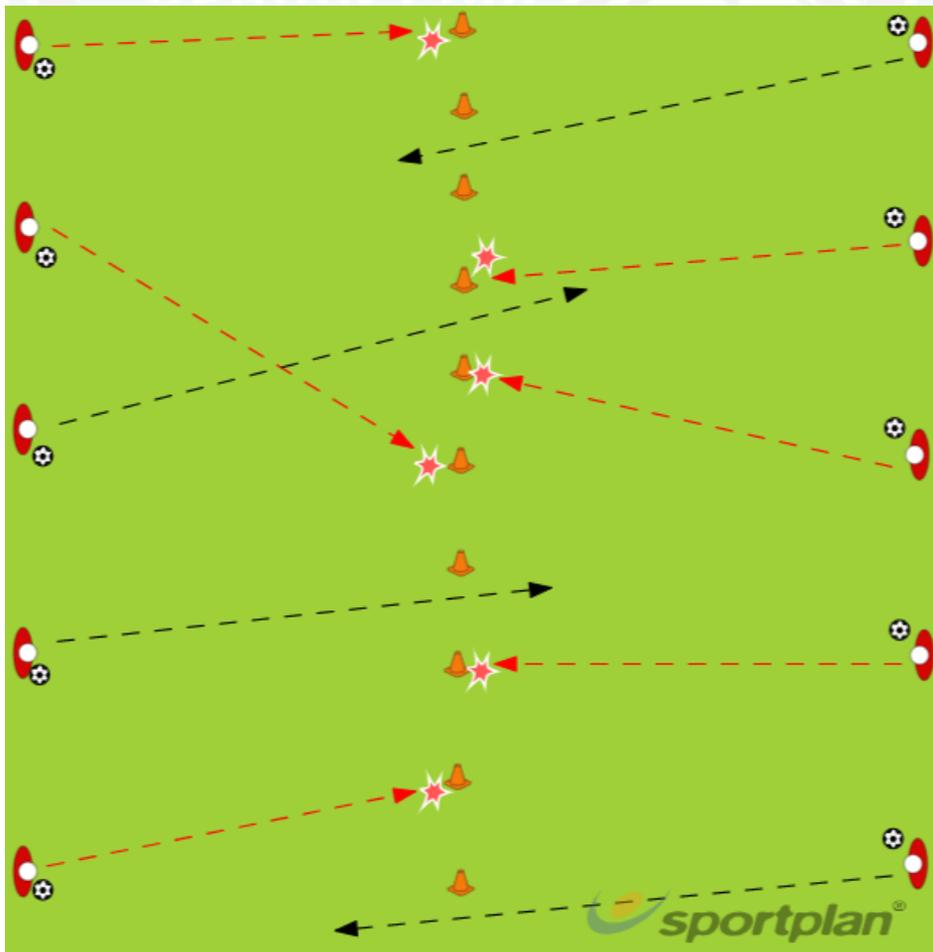


6U/8U/10U – WEEK 2

THEME: SPEED/FOOTWORK/BALL CONTROL/DRIBBLING/SHOOTING

STATION A: STATIONARY BOWLING

- a. **Timeframe:** 2 MINUTE WARM UP, then 12 minutes on weekdays, 10 minutes on Saturday
- b. **Set-up:** Stations will be set up prior to coaches and players arriving
- c. **Player Instructions:** Create two lines of players with several bowling pins (cones) in center. Players can shoot at any pin they like.
 - 1. Show the players how to go through the proper shooting form by planting their foot, creating a contact point on the ball, and then following through
 - 2. Proper shooting technique should be taught early on! Accuracy with striking the ball at a target is more important than kicking it hard.
 - 3. Many of the younger players will still try to kick it hard but get them to slow down and try to keep things under control so they can learn to kick properly.
Try striking with both feet.
- d. **End Goal (Takeaway):** Often times, younger players will simply stride into the ball when they are running in order to kick it. While the intent is good, learning to do this properly starts with learning the proper stationary kick.
- e. **Remember:** Always be encouraging and MAKE IT FUN!



