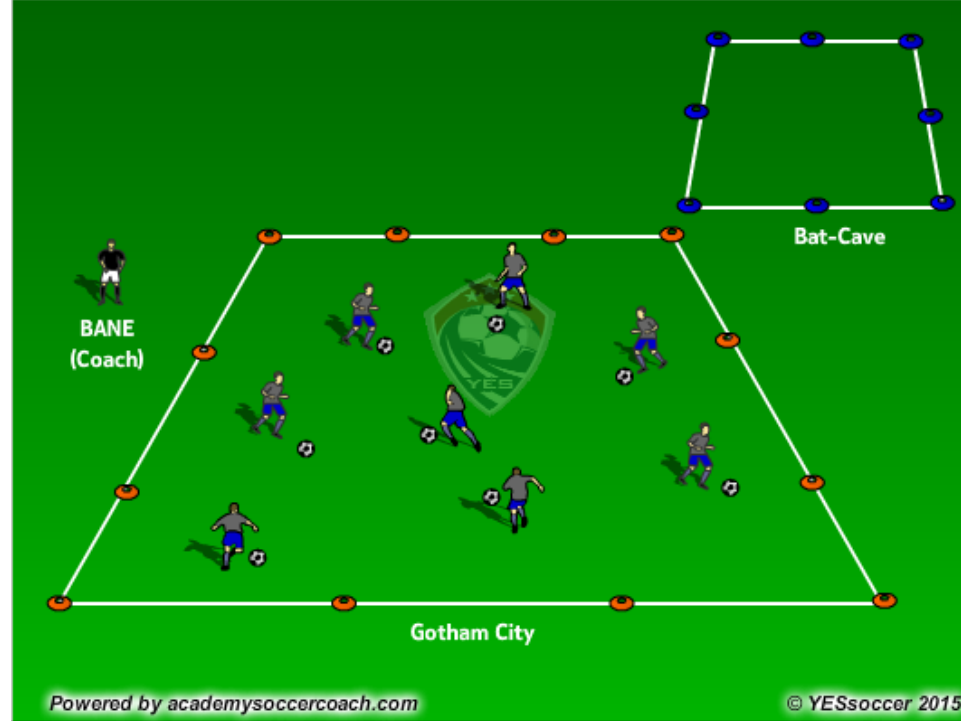




Station One: "Batman"



Instructions

Field Set-Up

Set up a large enough area for players to dribble around freely (Gotham City) and one smaller square for players to run into (Bat Cave)

Player Preparation

1. Each player has a soccer ball called the Bat-Mobile
2. Define and show players different commands:
 - "Ring, Ring": Players put foot on top of ball and listen to Coach's instruction. E.g: Dribble around area performing soccer moves like 'Step Over' or 'Scissors' to get around villain
 - "Drive to Bat-Cave": Drive to smaller square as quickly as possible
 - Joker (Coach Laugh): 10 toe taps
 - Pick up a Penguin : 10 tick tocks
 - "Its starting to get chilly" (Mr. Freeze): Stop
 - BANE is on the Rampage: Players dribble around Gotham City (large square), ensuring ball doesn't get hit by a pinney throw by Coach. If pinney hits ball, go to Bat Cave to perform 10 ticks tocks before returning to Gotham

Station Rules

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

Progressions

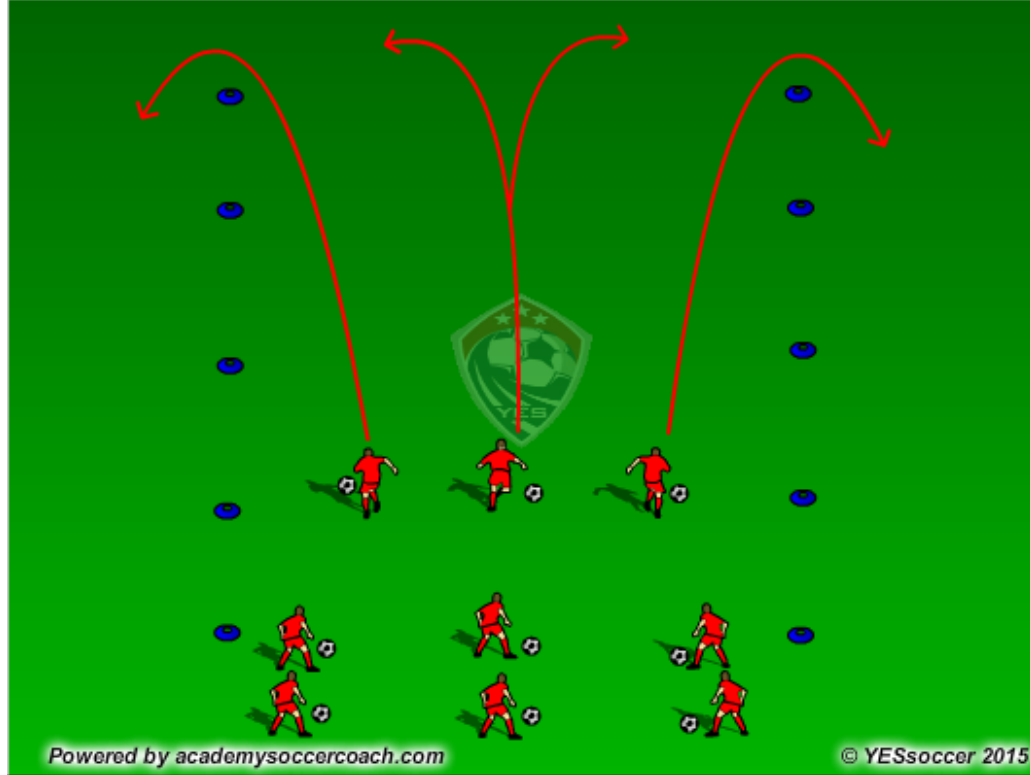
- When 'Bane is on the Rampage': Other Coaches or Parents throw pinneys at soccer balls.
- Add more ball mastery actions (with villains). For Example:
 - Toe Taps
 - Tick Tocks
 - Take Stops: Push with outside of foot (to side) and stop with sole of foot.
 - Drag back and push: Drag back with the sole 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.

