



10U – WEEK 5

THEME: DRIBBLING/BALL CONTROL/DEFENSE/SHOOTING

STATION A: NUMBERS!

- 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 divided into 2 teams and each player is given a number.
  - 1. Coach calls out a number while kicking or throwing a ball into play
  - 2. Those numbered players must sprint to the ball and try to gain possession
  - 3. Once possession is gained, the attacker tries to score, and the defender tries to prevent scoring.
  - 4. If the defender steals the ball, now they can try to score!
  - 5. **Try calling multiple numbers at once. You can require 2 successful passes before a goal can be scored.**
- d. **End Goal (Takeaway):** Listening, conditioning, small sided competitions.
- e. **Remember:** Always be encouraging and MAKE IT FUN!

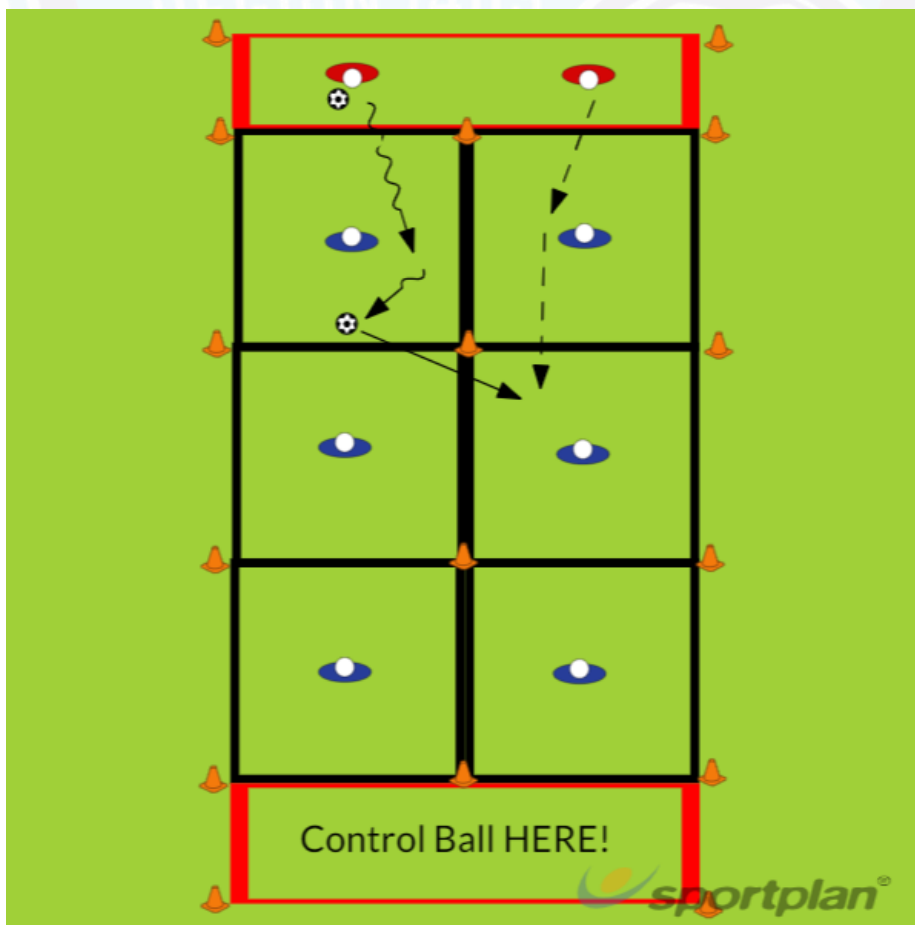


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STATION B: ALIEN INVASION!

- 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:** Have 2-6 players get inside the squares as defenders. Have 2 ALIENS as offenders. Defenders cannot leave their square.
  - 1. ALIENS must work together to get past defenders. They can pass to each other or just dribble around defenders.
  - 2. The goal is to have control of the ball inside the finish zone by either dribbling it in or by passing to teammate inside of the zone. NO SHOOTING!
  - 3. Coaches can start easier by having less defenders and then gradually increase difficulty as players get the hang of it.
- 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. ALIEN teammates should look for open space in order to be ready for a good pass.
- b. **Remember:** Always be encouraging and MAKE IT FUN!



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STATION C: THE BIG KICK

- 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 line up on cones and start shooting from ‘Shooting Distance 1’.
  - 1. As they shoot, they’ll move to back of line and the next players will move up and shoot.
  - 2. Once players are successful, have them shoot from Shooting Distance 2, or even further if you like.
  - 3. Players on the left should shoot with their LEFT FOOT. Players on the right should shoot with their RIGHT FOOT.
- a. **End Goal (Takeaway):** Players should learn the proper shooting technique early on so they can build power as they gain experience with the game.
- b. **Remember:** Always be encouraging and MAKE IT FUN!