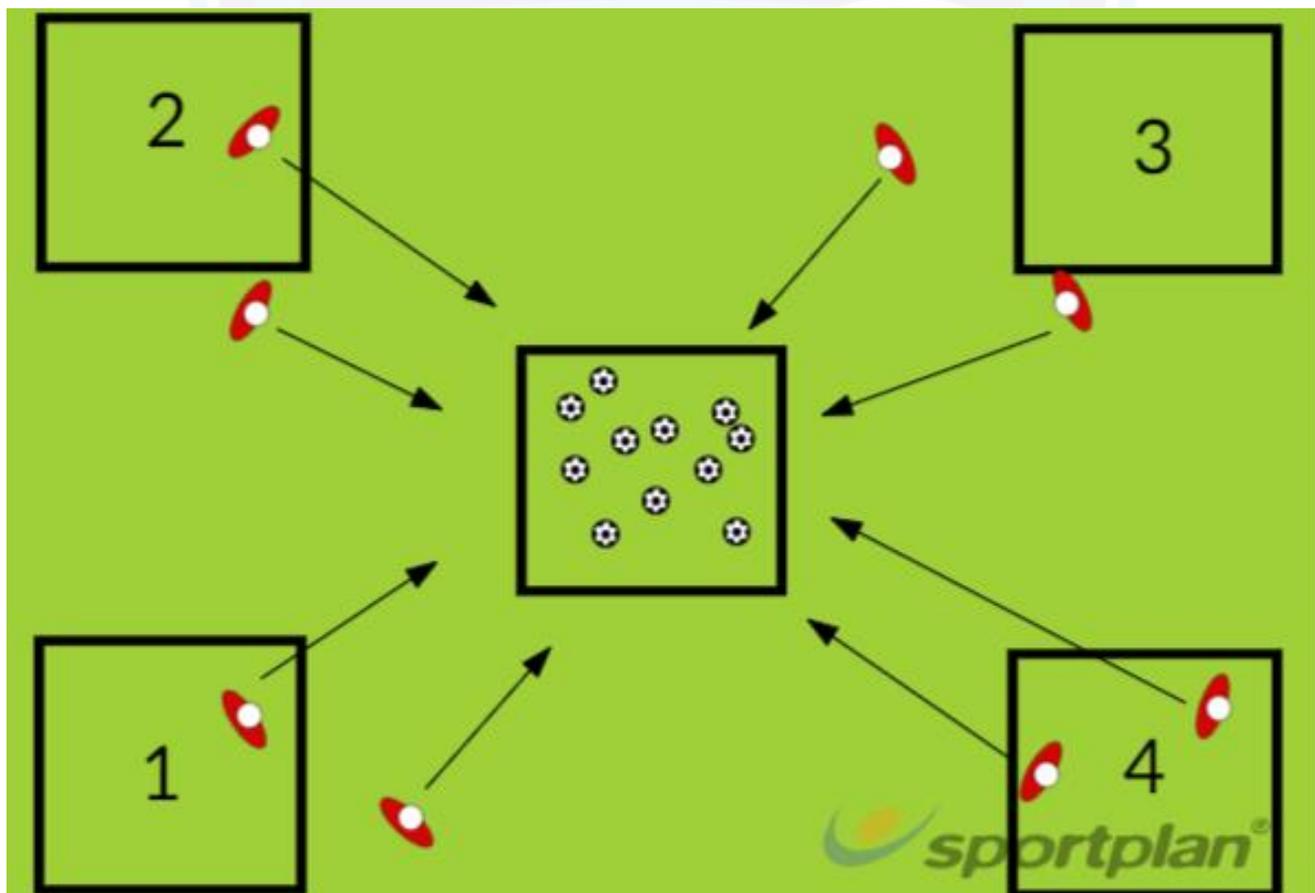


6U/8U/10U – WEEK 2

THEME: SPEED/FOOTWORK/BALL CONTROL/DRIBBLING/SHOOTING

STATION B: CAPTURE THE BALL!!!

