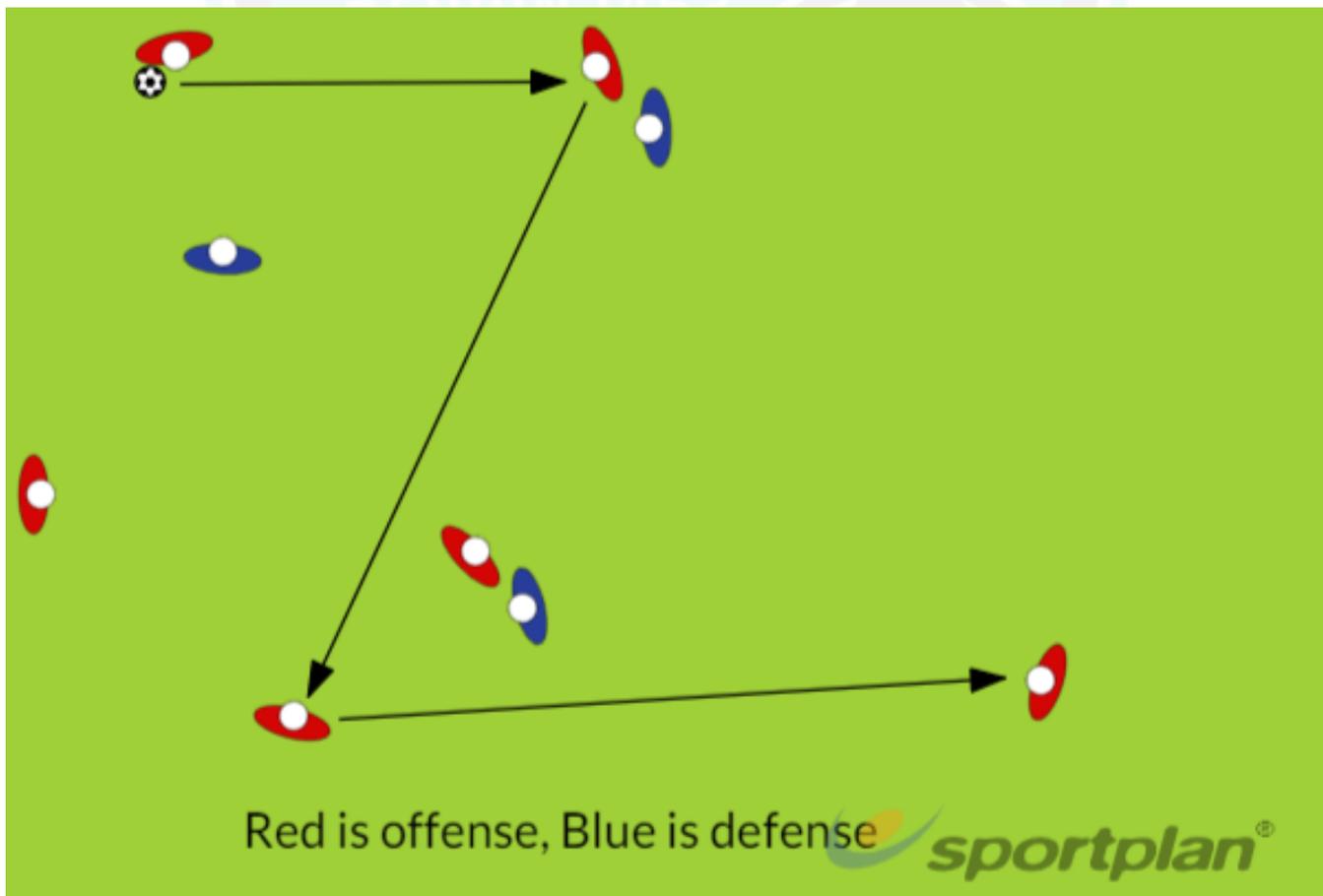


6U/8U/10U – WEEK 4

THEME: PASSING/DRIBBLING/DEFENSE

STATION A: PASSING EXERCISE

- 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 or three teams of players, depending on how many players you have. Be sure there are less defenders than offenders.
 - 1. Offensive players pass to each other while defenders try to steal the ball.
 - 2. Proper passing and trapping techniques should be taught early on! Accuracy with striking the ball to a target is more important than just kicking it hard into space.
 - 3. Rotate offensive and defensive players
 - 4. **Try passing/trapping with both feet.**
- d. **End Goal (Takeaway):** Defenders should close up while ball is in motion, and pressure the ball quickly. Attackers should keep the ball moving and look to play where there is the most space.
- e. **Remember:** Always be encouraging and MAKE IT FUN!





6U/8U/10U – WEEK 4

THEME: PASSING/DRIBBLING/DEFENSE

STATION B: KNOCKOUT!!!

