



Coaching Station Plan

<u>Station</u>	<u>Option 1</u>	<u>Option 2</u>	<u>Option 3</u>	<u>Option 4</u>
15 Minutes Prior to Session	Coach Setup	Coach Setup	Coach Setup	Coach Setup
Station 1 - Passing Skill	Two-Touch Passing	Pass & Move in Pairs	Pass & Move in a Group	One-Touch Passing
Station 2 - Possession Skill	Possession	Possession	Possession	Possession
Station 3 - Small-Sided Game	2 Goals	2 Goals	2 Goals	2 Goals
Coach Driven Skill	Coach Choice	Coach Choice	Coach Choice	Coach Choice

- Notes:
- 1) Coaches are expected to arrive at least 15 minutes before the start of a session to set up their Station as well as welcome kids to the pitch. Be the first one to arrive at the pitch!
 - 2) Ideally Coach stays with Station and the Players move from Station to Station every 15 minutes.
 - 3) A short water break between Stations would be appropriate. Make sure players stay hydrated on hot days.
 - 4) Last 15 minutes each Coach takes their Team and focuses on a skill they choose. (Passing, Possession or Small-Sided Game).
 - 5) For more teams, simply add more Stations in sequence – Station 4 – Passing Skill, Station 5 – Possession Skill & Station 6 – Small-Sided Game



