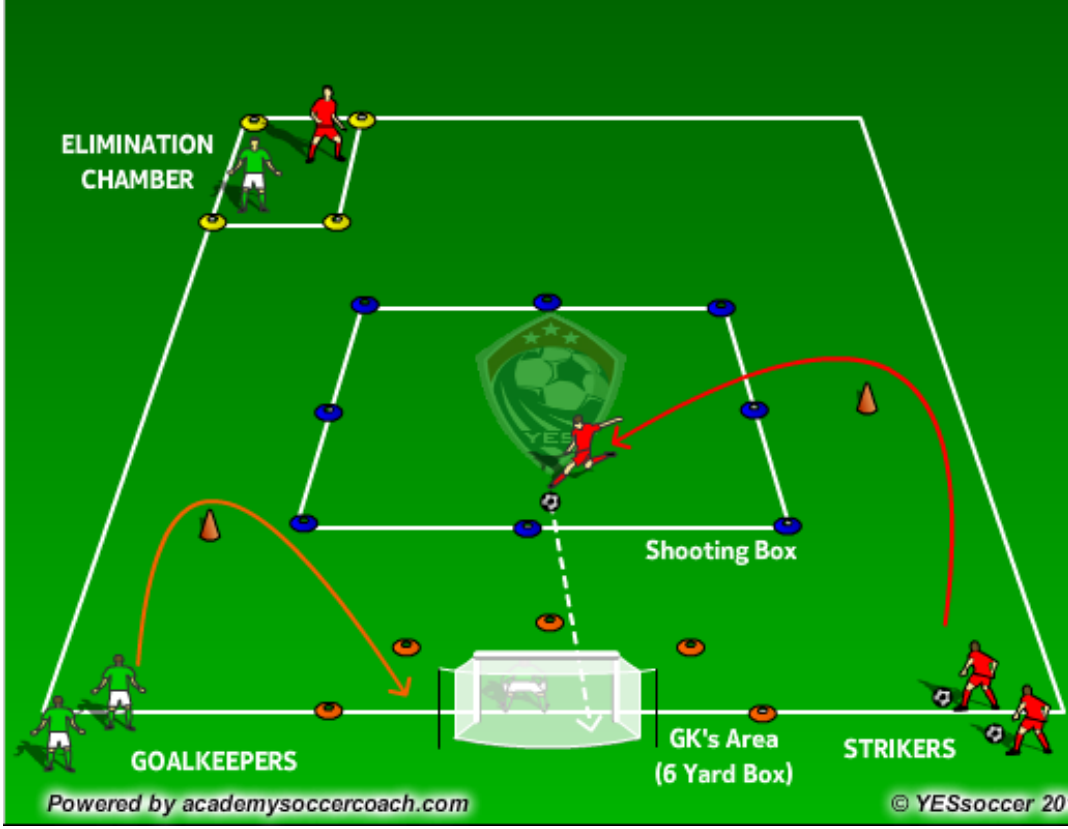




Station One: "Strikers vs Goalkeepers"	Instructions
 <p>ELIMINATION CHAMBER</p> <p>Shooting Box</p> <p>GOALKEEPERS</p> <p>GK's Area (6 Yard Box)</p> <p>STRIKERS</p> <p>Powered by academysoccercoach.com</p> <p>© YESsoccer 2015</p>	<p>Field Set-up</p> <ol style="list-style-type: none"> 1. Set up one large square 2. In middle of large square, make smaller square for 'Shooting Box' 3. Place one goal on one side of larger square with a Goalkeeper's area (can use cones as shown to make goal box) 4. In one corner of large square (opposite goal), make a smaller square (elimination chamber). 5. Place one traffic cone outside shooting box on each side (one further, one closer to goal) <p>Player Preparation</p> <ul style="list-style-type: none"> • Split players into 2 teams (evenly) • One team is 'Strikers' and other is "Goalkeepers" • Place Strikers on one side of goal (facing furthest traffic cone) and place Goalkeepers on other side of goal (facing nearest traffic cone). <p>Station Rules</p> <ol style="list-style-type: none"> 1. First player from 'Strikers' dribbles ball around furthest cone and into Shooting Box. 2. At same time, first player from 'Goalkeepers' runs (without a ball) around closest cone and into goal 3. Striker can shoot as soon as he/she gets into 'Shooting box', even if goalkeeper isn't ready. (Striker cannot shoot outside the scoring zone) 4. After shot is made, both players rejoin their group's line 5. Swap groups after a set time limit
<p>Progressions</p> <ul style="list-style-type: none"> • Elimination for GK: If goalkeeper is scored on goal, they go to elimination chamber. They return to game, if another GK catches ball or his/her team makes 3x consecutive saves. • Elimination for Strikers: If striker misses goal (shoots wide or over), they go into elimination chamber. They can return to game via teammate scoring with their weaker foot or scoring via crossbar or post. 	<p>Key Coaching Points</p> <ul style="list-style-type: none"> • Head-up (look at where the goal is) • Non-kicking foot (next to ball and pointing towards goal) • Striking the ball with shoelaces (toe pointed down) or inside (accuracy) & keeping ankle locked • Ball contact (middle to keep low) • Follow through (of striking foot): pointing towards goal • Aim for the corners of the goal (top or bottom).