- 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 dribble around the grid, always looking and moving into open space.
 - 1. Players must maintain control of their ball while trying to knock out other players' balls.
 - 2. Players should ALWAYS be moving with their ball! No standing around!
 - 3. Once a ball has been knocked out of the grid, that player must do 25 toe taps in order to get back in.
 - 4. **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 always important! Always keep the ball close and keep your body in between the ball and your opponent.
- b. **Remember:** Always be encouraging and MAKE IT FUN!

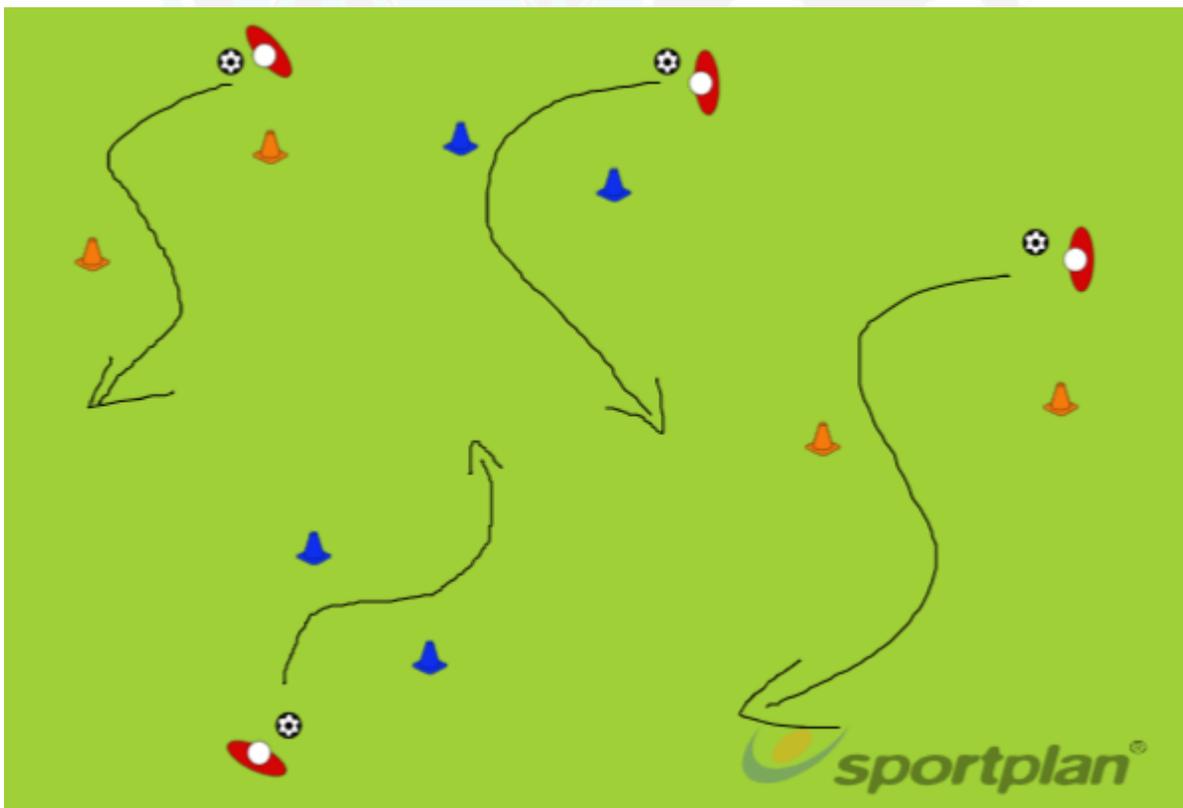


6U/8U/10U – WEEK 4

THEME: PASSING/DRIBBLING/DEFENSE

STATION C: DRIBBLING THROUGH THE GATES

- 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 dribble around inside the grid.
 - 1. Start with players dribbling through the gates.
 - 2. After players go through a gate, have them do a ‘figure 8’ around those cones.
 - 3. Once a player hits a gate, have them do a drag-back and reverse direction.
 - 4. **Coaches can increase difficulty by having players speed up, only using one foot, require 10 toe taps after going through a gate, adding a defender, etc...**
- d. **End Goal (Takeaway):** Players should be aware of surroundings while keeping the ball close. Dribble away from pressure while looking for open space. This drill will help players learn to work in close quarters and to quickly react to what others are doing and maintain control of their ball.
- e. **Remember:** Always be encouraging and MAKE IT FUN!

