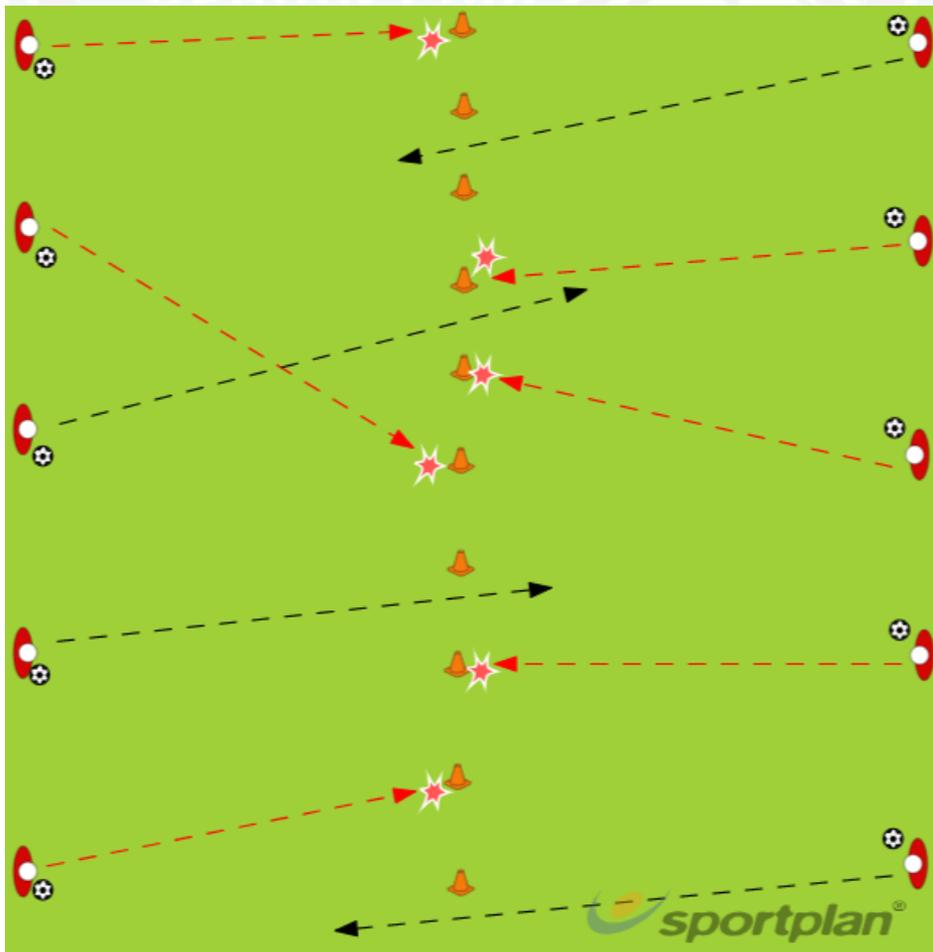


6U/8U/10U – WEEK 3

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!



