2x points. Once a ball is knocked off middle cone, the player (who knock the ball off) comes out and replaces the ball.</li> <li>His/her partner then attempts to knock of the soccer ball on top of the middle cone.</li> <li>If a player touches the ball without it falling off, they get one point.</li> <li>Add progression 4 when players are comfortable with the activity.</li> </ol>
<p><b>Progressions</b></p>	<p><b>Key Coaching Points</b></p>
<ul style="list-style-type: none"> <li>Outside cones further apart.</li> <li>Smaller ball or no soccer ball, instead the must hit the flat cone.</li> <li>Weaker foot passing.</li> <li>Competition (In Pairs, against the rest of the group)</li> <li>Blues vs Reds with Team Lives: More than 3x player miss middle ball, their team loses a life</li> </ul>	<ul style="list-style-type: none"> <li>Head up (Looking for space and target)</li> <li>Upper body over the ball (to keep it low)</li> <li>None kicking foot (at the side of the ball and pointing towards the target)</li> <li>Striking foot (Can use different parts of foot, most accurate = inside)</li> <li>Ball contact (middle of the ball)</li> <li>Follow through (Striking foot pointing at target)</li> <li>Don't cross legs on follow through</li> <li>Quality of pass: Good weight to hit target with control.</li> </ul>



Station Two: "Soccer Marbles"	Instructions
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<p><b>Progressions</b></p> <ul style="list-style-type: none"> <li>• Split into teams. The team with the closet three balls, wins a point.</li> <li>• Weaker foot pass</li> <li>• Add a blocker</li> <li>• Distance of the circle/square may be increased to make the game more challenging.</li> </ul>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Head up (Looking for space and target)</li> <li>• Upper body over the ball (to keep it low)</li> <li>• None kicking foot (at the side of the ball and pointing towards the target)</li> <li>• Striking foot (Can use different parts of foot, most accurate = inside)</li> <li>• Ball contact (middle of the ball)</li> <li>• Follow through (Striking foot pointing at target)</li> <li>• Don't cross legs on follow through</li> <li>• Quality of pass: Good weight to hit target with control.</li> </ul>



**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 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).....
6. The 'Home' side become the new 'Away' Side.
7. The 'Away' Side move onto Station One.
8. 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**

- Head up (Looking for space and target)
- Upper body over the ball (to keep it low)
- None kicking foot (at the side of the ball and pointing towards the target)
- Striking foot (Can use different parts of foot, most accurate = inside)
- Ball contact (middle of the ball)
- Follow through (Striking foot pointing at target)
- Don't cross legs on follow through
- Quality of pass: Good weight to hit target with control.