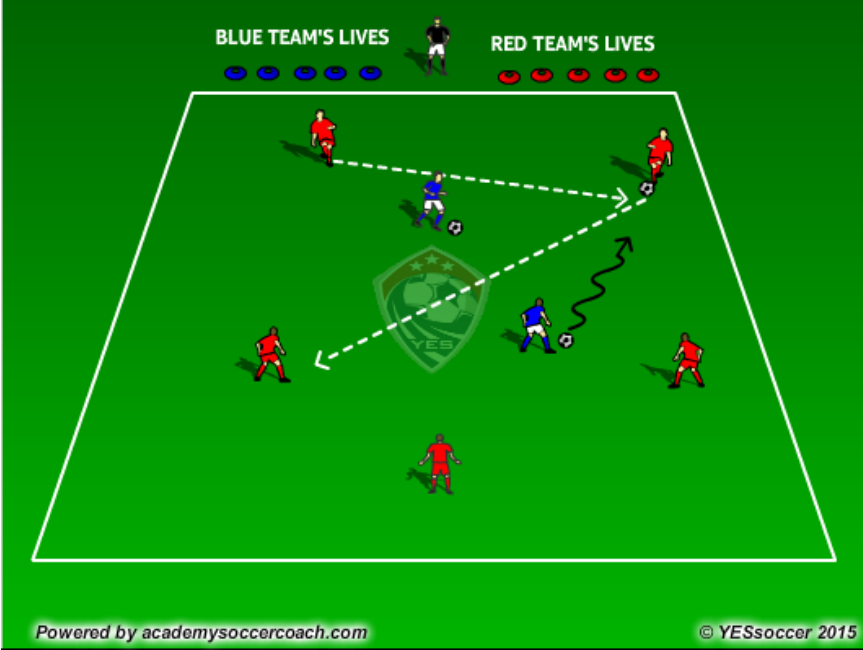




| Station One: "Dribble or Pass" | Instructions | |
|---|---|--|
|  | <p>Field Set Up:</p> <ol style="list-style-type: none"> Set up one large square for one team to dribble in, while another one passes a ball in. <p>Player Preparation:</p> <ol style="list-style-type: none"> Split players into 2 teams unevenly (for example 10 players: 7 vs 3, 8 v 2, 6 v 4, depending on ability). Smaller teams each have a soccer ball. These are the 'Dribblers'. Larger team have one ball between them. These are the 'Passers'. Coach instructs the 'Dribblers' they must always move with the ball at their feet and they cannot at any time leave their ball. They also cannot tackle a 'Passer' Player. <p>Station Rules</p> <ol style="list-style-type: none"> Passers team (Red) tries to pass their ball to each other. Dribblers (Blue) attempt to intercept pass (or get in the way of a pass) or force the Passing Team out of the square. Dribblers cannot tackle or kick the ball away and they must dribble their ball at all times. For Passers to get one point they must make a set amount of passes consecutively with a Dribbler touching their ball or their ball going out of play. For Dribblers to get one point, they must get in the way of a pass or force the Passers' ball to go out of play. | |
| <p>Progressions</p> <ul style="list-style-type: none"> (Easier - (Easier/Harder): Change the area size. Team Lives: When a Passers makes 3 or 5 consecutive passes, Blue team loses a life. When Dribblers interrupt the Passers passes (Getting in the way or forcing ball out play) the Passer loses a life. The coach can use cones to represent each team's lives or keep a mental note. | <p>Key Coaching Points</p> <ul style="list-style-type: none"> Head up (Look at where the goal is). None kicking foot (next to ball and pointing towards goal). Striking the ball with shoelaces (toe pointed down) or inside (accuracy) & keep ankle locked. Ball contact (Middle to keep low). Follow through of striking foot): Pointing towards goal Aim for the corners of the goal (Top or bottom)Don't cross legs on follow through Quality of Pass: Good weight to hit target with control. | |



Station Two: "Magic Boxes"



Instructions

Field Set Up:

1. Set up a large square so players can move freely (approx 20y by 15 yards).
2. Mark out two 5y by 5y about 2 yards from each end line (these are the magic boxes).

Player preparation:

- a. Split the players into two teams (evenly, if an odd number have one player as a neutral player).
- b. One player from each team (the magician) goes into one of the magic boxes.
- c. The coach instructs the players that no one else can go into the magic boxes and the Magician's cannot be defend.

Station Rules

1. The rest of the players try to pass the ball to their team's magician.
2. One point is awarded for each successful pass (Successful Pass: A pass that the magician is able to control in their magic box).
3. Once a point is earned, the Magician pass the ball to a player on the other team.
4. First team to get 5 points wins.

Progressions

- Weaker foot passing.
- Change size of area.
- Remove boxes, Magicians are put in different colored pinnies and are allowed to move around the area.

Key Coaching Points

- Head up (Look at where the goal is).
- None kicking foot (next to ball and pointing towards goal).
- Striking the ball with shoelaces (toe pointed down) or inside (accuracy) & keep ankle locked.
- Ball contact (Middle to keep low).
- Follow through of striking foot): Pointing towards goal
- Aim for the corners of the goal (top or bottom) Don't cross legs on follow through
- Quality of Pass: Good weight to hit target with control.



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. No Goalkeepers.
2. Each team has a minimum of 3 players or maximum of 5 players on the pitch at any given time.
3. Coaches rotate every 2-3 minutes.
4. On the rotation whistle (or signal).....
5. 'Home' side become the new 'Away' Side.
6. 'Away' Side move onto Station One.
7. New 'Home' Side, is the team rotating from 'Station Two'.



Progressions

Key Coaching Points

1. Set number of passes must be achieved before being able to shoot at goal.
2. Bigger or Small goals.
3. Add more small goals.
4. '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.
5. '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.

- 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.