



Station One: "The Great Escape"



Instructions

Field Set Up:

1. Set up 4 gates in each corner 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:

- a. The activity starts without soccer balls. Coach can progress to players move around with the ball later on.
- b. Choose 4 guards (blue players) to stand with 2 gates either side of them.
- c. Guards can only move side-to-side. They cannot move forwards and backwards.
- d. The rest of the players stand in the middle of the area. These players are names the 'Escapees'.

Station Rules:

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


Progressions

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

Key Coaching Points

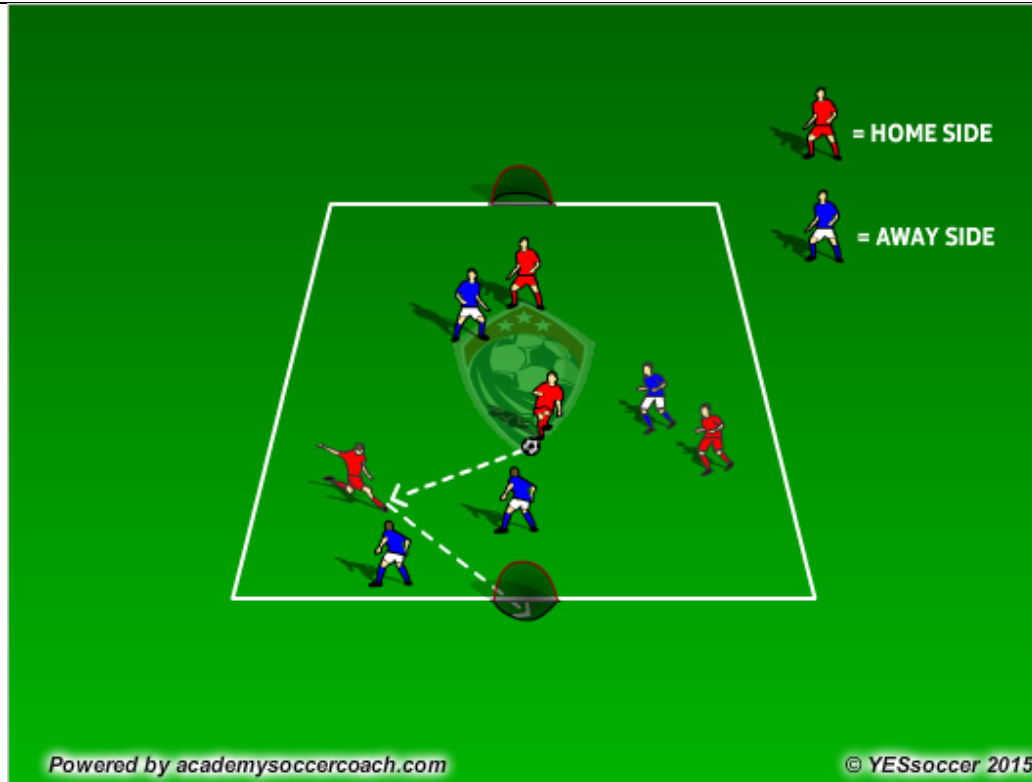
- Head up (looking for space and free cones)
- Move around on tip toes (natural running technique)
- Fakes (look to go one way then go the other)
- Agility, dodging, evading
- Quick on feet (light on toes) to move passed guards more easily
- Dynamic movements (physical corner)
- Concentration
- Decision Making (psychological corner)



Station Two: "Soccer Tag"	Instructions
	<p>Field Set Up:</p> <ol style="list-style-type: none"> 1. Set up a large enough area for the players to move around freely. The area can be any shape for example square or circle. 2. In the middle of the large area, set up a smaller square or circle enough for 3 - 4 players to safely run into and rest. This is called the 'Safety Zone'. <p>Player Preparation:</p> <ol style="list-style-type: none"> a. Activity starts without soccer balls. Coach can progress to players move around with the ball later on. b. Players are split into 3 or 4 small groups. c. Coach instructs the players, they are only allowed in the 'Safety Zone' for a maximum of 3-5 seconds. They cannot return to the 'Safety Zone' for 10 seconds. d. When tagged, players must stand with their arms out for teammates to run under. <p>Station Rules:</p> <ol style="list-style-type: none"> 1. All players move around inside the area. 2. Coach calls out the color of a team (E.g. blue); that team must tag the other two teams as quickly as possible. 3. Non-tagging teams must stay un-tagged for as long as possible. 4. Team with the least amount of tagged players at the end of the round wins. 5. Play for 2 - 3 minutes each round or until everyone is tagged.
<p>Progressions</p>	<p>Key Coaching Points</p>
<ul style="list-style-type: none"> • Increase or decrease area • Inactive 'Safety Zone' Rule: No player can go into the safety zone for a set amount of time. • Coach can randomly tag or un-tag players too. 	<ul style="list-style-type: none"> • Head up (looking for space and free cones) • Move around on tip toes (natural running technique) • Fakes (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

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):
 - 'Home' becomes new 'Away' Side.
 - 'Away' moves onto Station One.
 - New 'Home' is the team rotating from 'Station Two'.

Progressions

1. Bigger or smaller goals
2. Add more small goals
3. 'End Line' Game: Remove 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)
- Fakes (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)