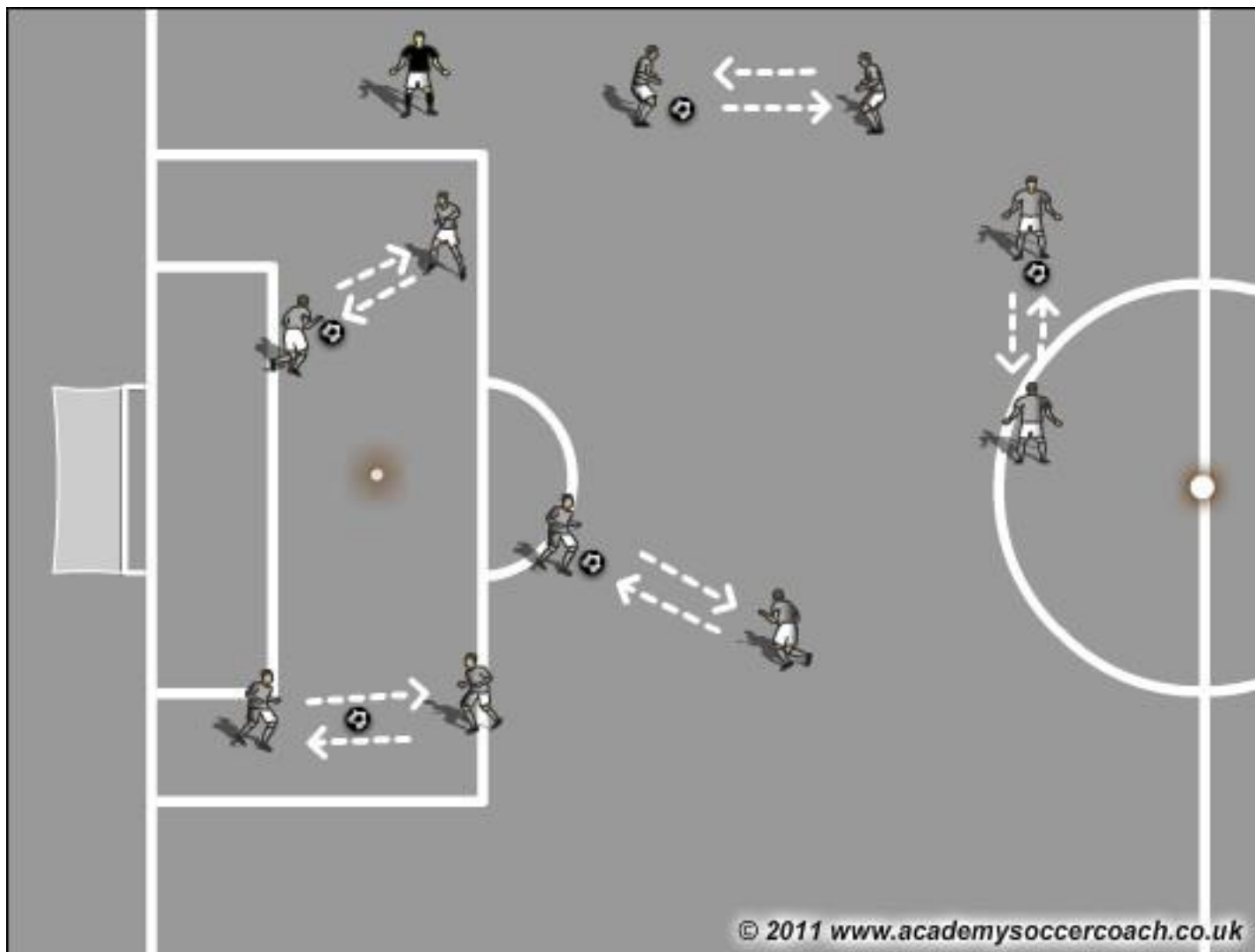
I - Passing Skill



One and Two-Touch Passing

Ages:	U7+
Players:	Any Even Number of Players
Skills:	Ball Control, First Touch and Passing
Summary:	This is a <u>key skill</u> for the Players to develop. The Players are paired up to pass the ball back and forth. Players are encouraged to only touch the ball the applicable number of times (once for One-Touch and twice for Two-Touch Passing).
Set-up:	One ball between two players. Pairs can find their own open space on the field so that they will not interfere with other Players.
Details:	Pairs can stand 5 yards (15 feet) apart and pass the ball back and forth between them. They can touch the ball twice; once to receive the ball from their partner and a second time to pass it back to their partner. They will learn to control the ball and to pass it properly so their partner can successfully receive the ball. If you are working on One-Touch Passing, always have them start with Two-Touch for the first minute or two to get the proper movement and feel; then advance them to One-Touch Passing for the remainder of that segment. By doing this you are setting the Player up for a better chance of success.
Variations:	Once the skill has improved you can increase the distance between the partners in increments of 2 yards (meaning moving them from 5 yards to 7 yards apart).
Coach Instructions:	<p>During this segment, the Coach should encourage the Players to focus on the following:</p> <ol style="list-style-type: none"> 1) Only touch the ball the appropriate number of times, while developing this skill Players may need to touch the ball more than the appropriate number. 2) Pass the ball on the ground by striking it properly (on the side of the foot, ankle locked, foot to the middle of the ball and having their foot following through in the intended direction of the pass). Eyes should be on the ball when struck. 3) Keeping their heads up and looking towards their partner. 4) Don't let the ball stop rolling. 5) Pass with the proper speed; fast enough to have a purpose but slow enough so the

Partner can receive the ball with success. Faster passing with control is better.
 6) Players should be up on their toes, almost jogging in place when receiving the ball.
 7) Receive the ball properly with their 'first touch' being gentle enough to have the ball stay within a yard (3 feet) of them.



