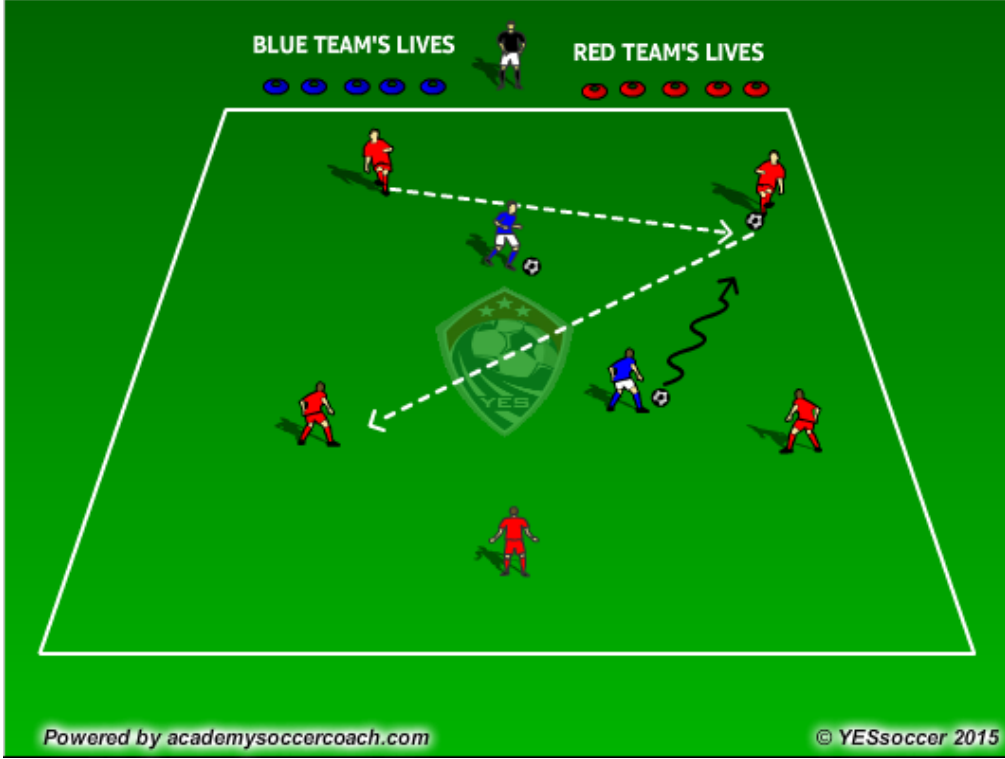




Station One: "Dribble or Pass"	Instructions
	<p>Field Set-up Make a large square for a team to dribble in, while another one passes a ball in.</p> <p>Player Preparation</p> <ul style="list-style-type: none"> ○ Create 2 uneven teams (for example: 7 vs 3, 8 v 2, 6 v 4, depending on ability) ○ Players on small team (Dribblers) each have ball ○ Larger team (Passers) has one ball between them ○ 'Dribblers' must always move with ball at their feet and cannot leave their ball. They cannot tackle a 'Passer' <p>Station Rules</p> <ol style="list-style-type: none"> 1. Passers (Red) try to pass ball to each other 2. Dribblers (Blue) attempt to intercept pass, get in way of a pass, or force Passers out of the square 3. Dribblers cannot tackle or kick the ball away; they must dribble their ball at all times 4. Passers get point by making a set amount of passes consecutively without Dribbler touching their ball or their ball going out of play 5. Dribblers get point by getting in way of a pass or forcing Passers' ball go out of play
<p>Progressions</p> <ul style="list-style-type: none"> • Change the area size (smaller or larger) • Team Lives: <ul style="list-style-type: none"> ○ When Passers make 3 or 5 consecutive passes, Dribblers lose a life. ○ When Dribblers interrupt Passers (getting in way or forcing ball out of play) Passer loses a life. ○ Coach can use cones to represent each team's lives or keep a mental note. 	<p>Key Coaching Points</p> <ul style="list-style-type: none"> • Head up (looking for space and target) • Upper body over the ball (to keep it low) • Non-kicking foot (at side of ball and pointing towards target) • Striking foot (can use different parts of foot, most accurate = 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 Two: "Magic Boxes"



Instructions

Field Set-up

1. Set up a large square so players can move freely (20 by 15 yards)
2. Inside the large box, create two squares about 5 by 5 yards about 2 yards from each end line. These are the magic boxes.