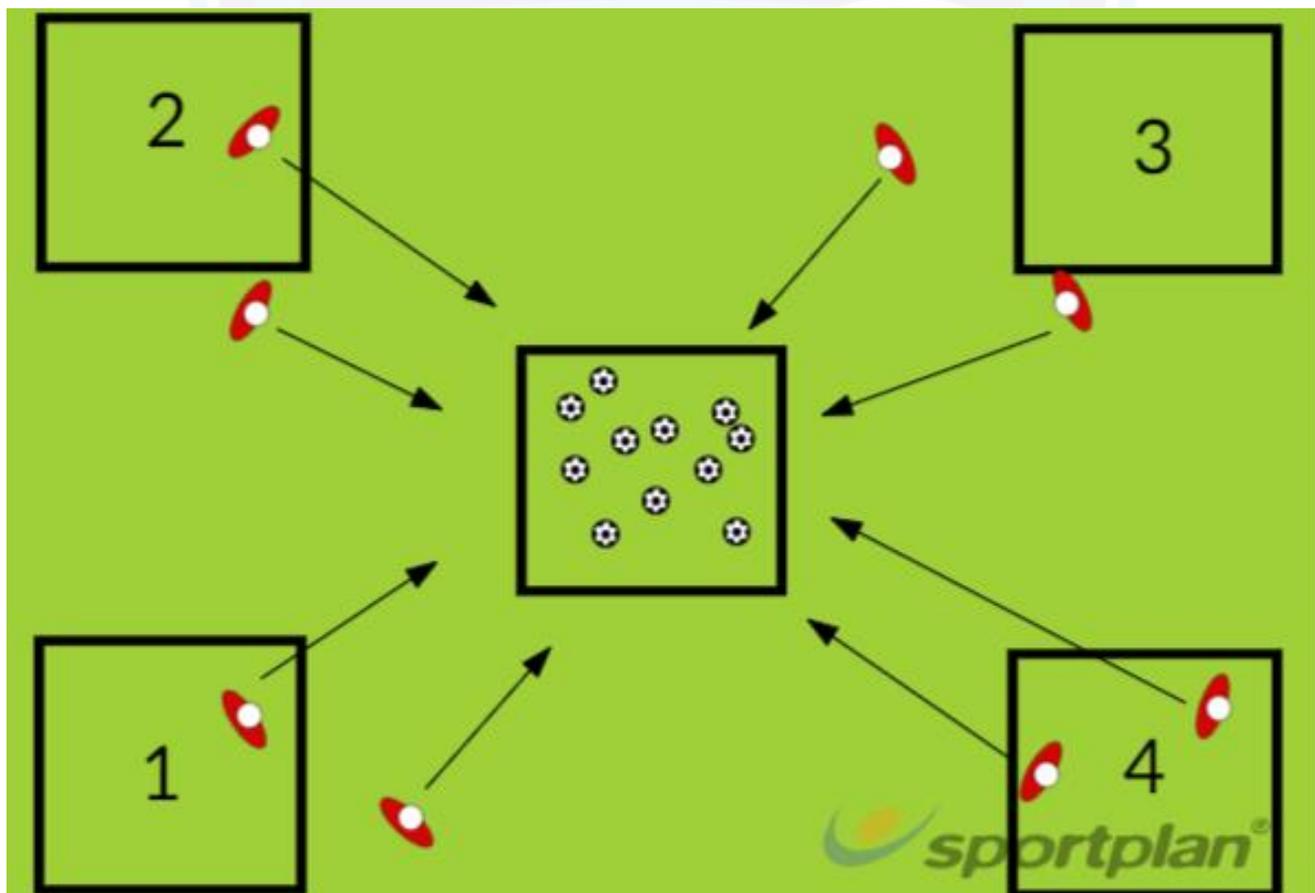


6U/8U/10U – WEEK 3

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!

