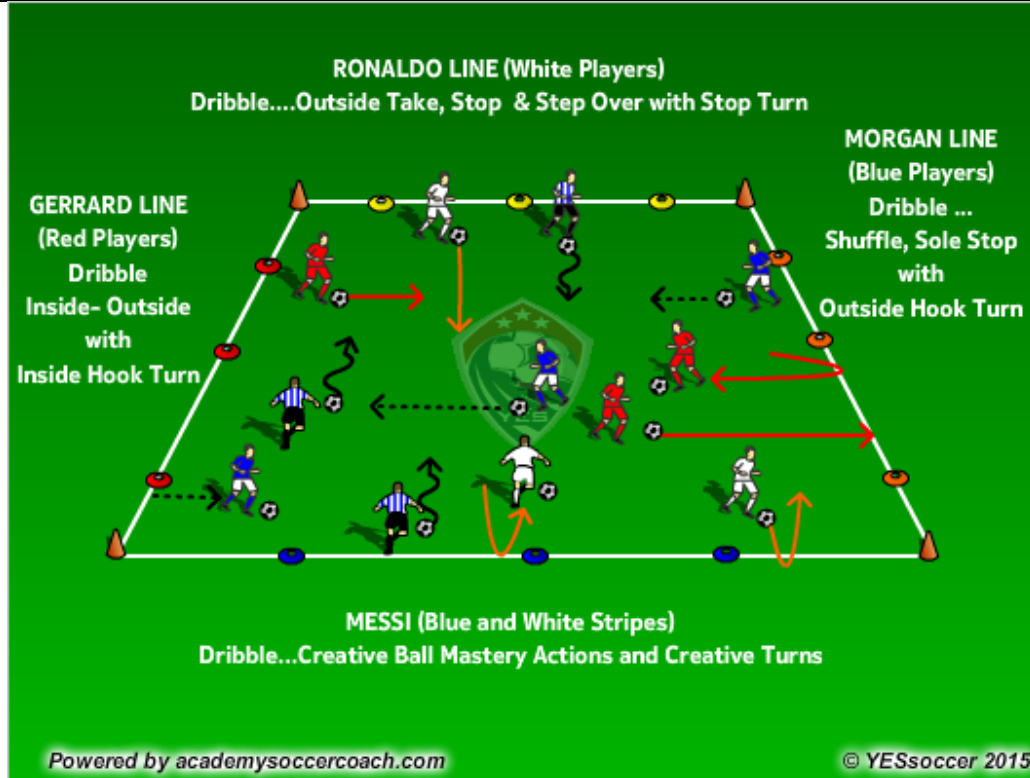




Station One: 'Ball Mastery and Turning'



Instructions

Field Set-up

Set up a square or rectangle space on field that is big enough for players to dribble around.

Player Preparation

- Coach assigns players to a particular side of square or rectangle.
- If you want you can name lines:
 - Messi, Morgan, Gerrard, Ronaldo
 - Man U, Chelsea, Liverpool, Spurs

Station Rules

1. Coach will ask all of players to dribble across square or rectangle at same time without bumping into each other. Do this 2 or 3 times.
2. Assign different sides different tasks to do with ball:
 - Man U: Use outside of foot and use stop turn to turn around
 - Chelsea: Go other side and turn around with outside of foot
 - Liverpool: Use weaker foot and turn around with inside of foot
 - Spurs: Alternate feet and use stop turn to turn around
3. Add progressions as needed