Player Preparation

- a. Divide players into two teams (evenly, if an odd number have one player as a neutral player).
- b. One player from each team (the magician) goes into one of the magic boxes.
- c. No one else can go into the magic boxes and Magician's cannot defend.

Station Rules

1. Players try to pass ball to their team's magician
2. One point is awarded for each successful pass (A pass that the magician is able to control inside the magic box).
3. After a point is earned, Magician passes ball to player on other team.
4. First team to get 5 points wins.

Progressions

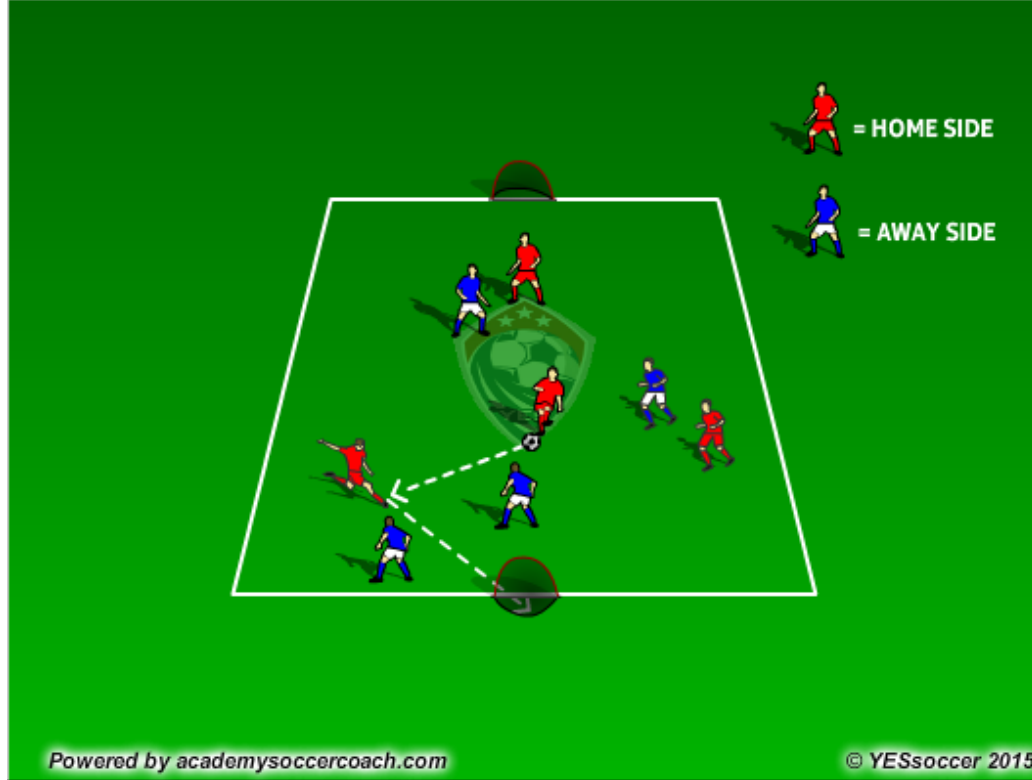
- Weaker foot passing.
- Change size of area.
- Remove boxes, Magicians wear different colored pinnies and move around the area

Key Coaching Points

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

Station Rules

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.

Progressions

1. Set number of passes must be achieved before being able to shoot at goal
2. Use bigger or smaller goals
3. Add more small goals
4. 'End Line' Game: Remove goals to leave a small pitch without goals. Players score by dribbling the ball beyond opposite team's end line.
5. '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.

Key Coaching Points

- Head up (looking for space and target)
- Upper body over the ball (to keep it low)
- Non-kicking foot (at side of ball and pointing towards target)
- Striking foot (can use different parts of foot, most accurate = 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.