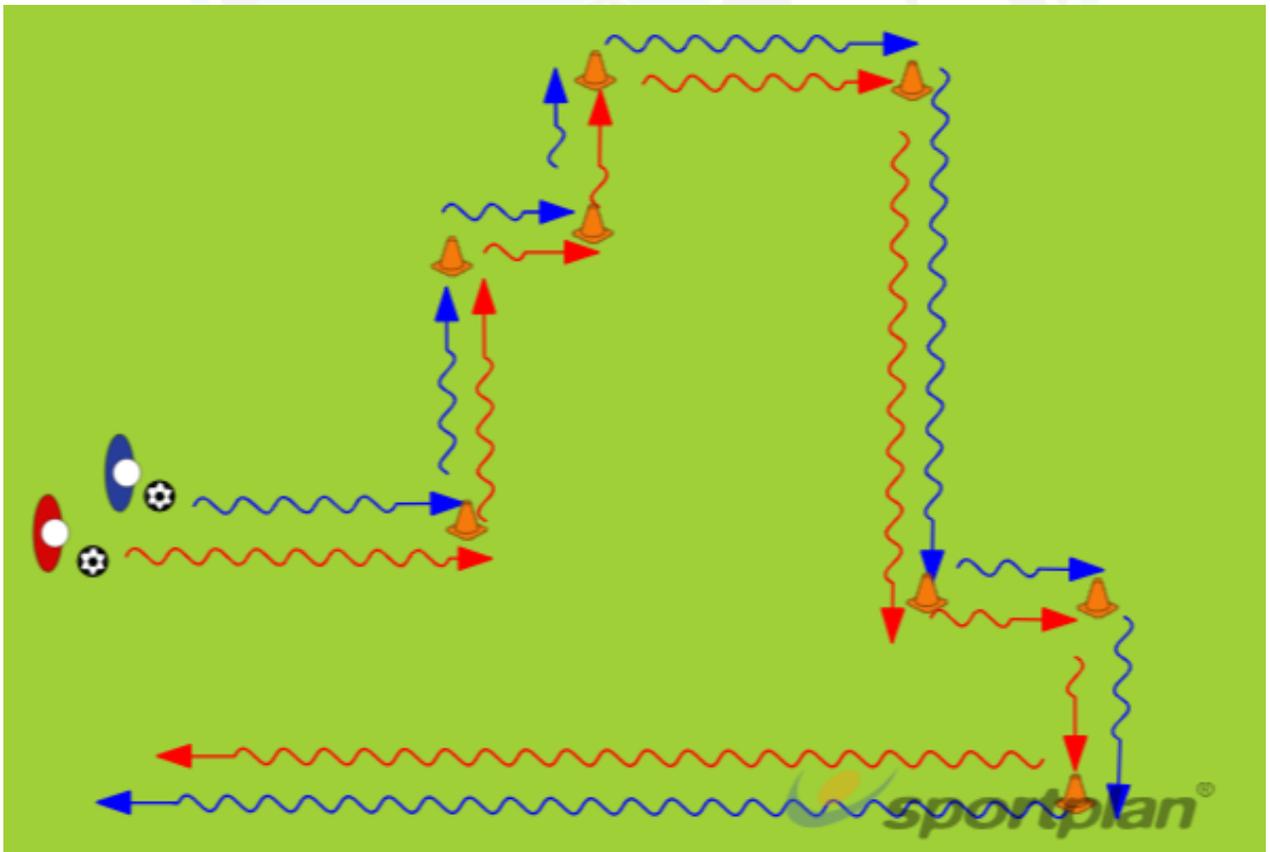


6U/8U/10U – WEEK 3

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

STATION C: TRUCK & TRAILER

- 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 to mimic the direction of the person in front of them just like a trailer follows its truck.
 - 1. Two players are partnered together with two balls.
 - 2. The player in front is the truck and must dribble the ball, change directions, sprint, stop, turn the ball, and any other desired movements.
 - 3. The player behind is the trailer and should keep within a few short paces of the truck.
 - 4. Coaches should probably give the above commands, especially with the younger players. Older, more experienced players should be allowed to choose their own movements. **Coaches can increase difficulty by adding multiple trailers to a truck.**
- d. **End Goal (Takeaway):** Players should be watching what the player ahead of them is doing, but also maintaining control of their ball. This drill will help players learn to work in close quarters and to quickly react to what others are doing and still keep control of their ball.
- e. **Remember:** Always be encouraging and MAKE IT FUN!

