

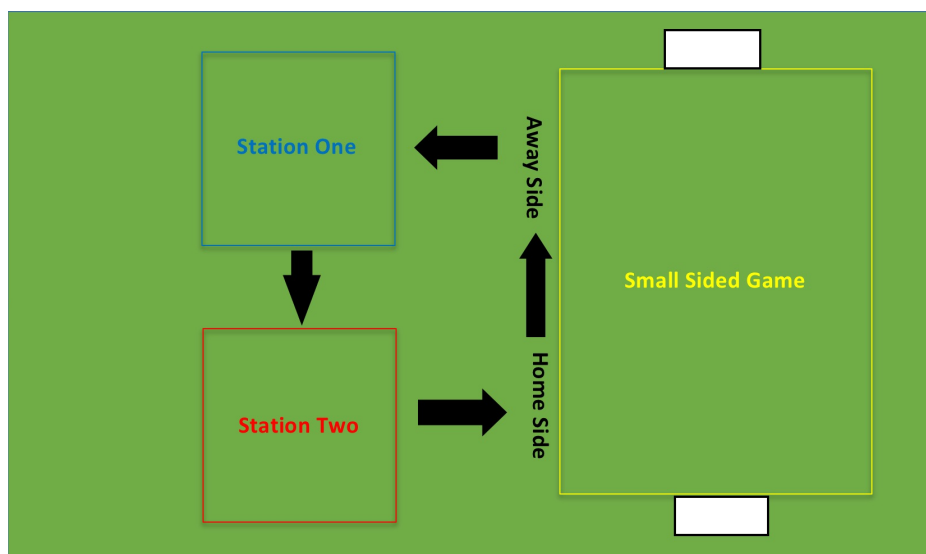


BWSA Under 6 Training Session Set-Up



Overview

This diagram shows how to set-up U6 sessions. There are three stations, one of which is a small-sided game. The teams rotate around as shown.



There should be a maximum of 4 teams per training session. The teams follow the rotation shown by the arrows on the diagram, to ensure all teams get to access each station.

At the small-sided game station, two teams play against each other. One team is the 'Home' team and the other will be the 'Away' team. During rotation, the 'Home' team will become the new 'Away' team and the original 'Away' team will move onto Station One. The new 'Home' team will be the team that was previously on Station Two.

The Session Structure

Phase	Activity	Duration
Warm Up	Group Ball Mastery Warm Up. For Example: <ul style="list-style-type: none">• 1 minute Tick Tock Challenge (x2)• 1 minute Toe Tap Challenge (x2)	Approx 5 minutes
Start	<ul style="list-style-type: none">• Station 1: Team A• Station 2: Team B• Station 3: Team C and D	Approx 15 minutes
Rotation One	<ul style="list-style-type: none">• Station 1: Team D• Station 2: Team A• Station 3: Team B and C	Approx 15 minutes
Rotation Two	<ul style="list-style-type: none">• Station 1: Team C• Station 2: Team D• Station 3: Team A and B	Approx 15 minutes
Rotation Three	<ul style="list-style-type: none">• Station 1: Team B• Station 2: Team C• Station 3: Team D and A	Approx 15 minutes
Cool Down	Group Ball Mastery Cool Down. For Example: <ul style="list-style-type: none">• 1 minute Tick Tock Challenge (x2)• 1 minute Toe Tap Challenge (x2)	Approx 5 minutes