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, NOT toe)
- Small touches when moving with the ball, (small touches= Tap, Tap, Tap)
- Use both feet to dribble
- Dribble into space
- Change pace
- Always be moving



Station Two: "Skills Corridor"



Instructions

Field Set-up

Set up 2 lines of cones with about 15 - 20 yards, to make a corridor in-between lines of cones (as in diagram)

Player Preparation

1. Split players evenly into 3 or 4 groups
2. Get each group to stand in line (one behind the other) at bottom of corridor and facing inside it

Station Rules

1. One player from each group dribbles through corridor and exits corridor as show and goes to end of line for their group. Middle group can exit either side
2. After player reaches top of corridor and exits, next player can go.
3. Coach introduces different challenges for players to complete while dribbling through the corridor:
 - Make as many touches as possible
 - Use as many parts of the foot as possible.
 - Go as fast as possible.
 - Go in a zig-zag rather than straight line, perform a turn at each side

Progressions

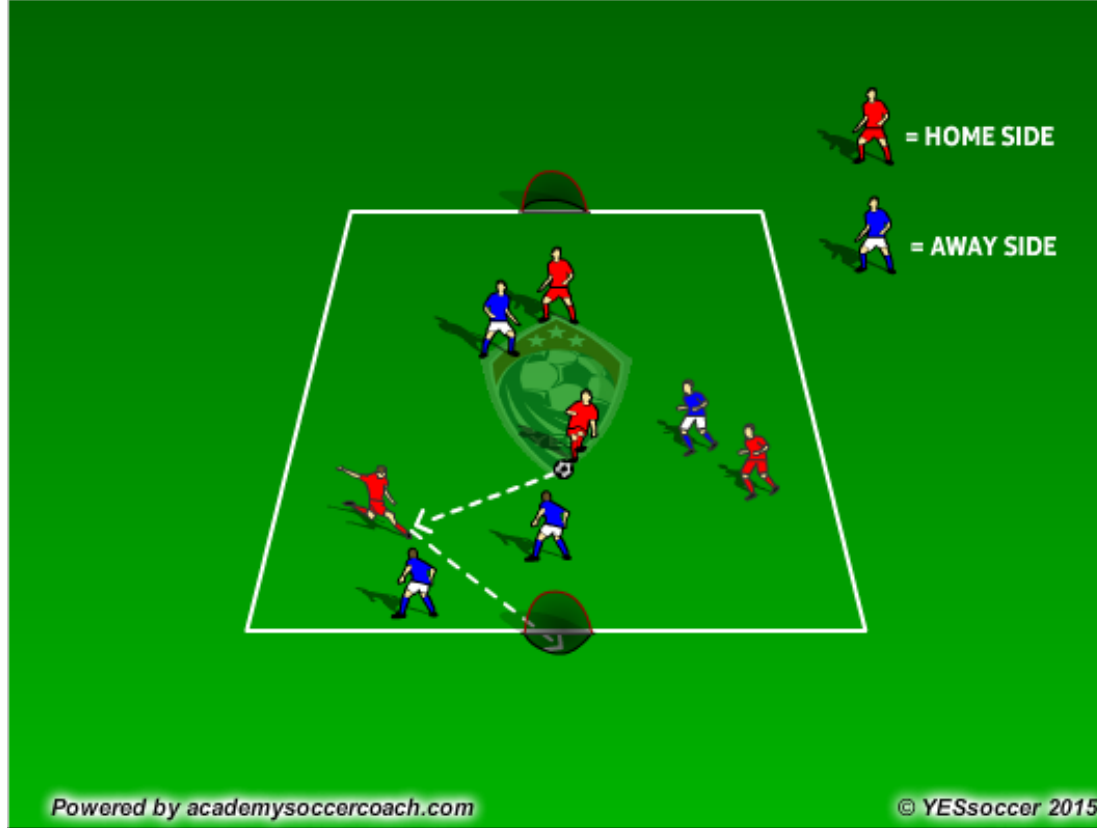
- Dribble through changing from having lots of touches to only a few (in between each set of cones).
- Relay races

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, NOT toe)
- Small touches when moving with the ball, (small touches= Tap, Tap, Tap)
- Use both feet to dribble
- Dribble into space
- Change pace
- Always be moving



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 scoring in opposite team's goal.
2. No goalkeepers
3. Each team has a minimum of 3 players or maximum of 5 players on pitch at a time
4. Coaches rotate every 2 - 3 minutes
5. On rotation whistle:
 - 'Home' side become the new 'Away' Side
 - 'Away' Side move onto Station One
 - New 'Home' Side is team rotating from 'Station Two'

Progressions

1. Bigger or smaller 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 cones (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, NOT toe)
- Small touches when moving with the ball, (small touches= Tap, Tap, Tap)
- Use both feet to dribble
- Dribble into space
- Change pace
- Always be moving