- a. **Timeframe:** 2 MINUTE WARM UP, then 12 minutes on weekdays, 10 minutes on Saturday
- b. **Set-up:** Stations will be set up prior to coaches and players arriving
- c. **Player Instructions:** Players are split up into 3 or 4 teams and placed in their corners. All soccer balls are placed in the middle.
 1. When coach shouts GO! Players should sprint to the middle, pick a ball, and dribble it back to their square.
 2. Once a ball has stopped moving, players can steal it from other zones and bring it back to theirs! **Coaches can challenge the players by having them only dribble with one foot, only use the outside of the foot, etc...**
- a. **End Goal (Takeaway):** Focuses on foot speed and ball control, as well as good decision making. Awareness of your surroundings are important in choosing what zone to steal a ball from!
- b. **Remember:** Always be encouraging and MAKE IT FUN!

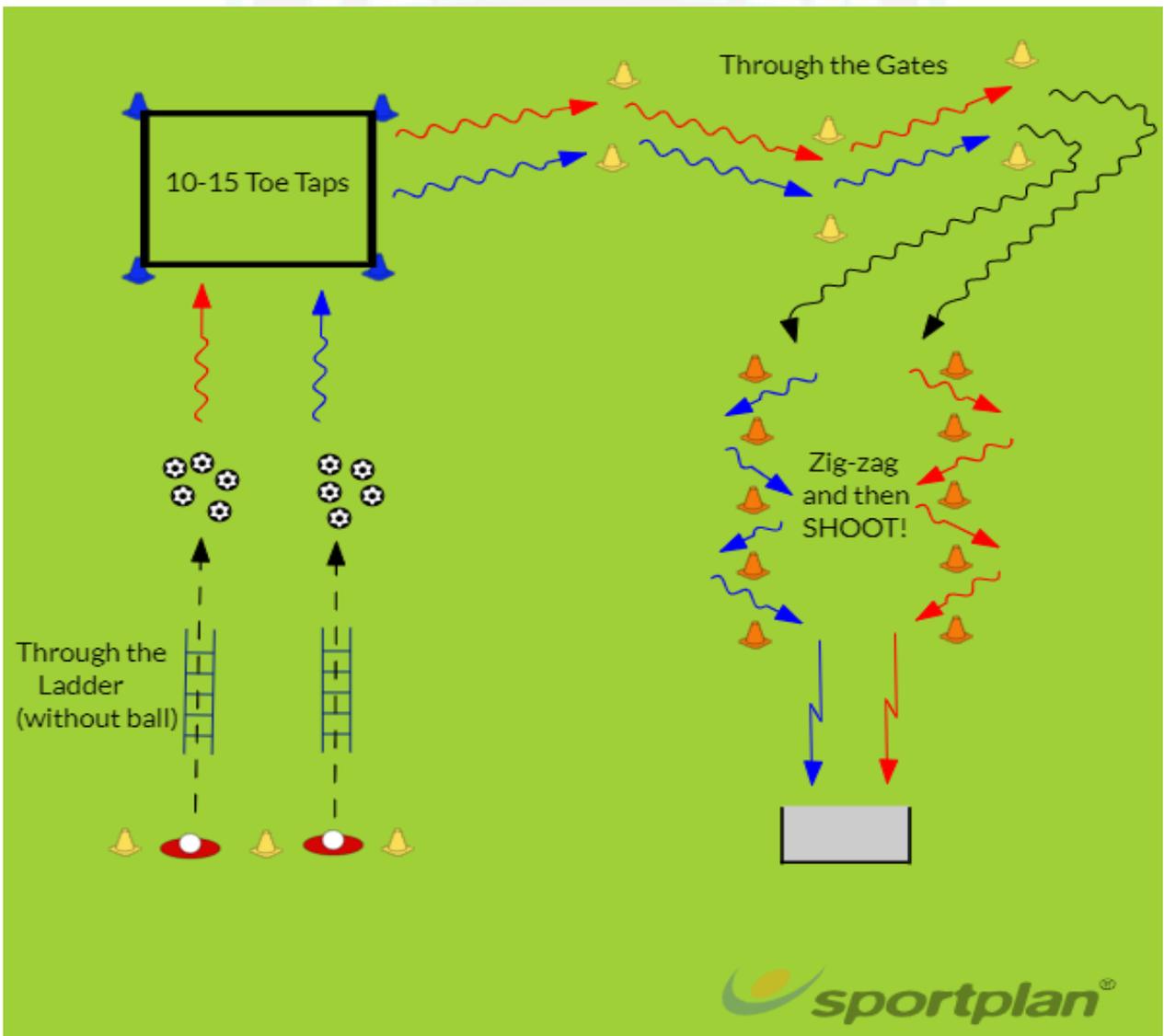


6U/8U/10U – WEEK 2

THEME: SPEED/FOOTWORK/BALL CONTROL/DRIBBLING/SHOOTING

STATION D: THE CRUCIBLE!

- a. **Timeframe:** 2 MINUTE WARM UP, then 12 minutes on weekdays, 10 minutes on Saturday
- b. **Set-up:** Stations will be set up prior to coaches and players arriving
- c. **Player Instructions:** Two players start at yellow cones with all balls after the ladders. Go through the ladders and then get a ball. Dribble to the square and do toe-taps. Continue dribbling through the 3 gates and then around to the slalom course. Zig-zag through cones and take a shot! **Vary the distance to types of toe taps. Use both left and right feet to dribble and shoot the ball.**
- d. **End Goal (Takeaway):** Speed, footwork, ball control, dribbling, shooting *****Coaches, be sure to focus on technique and proper ball handling! Not just speed!*****
- e. **Remember:** Always be encouraging and MAKE IT FUN!





6U/8U/10U – WEEK 2

THEME: SPEED/FOOTWORK/BALL CONTROL/DRIBBLING/SHOOTING