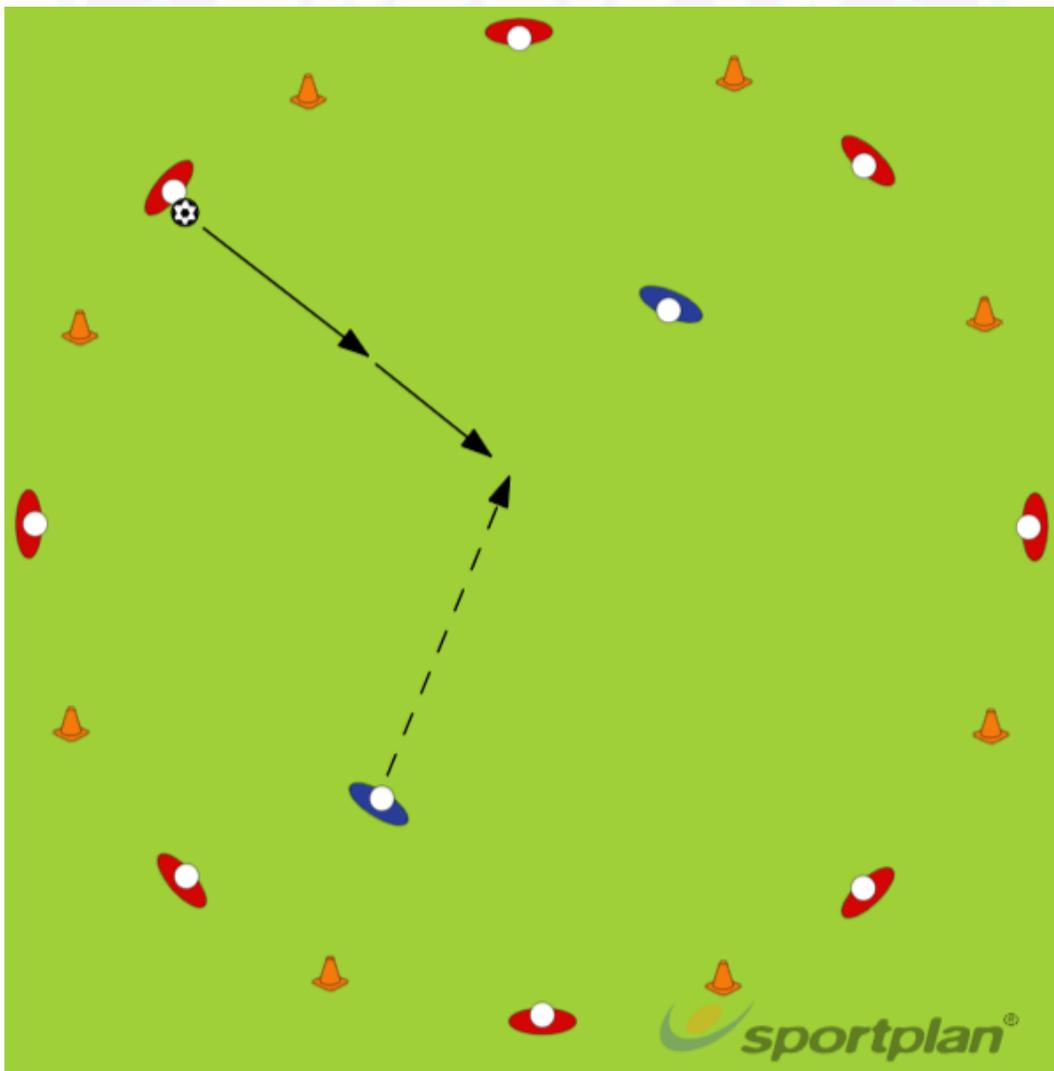


6U/8U/10U – WEEK 4

THEME: PASSING/DRIBBLING/DEFENSE

STATION D: DEFEND THE RING!

- 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:** All players form a large circle with one or two defenders in the middle.
 - 1. Players around the circle pass to each other. Defenders should move to intercept or deflect passes.
 - 2. If a defender intercepts a pass or knocks it out of the circle, the passer and defender now switch positions.
 - 3. **Use both left and right feet to pass and trap the ball.**
- d. **End Goal (Takeaway):** Defenders should close up while ball is in motion, and pressure the ball quickly. Attackers should keep the ball moving and look to play where there is the most space.
- e. **Remember:** Always be encouraging and MAKE IT FUN!





6U/8U/10U – WEEK 4

THEME: PASSING/DRIBBLING/DEFENSE

- (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 4 Passing/Dribbling/Defense Competition

Station A – Passing Exercise. Defensive team gets 1 point for each steal and each time the offense kicks ball out of play. Be sure to rotate players from offense to defense.

Station B – Knockout! Try sending one defender without a ball. They have 1 minute to knock out all the balls. When a players’ ball is knocked out, they must do toe taps outside the grid until there is one winner. Variation: Coaches could also play ‘Sharks and Minnows’ on the same grid.

Station C – Dribbling Through the Gates. See how many gates each player can go through in 1 minute without going through the same gate twice. Add a defender or two. Players must keep their ball away from defenders. If they successfully dribble through a gate, defenders must defend a different player.

Station D – Defend the RING! How many successful passes can the circle complete? If a pass is intercepted or deflected, or if a bad pass causes the ring to lose control of the ball, that player is out and must do toe-taps or practice passing with another player until there is one winner in the ring. Coaches, be sure to focus on technique and proper ball handling!



6U/8U/10U Divisions Skills Development Program – Week 4

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.