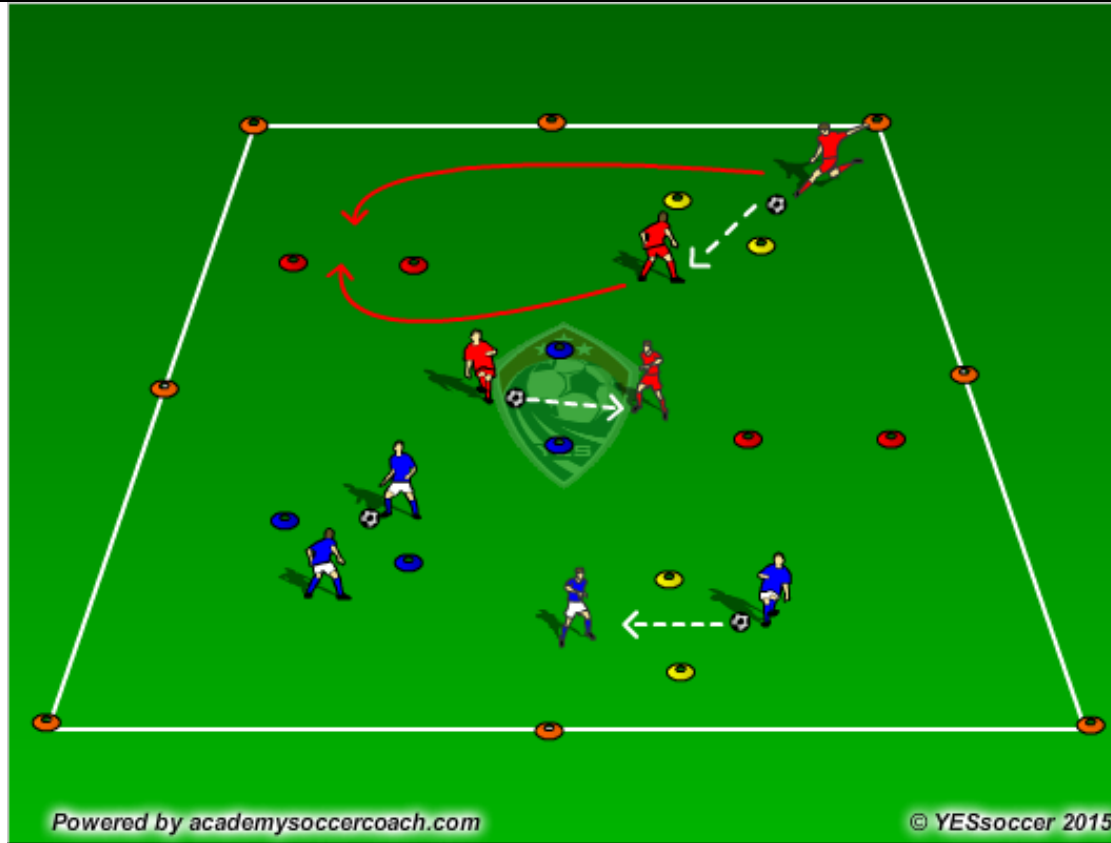




Station One: "Through the Gate"

Instructions



Field Step-up

- Set up one large square just big enough for players to work in pair to pass and dribble the ball.
- Set up a number of small gates (two cones together about 2-3 yards wide) throughout the square

Player Set Up

Split players into pairs

Station Rules

1. Pairs of players pass through the gate to their partner
2. After they have passed through a gate, pairs move to another gate and continue passing
3. Cannot pass through same gate twice in succession or a gate that is in use by another pair.