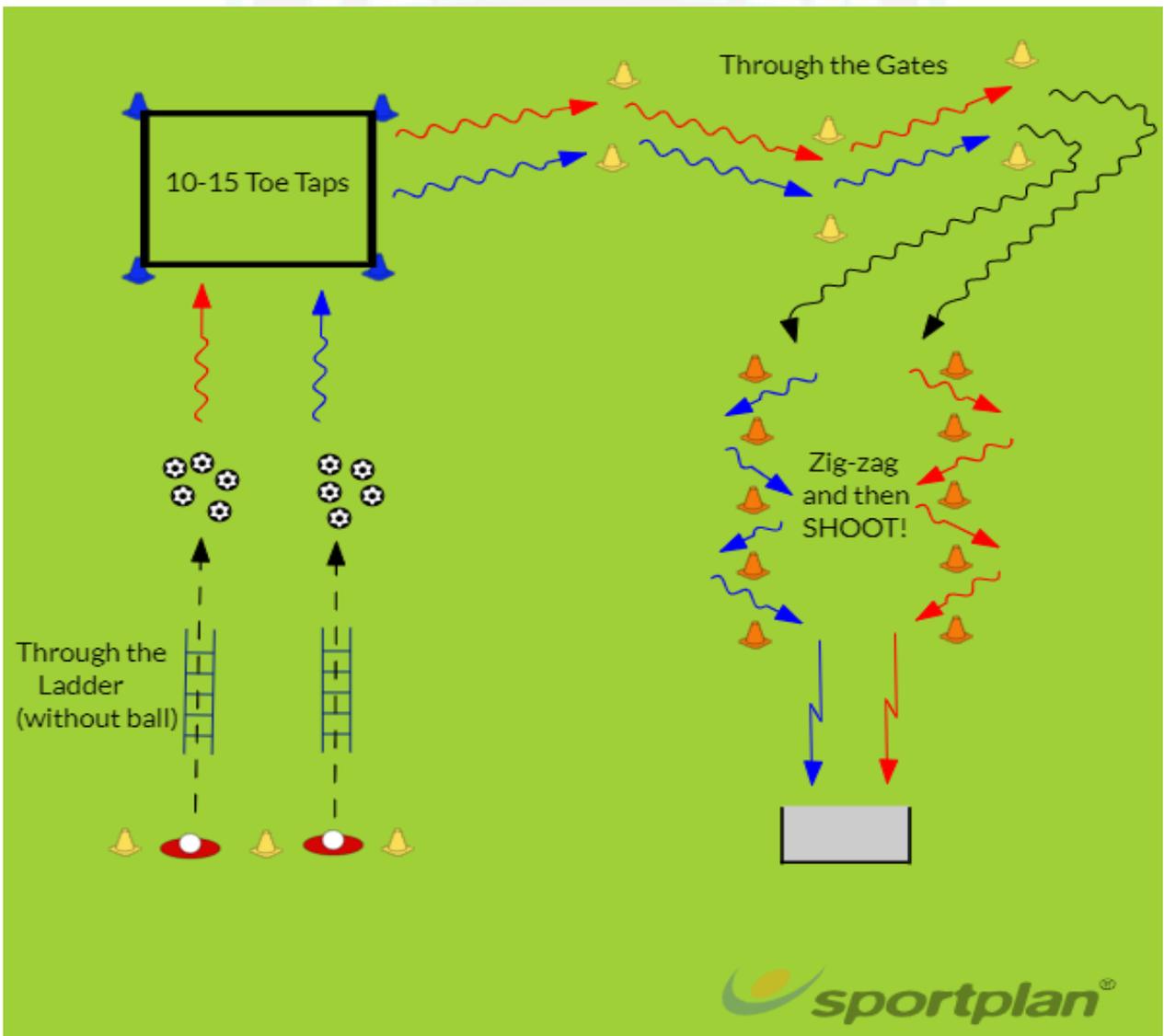


6U/8U/10U – WEEK 3

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 3

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 3 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!

**6U/8U/10U – WEEK 3****THEME: SPEED/FOOTWORK/BALL CONTROL/DRIBBLING/SHOOTING****Week 3 Ideas to Prepare for Scrimmages**

Station A – Stationary Bowling. Have 1 or 2 players become defenders. Defenders should try and stop/block shots from the shooters. Be sure to rotate players so they all get equal time shooting and defending.

Station B – Capture the Ball. Have 1 or 2 players become defenders. Similar to sharks and minnows, the defenders can take the ball from the attackers at any time and bring the ball back to the center. Attackers should dribble away from/around defenders and maintain possession of their ball. Be sure to rotate players so they all get equal time attacking and defending.

Station C – Truck & Trailer. Have players with their ball stand by the last cone. Have them practice a throw-in (10U ONLY, 6U and 8U do not do throw-ins) and hit their player on the run, then the player controls the ball and continues running through the posts with the ball. 6U and 8U can do the same thing, only they will kick the ball in.

Station D – The Crucible. Both players start at the same time. Have only 1 player grab a ball as they both move into the toe tap square (Player with ball is PLAYER 1). While PLAYER 1 is doing their toe taps, PLAYER 2 is running through the course without a ball. Once PLAYER 2 starts the zig-zag, PLAYER 1 should pass the ball ahead of PLAYER 2 and PLAYER 2 should receive the pass and then shoot!





6U/8U/10U Divisions Skills Development Program – Week 3

Station “A” Changes: (Saturdays Only)

On Saturdays only - Station A - will now be a scrimmage quadrant where you will divide your own team into 2 teams and have them play a soccer game.

The other Stations (B, C, D) on Saturday will remain the same with drills previously outlined.

- We will set up 2 Goals (one on each side of Station A)
- Divide your team into 2 even squads (try to balance new players with seasoned players).
- Use pinnies for half the team to help players identify who is on their squad.
- We will provide you with pinnies (shirts) for half your team. Pick them up at the tent when you pick up your Award Pins for Saturdays.
- Please collect pinnies from players and bring to the tent when you are done on Saturday.
- **Important - Please make sure to have kids apply sanitizer before, at halftime and after the game on Station A.**
- You will be the referee of the game. This is just for fun so don't worry about being a perfect referee. Just make it fun and safe for the kids.
- Throw ins will be allowed for 10U/12U/14U/16U Divisions. - 8U and below will just kick the ball in from where the ball went out of bounds or coach can just throw/drop it in.
- Goalies will be allowed for 10U/12U/14U/16U Divisions. - 8U and below do not use goalies.
- Goalie gloves can be used but make sure **they are not shared.**
- Schoolyard/6U/8U Divisions - Station A - Scrimmage Total Time = 13 mins (**6 Min 1st Half, Water Break, 6 Mins 2nd Half**)
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- 10U Division - Station A - Scrimmage Total Time = 16 mins (**8 Min 1st Half, Water Break, 7 Mins 2nd Half**)
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- 12U/14U/16U Division - Station A - Scrimmage Total Time = 20 mins (**9 Min 1st Half, Water Break, 9 Mins 2nd Half**)

Important Reminder:

During the week training sessions (Tues or Thurs) all 4 stations (A, B, C, D) will be used for skills development/drills as before.