



Station One: "World Cup Passing"



Instructions

Field Set-up

1. Place 3 cones in a line with soccer ball (target ball) on top of each middle cone
2. Create enough cone lines for all pairs in your group

Player Preparation

- Divide players into pairs
- One player stands by each 'outer cone' so ball is between pair

Station Rules

1. Player passes their ball and tries to knock ball off middle cone
2. If player knocks ball off, pair gets 2 points. One player replaces ball on the cone
3. Partner then attempts to knock ball off cone
4. If player touches ball without it falling off, they get one point

Progressions

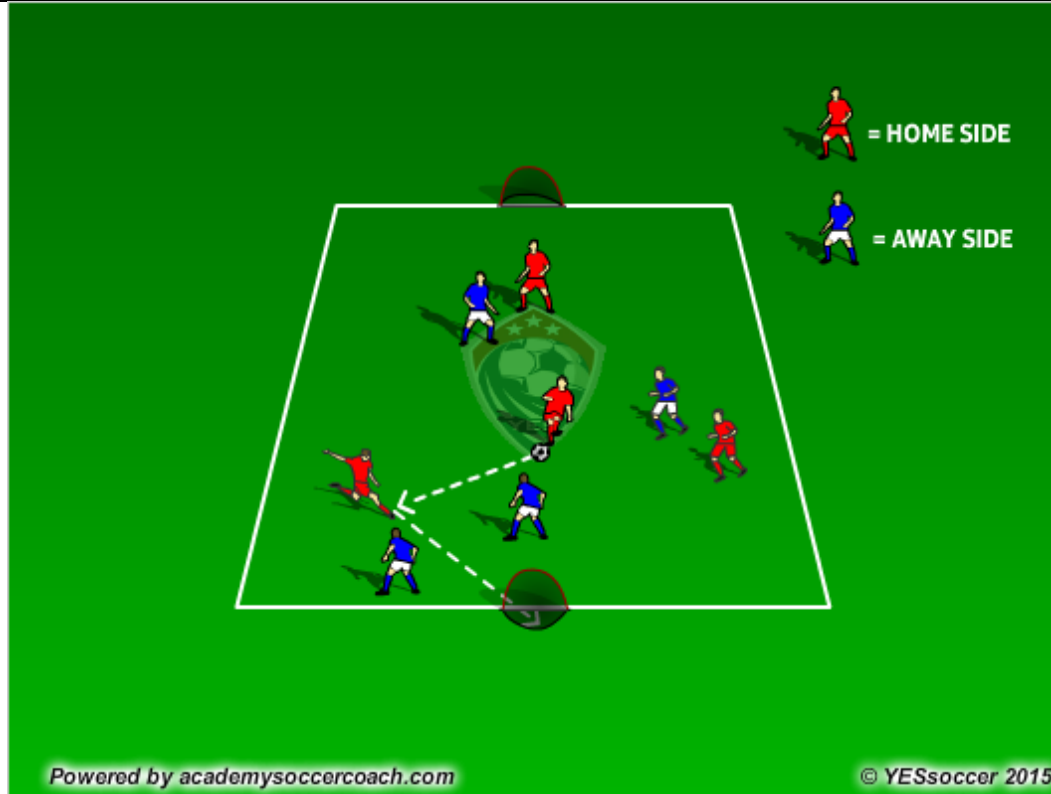
- Outside cones further apart
- Smaller ball or no soccer ball, instead must hit flat cone
- Weaker foot passing
- Competition (in pairs, against rest of group)
- Blues vs Reds with Team Lives: More than 3 player miss middle ball, their team loses a life

Key Coaching Points

- Head up (looking for space and target)
- Upper body over ball (keep it low)
- Non-kicking foot (at side of ball and pointing towards target)
- Striking foot (can use different parts of foot, most accurate is inside)
- Ball contact (middle of 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



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 play a small-sided game by scoring in opposite team's goal (no goalkeepers)
2. Each team has a minimum of 3 players or maximum of 5 players on pitch at any given time

Progressions

1. Bigger or smaller goals
2. Add more smaller 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

- Head up (looking for space and target)
- Upper body over ball (keep it low)
- Non-kicking foot (at side of ball and pointing towards target)
- Striking foot (can use different parts of foot, most accurate is inside)
- Ball contact (middle of 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