One and Two-Touch Passing

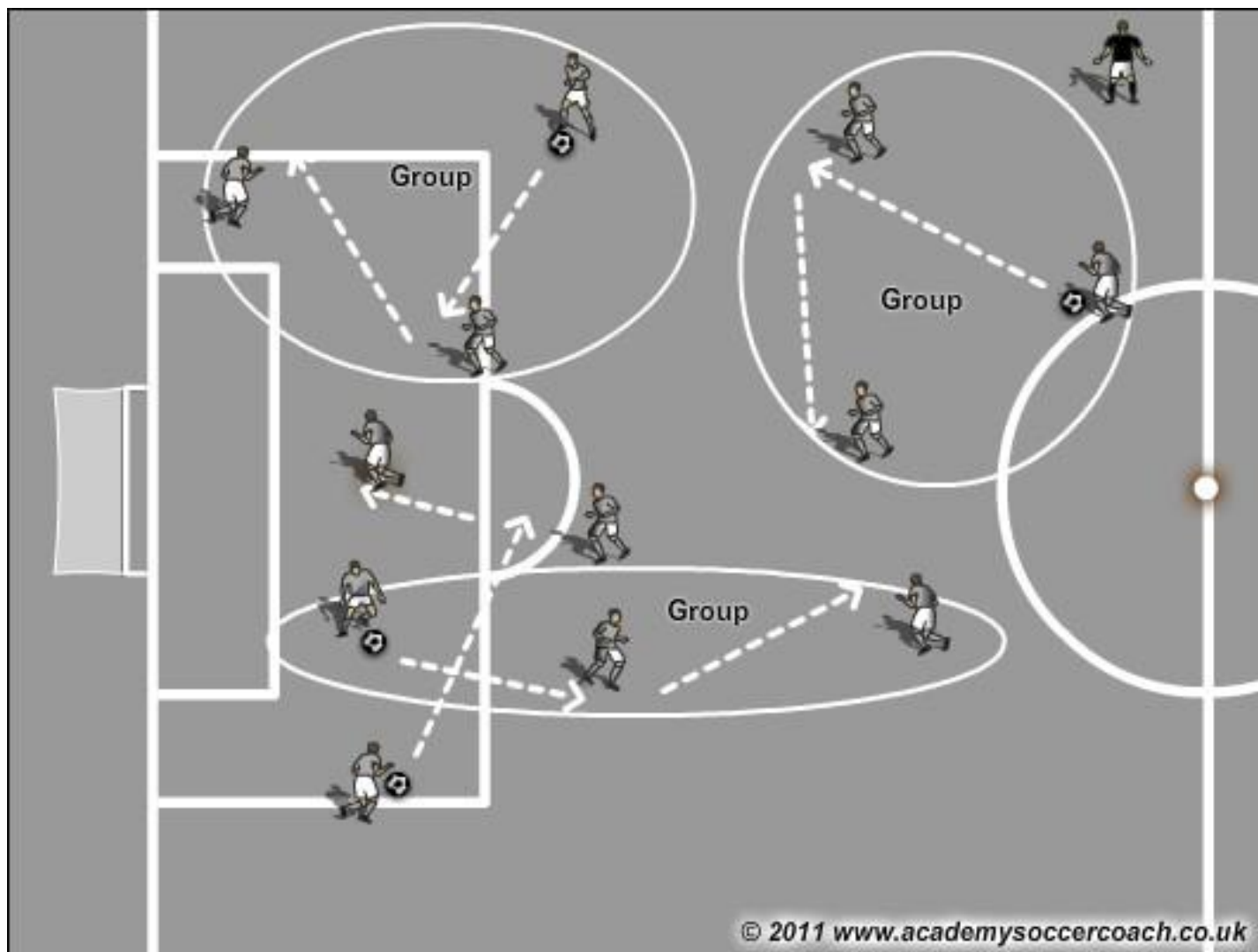


Pass and Move in Groups

Ages:	U7+
Players:	Any Even Number of Players
Skills:	Dribbling, Passing, Changing Direction and Ball Control
Summary:	This is a <u>key skill</u> for Players to develop. The Players are put in groups to pass the ball back and forth while moving around the field.
Set-up:	The Players are put in groups of 3 or 4 where they require one ball per group. You will need half a field for up to 18 Players.
Details:	The Players are put in groups of 3 or 4 to pass the ball around their group while moving around the field. This exercise is designed to create traffic when the Players are moving randomly. They will need to keep their heads up to avoid collisions. The passes can be made to anyone within their group who is in open space.
Variations:	Once this skill has been mastered, you can reduce the size of the field, increase the distance between partners or increase the speed of their movement. You could also instruct them to do two-touch passing to each other (one touch to receive the ball and a second touch to pass the ball). With highly skilled Players, you could instruct them to do one-touch passing to each other while moving. One-Touch while moving is very difficult to master.
Coach Instructions:	<p>During this segment, the Coach should encourage the Players to focus on the following:</p> <ol style="list-style-type: none"> 1) Keep their heads up while dribbling and moving 2) Pass the ball on the ground by striking it properly (on the side of the foot, ankle locked, foot to the middle of the ball and having their foot following through in the intended direction of the pass). Eyes should be on the ball when struck. 3) Don't let the ball stop rolling. 4) Pass with the proper speed; fast enough to have a purpose but slow enough so the Partners can receive the ball with success. Faster passing with control is better. 5) Pass the ball ahead of the receiver. 6) Communicate with their partners.