Challenges After Players Master Basic Drill

1. How many gates can a pair pass through in 30 - 60 seconds?
2. Can you beat your previous score?
3. First pair to pass through 10 gates wins

Progressions

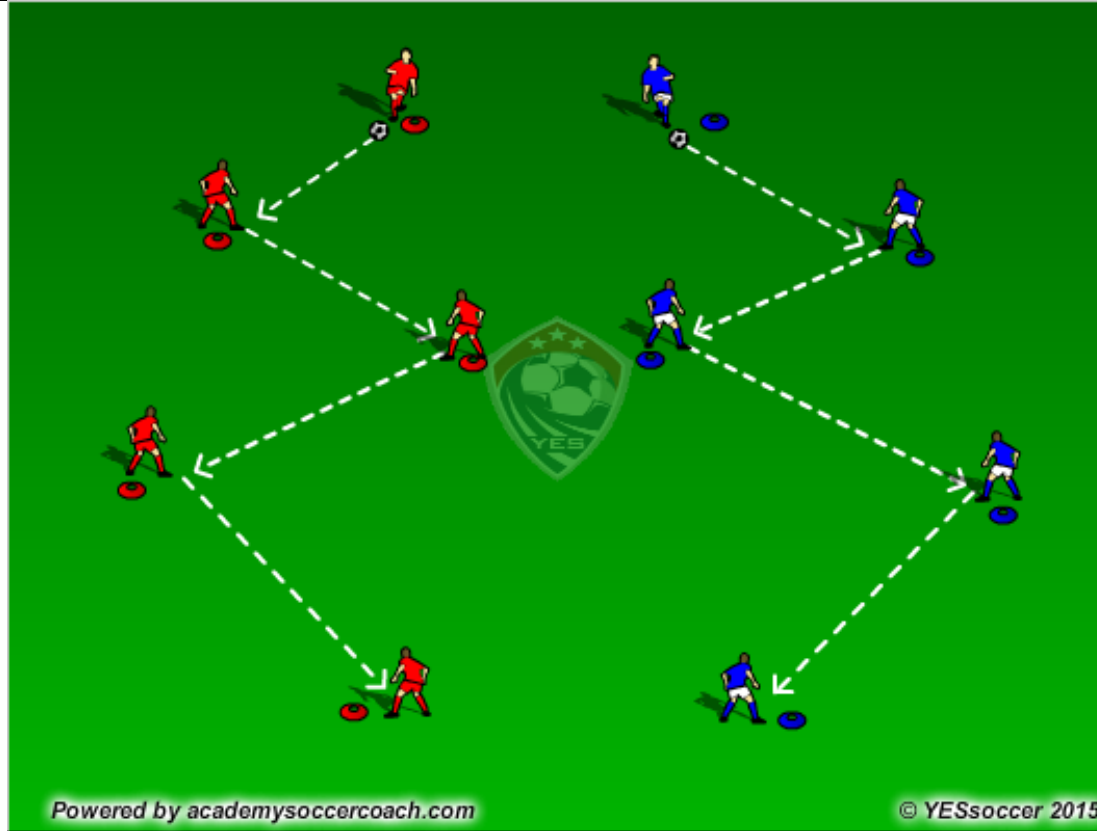
- (Easier/Harder): Bigger or smaller gates.
- (Easier/Harder): More or less gates
- (Harder): Weaker foot passing.
- (Harder): Add a blocker
- (Challenge): Pass with stronger foot, then pass with weaker foot on next gate.

Key Coaching Points

- Move to the ball when receiving a pass.
- Open body shape (stand slightly side on)
- Select body part to control the ball with (easiest: inside of foot)
- Cushion ball (move body part to ball, but drag back towards center of body as ball hit body part used to control)
- First touch (out of feet but not far away, touch into free space)



Station Two: "Zig Zag Passing Races"



Instructions

Field Set-up

Make two Zig Zag line of cones (Each line being a different color, as in diagram)

Player Preparation

- Split into 2 even teams.
- Players stand at a cone in their teams allocated zig zag.
- Player at the end starts with a ball

Station Rules

1. On the coach's whistle, the player with the ball passes the ball (diagonally) to the next player. The process continues until the person on the last cone receives the ball. This player then starts the process of passing back down the line by passing to the player, she/he just received a pass from.
2. Once players get the idea of the game, progress to each team racing against each other.