- (1) Full Session Timeframe is **60 minutes on weekdays.**
- (2) Timeframe per station during weekday should be about **12 minutes per station.**
- (3) Full Session Timeframe is **60 minutes on Saturdays (75 minutes for 10U).**
- (4) **6U & 8U** Timeframe per station on Saturday should be about **10 minutes per station** to leave about 2 minutes at the end for the competition.
- (5) **10U** Timeframe per station on Saturday should be about **11 minutes per station** to leave about 5 minutes at the end for the competition.
- (6) Quick water breaks can be taken in between stations, and of course anytime a player may need water or a break, they should be allowed.
- (7) Competitions: During eliminations, when players are “eliminated” coaches should encourage them to continue the activity until the competition is over. **Avoid players standing around!**

Coaches: Remember to be creative! Take advantage of coachable moments and teach the players all while making it FUN! Feel free to adapt the session to your players’ skill level. Use speed, space, and opposition to either make the session easier or more difficult!

Week 2 Speed/Footwork/Ball Control/Dribbling/Shooting Competition

Station A – **Stationary Bowling.** Have players count successful shots. Grade them on proper technique, not just hitting the target. See who can hit the furthest pin.

Station B – **Capture the Ball.** The team with the most balls at the end is the winner!

Station C – **Truck & Trailer.** See who can navigate the course with least number of errors. See which truck and trailer team can go through the fastest. Which team follows the coach’s commands the best?

Station D – **The Crucible.** Players race through the course and are eliminated if they lose. Last player standing is the winner! Coaches, be sure to focus on technique and proper ball handling! Not just speed!