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Pass and Move in Groups

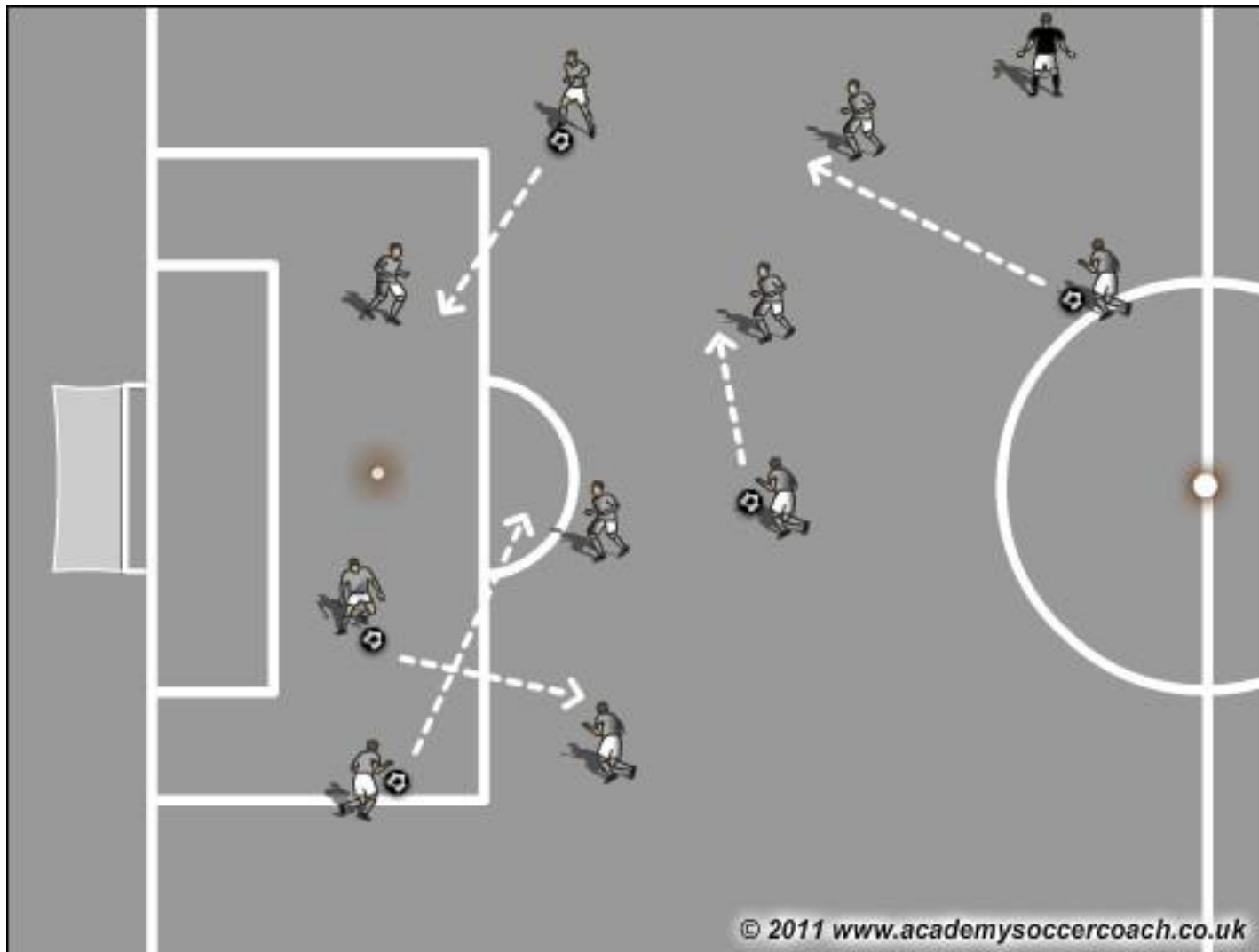


Pass and Move in Pairs

Ages:	U7+
Players:	Any Even Number of Players
Skills:	Dribbling, Passing, Changing Direction and Ball Control
Summary:	This is a <u>key skill</u> for Players to develop. The Players are paired up to pass the ball back and forth while moving around the field.
Set-up:	The Players are paired up where they require one ball between them. Start with half a field size.
Details:	The Players are paired up to pass the ball back and forth while moving around the field. This exercise is designed to create traffic when the Players are moving randomly. They will need to keep their heads up to avoid collisions.
Variations:	Once this skill has been mastered, you can reduce the size of the field, increase the distance between partners or increase the speed of their movement. Also you could instruct them to touch the ball only twice then they are required to pass to their partner.
Coach Instructions:	<p>During this segment, the Coach should encourage the Players to focus on the following:</p> <ol style="list-style-type: none"> 1) Keep their heads up while dribbling and moving 2) Pass the ball on the ground by striking it properly (on the side of the foot, ankle locked, foot to the middle of the ball and having their foot following through in the intended direction of the pass). Eyes should be on the ball when struck. 3) Don't let the ball stop rolling. 4) Pass with the proper speed; fast enough to have a purpose but slow enough so the Partner can receive the ball with success. Faster passing with control is better. 5) Pass the ball ahead of the receiver. 6) Communicate with your partner.



