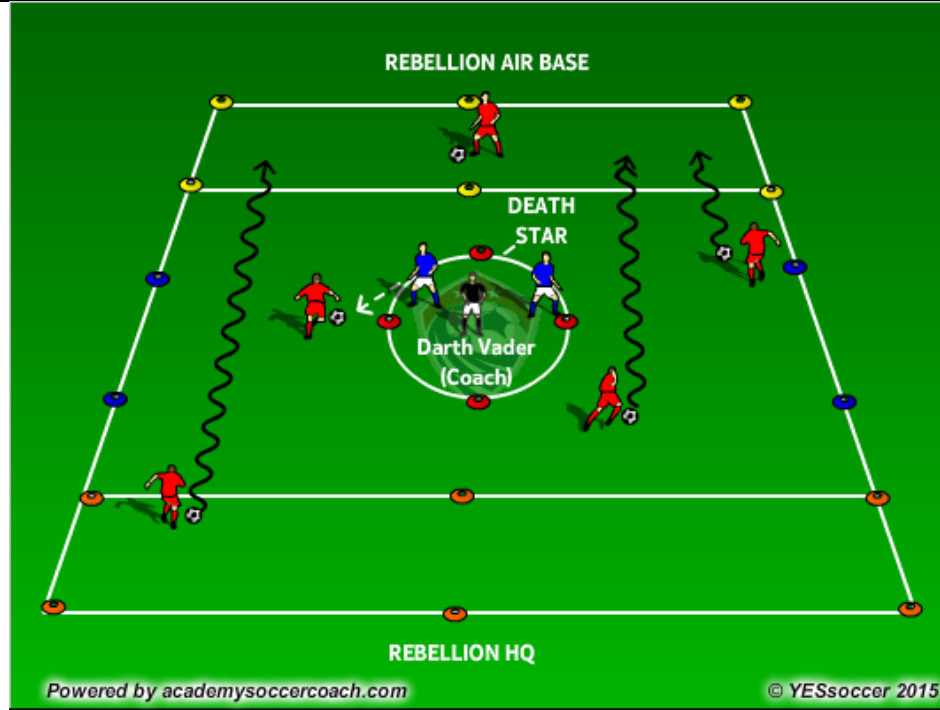




Station One: "Star Wars"



Instructions

Field Set-up

1. Large square with two end zones at each end
2. Small circle in middle of square, in between each end zone, as in diagram

Player Preparation

1. Coach names each zone ('Rebel Air Base' or 'Rebel HQ')
2. All players start in one end zone.
3. Coach (Darth Vader) stands in circle ('Death Star') with lots of pinneys

Station Rules

1. Coach tells players to dribble from starting end zone to other; players cannot dribble through circle
2. Coach throws pinnies at players' soccer balls from inside circle
3. If pinney hits player's soccer ball, player dribbles out of bounds, or through circle, they join coach ('Dark Side') as additional shooters
4. Players always throw pinnies from inside circle
5. After all players have made it across into new end zone, Coach tells players to dribble back to original end zone
6. Game continues until only one player is dribbling from end zone to end zone. That player is 'Luke Skywalker', winner

Progressions

- Coach moves outside circle throwing pinnies
- Split into 2 teams. Team who has most players left or last player wins.
- When players get into an End Zone, players must perform ball mastery actions. 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 sole of foot, push forward with laces just in front.
 - Half Vs': Drag back with sole of foot, push forward with Inside of foot.
 - Full Vs: Drag back with sole of foot, push forward with inside of foot, so ball is in front of opposite foot. Repeat.

Key Coaching Points

- Head-up (look for free space)
- First 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, NOT toes
- Keep ball close but out of feet (small touches: TAP TAP TAP)
- Be creative to experiment performing different fakes and tricks to get past a defender/opposition player
- Use both feet to dribble
- Accelerate into to space after passed defender/opposition player



Station Two: 'Conquer Pyramid'



Instructions

Field Set-up

Set up a square larger enough for players to dribble through in groups of 3 and split evenly into three zone (as in diagram)

Player Preparation

- Place defenders in each zone:
 - Zone One = 1 Defender
 - Zone Two = 2 Defenders
 - Zone Three = 3 Defenders
- Place other players in 3 lines, they are dribblers

Station Rules

1. Dribblers (Reds) try to dribble through 'Zone One', 3 dribblers at a time. Dribbler who pass defender move into next zone.
2. Players can score a point for every zone they dribble through. Players who can dribble through all 3 zones, get an extra point.
3. Defenders must stay in their zones and tap top of a dribbler's soccer ball to stop them
4. As soon as first 3 dribblers have either gone through all zones or their ball has been tapped by a defender, next set of 3 dribblers go