Progressions

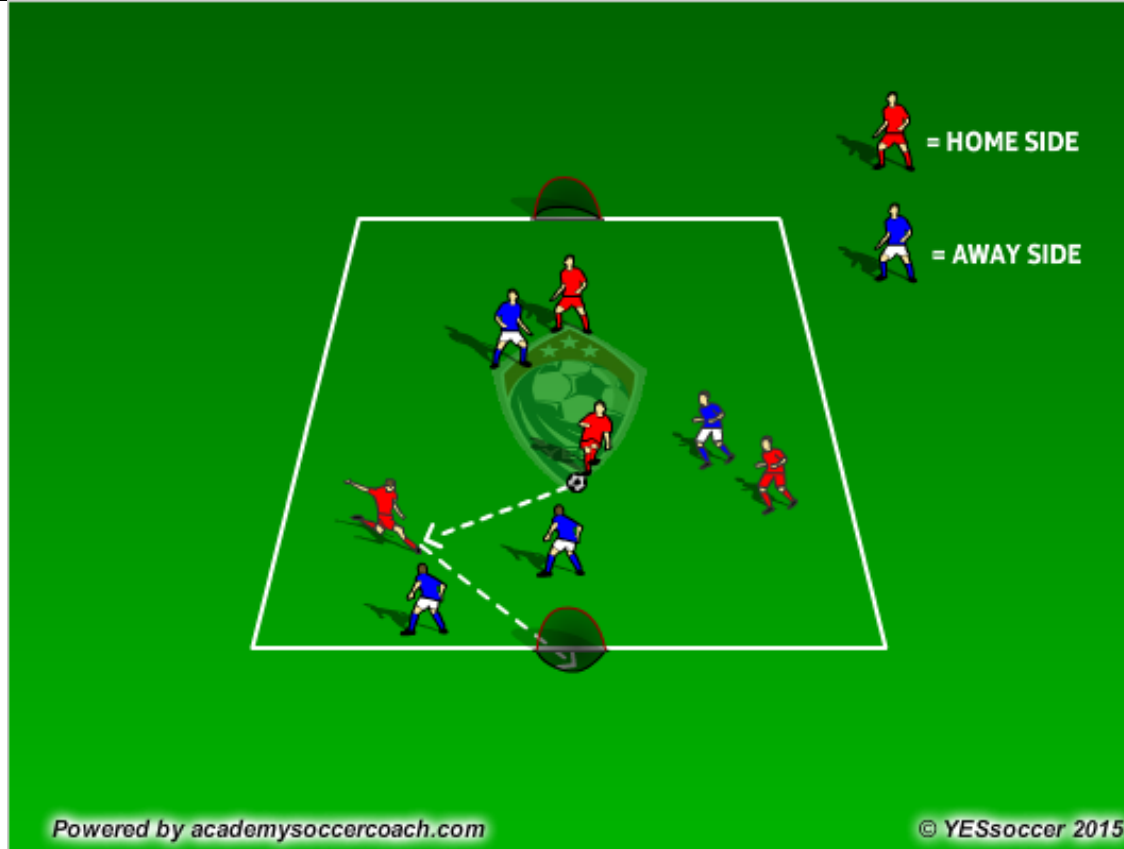
- (Easier/Harder): Cones further or closer.
- Once a player passes, they move to the next cone. (player on last cone, dribbles around the line of cones to the first) until every player is back at the cone they started on.

Key Coaching Points

- Move to ball when receiving a pass.
- Open body shape (stand slightly side on)
- Select body part to control ball with (easiest: inside of foot)
- Cushion ball (move body part to ball, but drag back towards center of body as ball hit body part used to control)
- First touch (out of feet but not far away, touch into free space)



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 the pitch at any time.

Station Rules

Teams player a normal small-sided game, by aiming to score in the opposite team's goal. .

Progressions

1. Bigger or smaller goals
2. Add more small goals
3. 'End Line' Game: Remove goals to leave 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 team's balls.

Key Coaching Points

- Move to ball when receiving a pass.
- Open body shape (stand slightly side on)
- Select body part to control ball with (easiest: inside of foot)
- Cushion ball (move body part to ball, but drag back towards center of body as ball hit body part used to control)
- First touch (out of feet but not far away, touch into free space)