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Pass and Move in Pairs

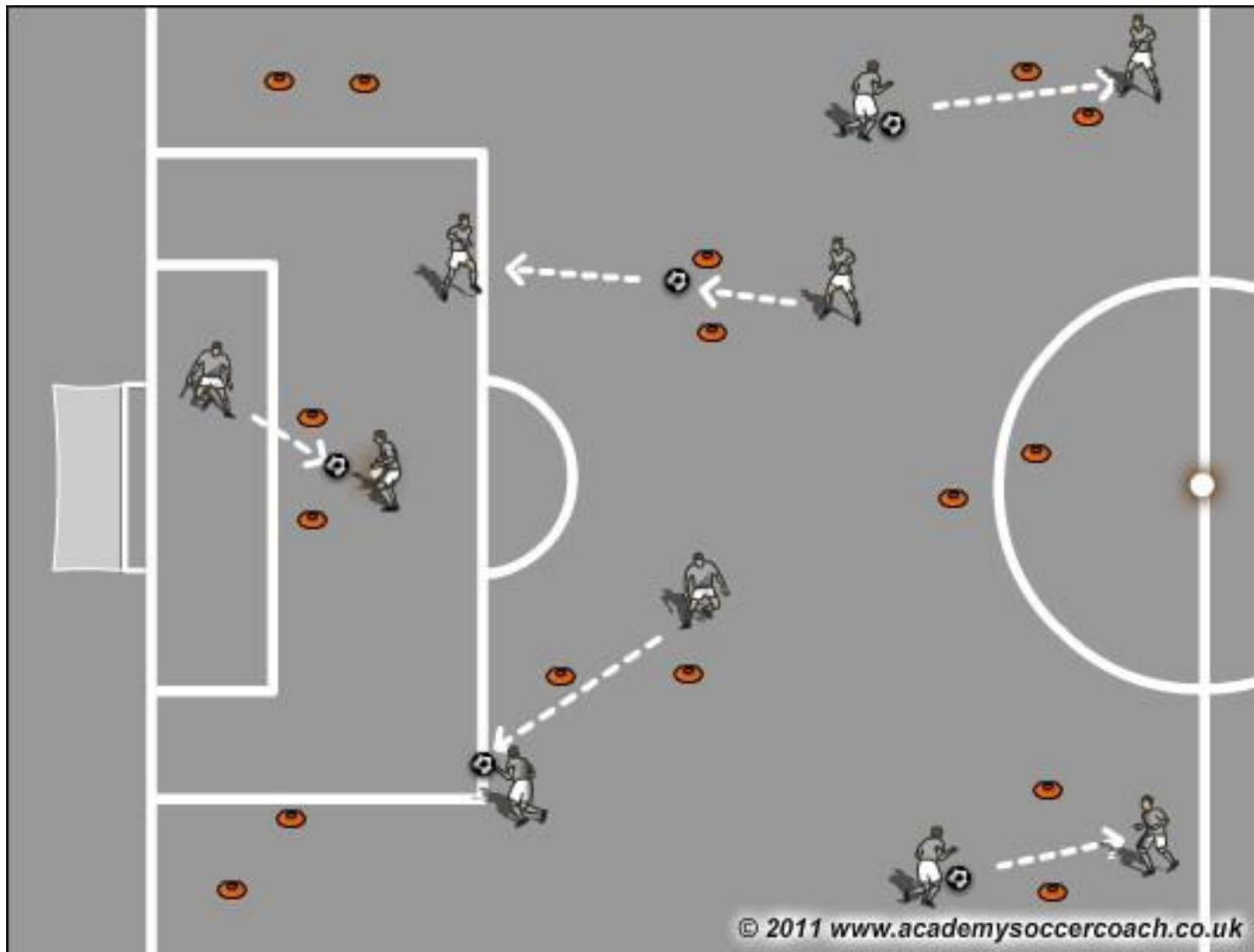


Passing Through the Gates

Ages:	U7+
Players:	Any Even Number of Players
Skills:	Dribbling, Ball Control, Changing Directions and Passing
Summary:	The Players are paired up to pass the ball through two cones that have been set up as a 'gate'.
Set-up:	One ball between two players. Minimum of 16 cones. Set two cones 2 yards (6 feet) apart to form a 'gate'. Eight gates should be set up on a half-size field. The gates should be arranged randomly on the field at different angles.
Details:	A Player dribbles their ball to a gate and pass it through the gate to their partner. The partner then dribbles the ball to a different gate and passes it through back to the original Player. They repeat this as many times as possible during the segment. All Players must keep their heads up as other Players are doing the same exercise. The ball must pass through the gates and not bounce off the cone. They can't go back through the same gate twice in a row.
Variations:	Once the Players have had a measure of success at this skill you can ask that they keep track of the number passes through gates in a set time (e.g. 2 minutes). At the end of the 2 minutes you ask each team to tell everyone their number of successful gates. Always give the teams two of these timed variations back to back so they can 'beat their record'. You may want to add 10 seconds to the second attempt to ensure they beat the first.
Coach Instructions:	<p>During this segment, the Coach should encourage the Players to focus on the following:</p> <ol style="list-style-type: none"> 1) Keep moving around and attempt all gates. 2) Increasing their speed when dribbling to another gate. 3) Keeping their heads up and watching out for other Players to avoid collisions. 4) Control the ball. 5) Communicate with their partner. 6) Complete proper passes that are smooth, accurate and on the ground.