Progressions

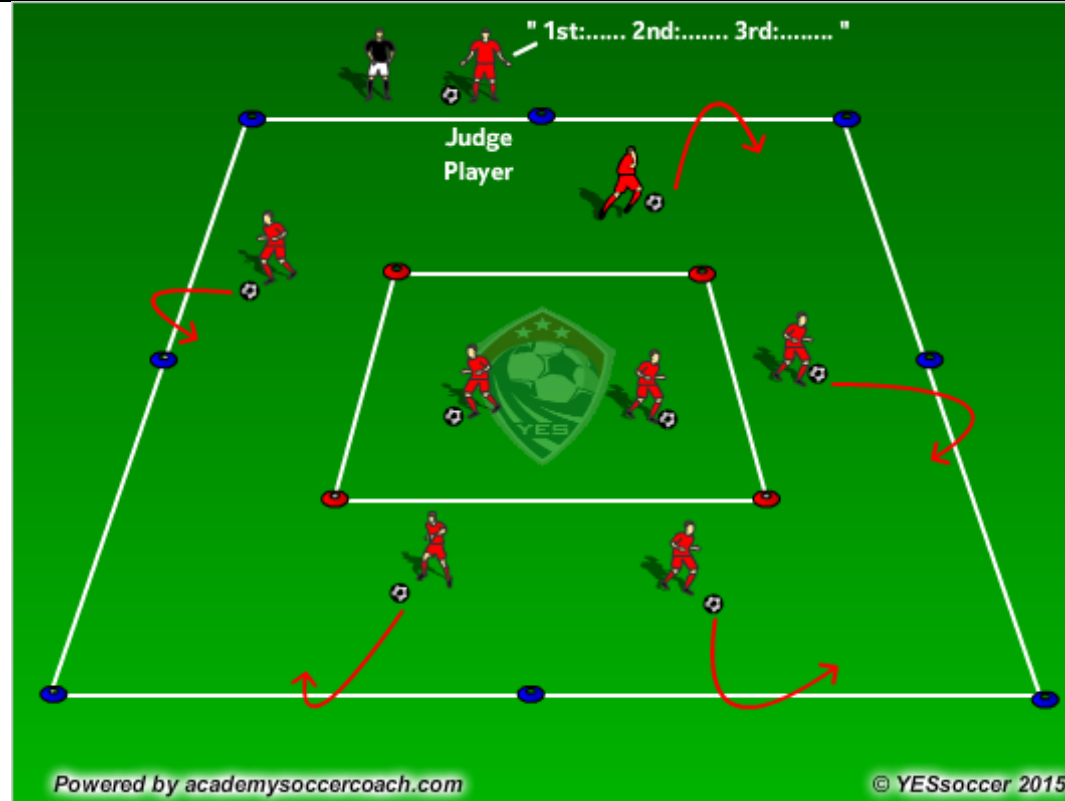
Add a tagger (Coach) who aims to tap players' soccer ball to make them perform some tick tocs.

Key Coaching Points

- Keep ball close to feet
- Slow down to perform turn
- Check shoulder for space to turn into
- Be creative with turns
- Select part of foot to turn with (inside, outside, laces)
- How many touch turns (1 touch, 2 touch, etc.)
- Play ball out of feet as player turns with first touch (don't get stuck under feet)
- Accelerate away after turn



Station Two: "American's Got Soccer Turns"



Instructions

Field Set-up

Set up 2 squares, with a smaller one inside; smaller square must be large enough for players to dribble freely.

Player Preparation

All players start in middle square

Station Rules

1. Players dribble inside small square
2. After a certain period of time, coach nominates a player to show a turn. (if player doesn't know any turns, coach can show him or her a simple turn like 'Stop Turn' to show group).
3. player called dribbles from middle square to outer square. When this player reaches 'Outer Square', he/she performs a turn (without going out of bounds) and dribbles back into middle square.
4. This player becomes a judge (with coach) to select best 3 players performing that turn
5. Other players dribble from middle square to outer square, perform designated turn, and come back into middle square. They continue to do this until 3 best players are picked.
6. Coach picks a new player to show a turn and process repeats.

Progressions

- Harder/Easier: Bigger or smaller area.
- Harder: Players must perform 2x Turns.
- Harder: Add 1 or 2 defenders inside big square which players must avoid while dribbling.
- When Coach shouts 'STOP', players perform ball mastery actions:
 - Tick Tocks
 - Toe Taps
 - 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, 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

- Keep ball close to feet
- Slow down to perform turn
- Check shoulder for space to turn into
- Be creative with turns
- Select part of foot to turn with (inside, outside, laces)
- How many touch turns (1 touch, 2 touch, etc.)
- Play ball out of feet as player turns with first touch (don't get stuck under feet)
- Accelerate away after turn



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 pitch at any time.

Station Rules

1. Teams player a normal small sided game, by aiming 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):
 - o 'Home' side become new 'Away' Side
 - o 'Away' Side move onto Station One
 - o New 'Home' Side, is team rotating from 'Station Two'

Progressions

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.

Key Coaching Points

- Keep ball close to feet
- Slow down to perform turn
- Check shoulder for space to turn into
- Be creative with turns
- Select part of foot to turn with (inside, outside, laces)
- How many touch turns (1 touch, 2 touch, etc.)
- Play ball out of feet as player turns with first touch (don't get stuck under feet)
- Accelerate away after turn