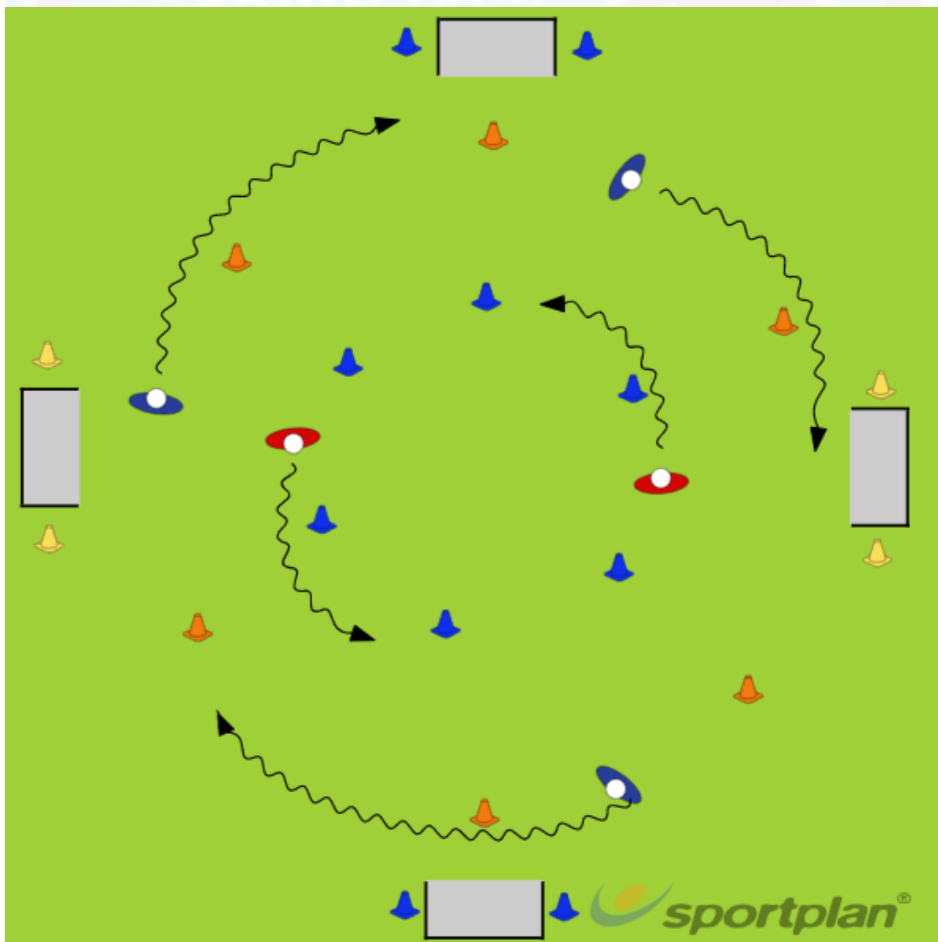


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STATION D: HUNTERS AND RABBITS!

- 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:** Place some players in the middle circle (Hunters) and some players in the outer circle (Rabbits).
  - 1. Rabbits run clockwise around their circle and hunters run counter-clockwise.
  - 2. Coach calls out the color (or name) of a gate and the rabbits must make it through before a hunter tags them.
  - 3. If they are tagged by a hunter, they switch roles.
  - 4. **Vary running style around the circle such as heel kicks, high knees, side steps, etc.**
  - 5. **Players can dribble ball around the circles and either leave it when coach calls a goal or take it with them.**
- d. **End Goal (Takeaway):** Physical coordination, following directions and movement education.
- e. **Remember:** Always be encouraging and MAKE IT FUN!





## 10U – WEEK 5

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- (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 5 Dribbling/Ball Control/Defense/Shooting Competition**

**Station A – Numbers!** Which player (or team) can score the most goals? Which player or team can make the most successful passes?

**Station B – Alien Invasion!** How many ALIENS (or teams) can get through the defenses into the finish zone? Are there any defenders that can stop EVERYONE??

**Station C – The Big Kick!** See who can score from the furthest distance. Remember to have them use proper technique. NO TOE KICKS! Try having players pass the ball to the shooters and having them shoot while on the move.

**Station D – Hunters and Rabbits!** Which rabbits can safely make it to the most goals? Are there any hunters that catch the rabbit every time?



## 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 1<sup>st</sup> Half, Water Break, 6 Mins 2<sup>nd</sup> Half)**
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- 10U Division - Station A - Scrimmage Total Time = 16 mins **(8 Min 1<sup>st</sup> Half, Water Break, 7 Mins 2<sup>nd</sup> Half)**
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- 12U/14U/16U Division - Station A - Scrimmage Total Time = 20 mins **(9 Min 1<sup>st</sup> Half, Water Break, 9 Mins 2<sup>nd</sup> 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.**