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Passing Through the Gates



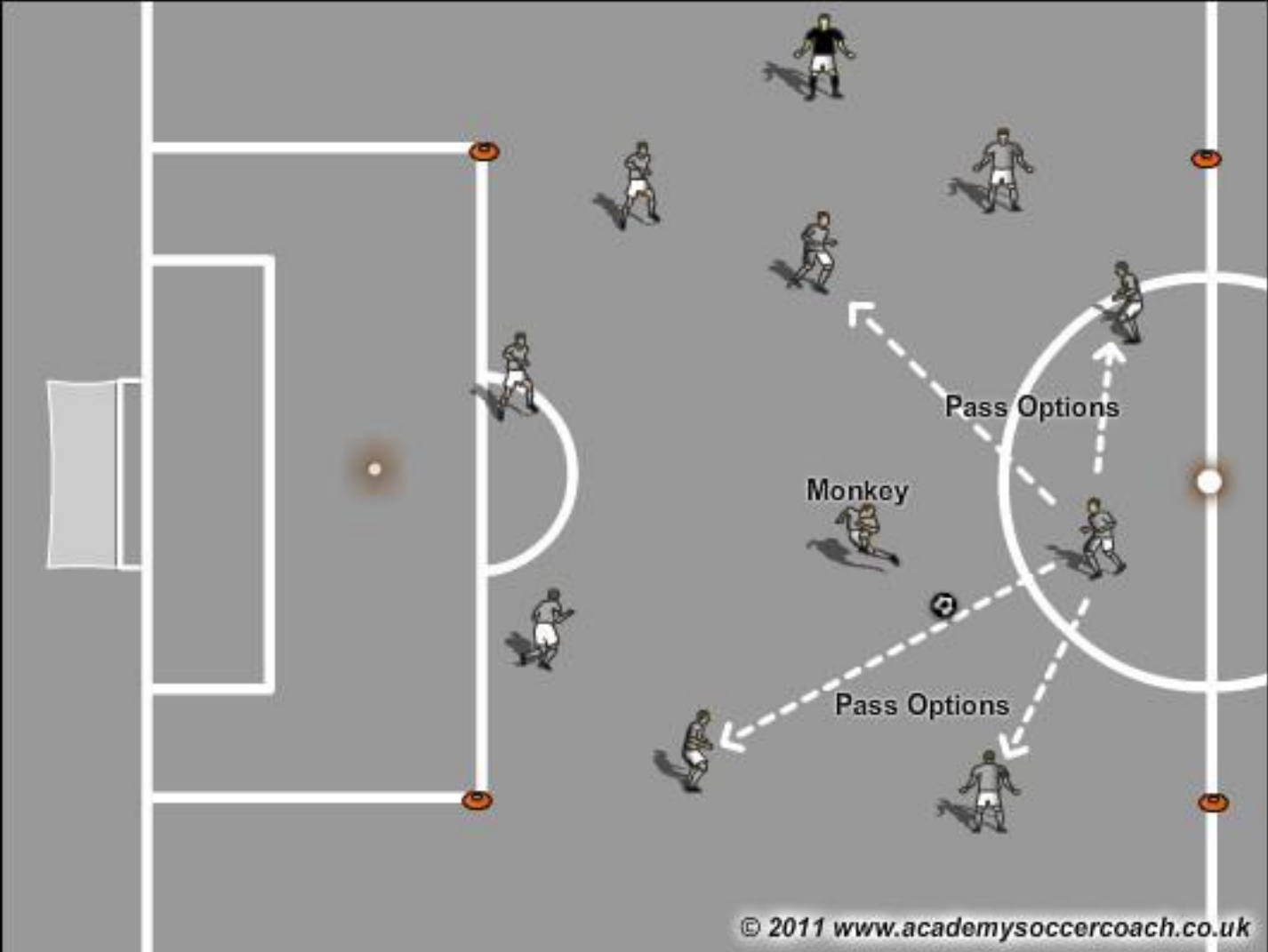
II - Possession Skill



Possession Soccer (Monkey in the Middle)

Ages:	U7+																														
Players:	Minimum of 10																														
Skills:	Possession, Ball Control and Passing																														
Summary:	The Players are playing the soccer version of Monkey in the Middle or Keep Away. You start with a higher number of Players around the outside passing the ball between them and a fewer number of Players in the middle trying to intercept the passes (the ‘Monkey’).																														
Set-up:	You will need four cones spaced 30 yards (90 feet) apart to form a square. One ball is required, but it is good to have a couple of spares in case the one in use is kicked far out of play.																														
Details:	Possession soccer is difficult to master. It will take a lot of time for Players to have success with this. Start with one Monkey in the middle vs the remaining Players around the outside. The outside Players must keep it away from the Monkey(s) but it must stay inside the square. The Monkey will be able to intercept the ball easily in the beginning. When the Monkey intercepts the ball or kicks it outside of the square, one of the outside Players will switch places