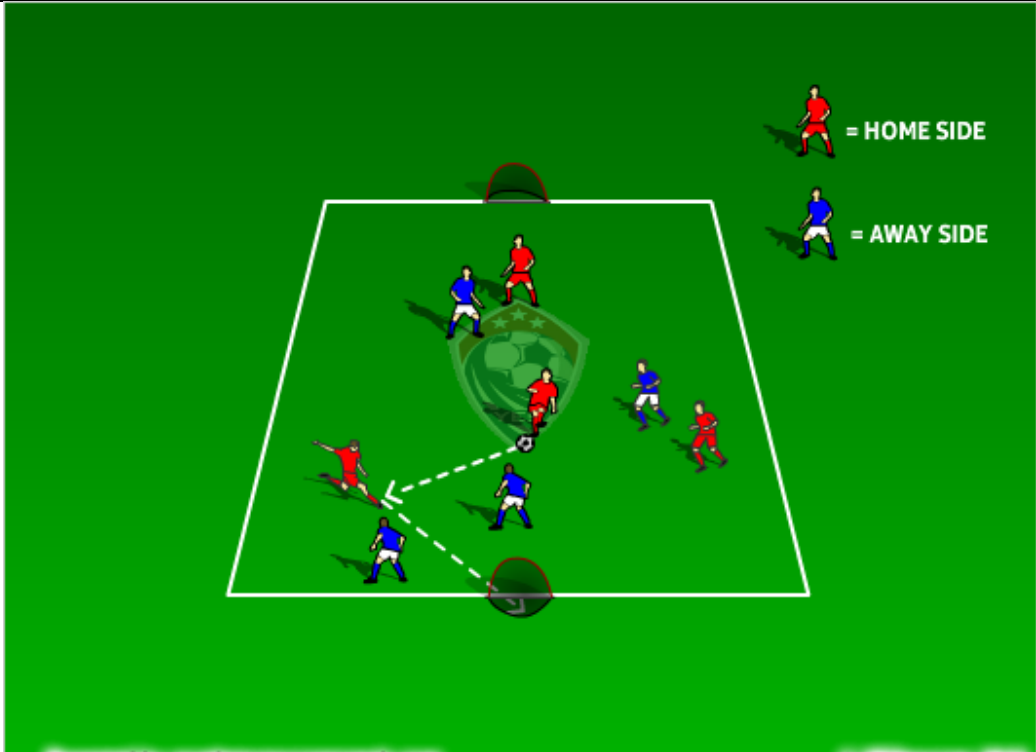
Progressions

- Easier: Take out defenders in each zone
- Easier: Defenders have a ball to dribble
- Swap number of defender in each zone (E.g. Zone 1= 3 Defenders).
- Harder: Defenders can tackle
- Add lives if defenders tag all three players they gain a life, if a dribbler goes through all three zones they gain a life.

Key Coaching Points

- Head-up (look for free space)
- First 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, NOT toes
- Keep ball close but out of feet (small touches: TAP TAP TAP)
- Be creative to experiment performing different fakes and tricks to get past a defender/opposition player
- Use both feet to dribble
- Accelerate into to space after passed defender/opposition player



<p>Station Three: "Small Sided Game"</p> 	<p>Instructions</p> <p>Field Set-up Set up a large enough area for two teams play a small-sided game.</p> <p>Player Preparation</p> <ol style="list-style-type: none"> 1. Split players into two teams. 2. Name teams either 'Home' Or 'Away'. 3. Each team has either 3, 4, or 5 players on pitch at any time. <p>Station Rules</p> <ol style="list-style-type: none"> 1. Teams play a normal small-sided game, by trying to score 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 any given time 4. Coaches rotate every 2 - 3 minutes 5. On rotation whistle (or signal) <ul style="list-style-type: none"> • 'Home' becomes new 'Away' Side • 'Away' moves onto Station One • New 'Home' side, is team rotating from 'Station Two'
<p>Progressions</p> <ol style="list-style-type: none"> 1. Bigger or Small goals. 2. Add more small goals. 3. 'End Line' Game: Remove goals to leave a small pitch without goals. Players score by dribbling ball beyond 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 opposite teams soccer balls. 	<p>Key Coaching Points</p> <ul style="list-style-type: none"> • Head-up (look for free space) • First 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, NOT toes • Keep ball close but out of feet (small touches: TAP TAP TAP) • Be creative to experiment performing different fakes and tricks to get past a defender/opposition player • Use both feet to dribble • Accelerate into to space after passed defender/opposition player