Station Two: "The Shooting Race Game"



Instructions

Field Set-up

1. Set up a large square so players can move freely (approx 25y by 25 yards).
2. Place 2x goals either side.
3. In the middle of the large square, making a small square and call it the Shooting Box.
4. Place one traffic cone on either side of the small square.

Player Preparation

- a. Split the players into two teams
- b. Place both team diagonally opposite each other, on either side of a goal.

Station Rules

1. First player from each group dribbles around tall traffic (in front of line), then into blue shooting box and score as quickly as possible from inside shooting box. (Players must score inside shooting box for it to count)
2. First player to score wins a point for their team
3. After shooting, players join end of their group
4. Practice is then repeated by next players in line
5. Coach should keep track of goals scored and make a competition amongst teams

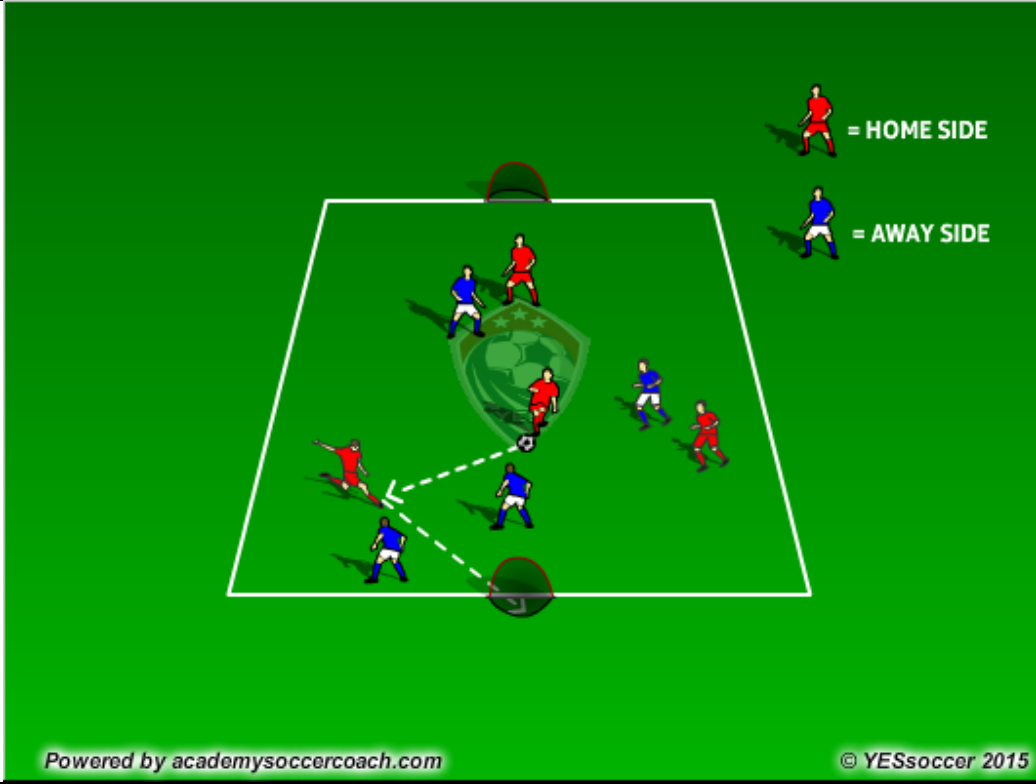
Progressions

- Add a goalkeeper
- Weaker foot shooting.
- Elimination (players have 3 lives, if they miss target 3 times, they are eliminated)

Key Coaching Points

- Head-up (look at where the goal is)
- Non-kicking foot (next to ball and pointing towards goal)
- Striking the ball with shoelaces (toe pointed down) or inside (accuracy) & keeping ankle locked
- Ball contact (middle to keep low)
- Follow through (of striking foot): pointing towards goal
- Aim for the corners of the goal (top or bottom).



<p>Station Three: "Small Sided Game"</p>	<p>Instructions</p>
	<p>Field Set-up Set up a large enough area for two teams to play a small-sided game.</p> <p>Player Preparation</p> <ol style="list-style-type: none"> 1. Split players into two teams. 2. Each team has either 3, 4, or 5 players on the pitch at any time. <p>Station Rules</p> <ol style="list-style-type: none"> 1. Teams play a normal small-sided game; no goalkeepers. 2. Each team has a minimum of 3 players or maximum of 5 players on the pitch at any given time.
<p>Progressions</p>	<p>Key Coaching Points</p>
<ol style="list-style-type: none"> 1. Bigger or Small 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 a cone (3 on each side). A goal is scored by accurately knocking one of the opposite teams soccer balls. 	<ul style="list-style-type: none"> • Head-up (look at where the goal is) • Non-kicking foot (next to ball and pointing towards goal) • Striking the ball with shoelaces (toe pointed down) or inside (accuracy) & keeping ankle locked • Ball contact (middle to keep low) • Follow through (of striking foot): pointing towards goal • Aim for the corners of the goal (top or bottom).