with the Monkey. Rotate all players so that each has a turn as the Monkey. As passing and accuracy improves, you can change the ratio of Players to Monkeys or reduce the size of the playing area. Do this gradually over a number of different sessions. You as a Coach can also be a Player on the Outside to help improve the odds of success. This would also give you an opportunity to demonstrate the items in the ‘Coach Instructions’ section below.																														
Variations:	<p>The table below shows an example of the steps that could be used as skill improves:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th><u>Step</u></th> <th><u>Size of Square</u></th> <th><u># Outside</u></th> <th><u># Monkeys</u></th> <th><u>Ratio</u></th> </tr> </thead> <tbody> <tr> <td>1</td> <td>30yds x 30yds</td> <td>9</td> <td>1</td> <td>9:1</td> </tr> <tr> <td>2</td> <td>30yds x 30yds</td> <td>8</td> <td>2</td> <td>8:2</td> </tr> <tr> <td>3</td> <td>25yds x 25yds</td> <td>8</td> <td>2</td> <td>8:2</td> </tr> <tr> <td>4</td> <td>25yds x 25yds</td> <td>7</td> <td>2</td> <td>7:2</td> </tr> <tr> <td>5</td> <td>20yds x 20yds</td> <td>7</td> <td>2</td> <td>7:2</td> </tr> </tbody> </table>	<u>Step</u>	<u>Size of Square</u>	<u># Outside</u>	<u># Monkeys</u>	<u>Ratio</u>	1	30yds x 30yds	9	1	9:1	2	30yds x 30yds	8	2	8:2	3	25yds x 25yds	8	2	8:2	4	25yds x 25yds	7	2	7:2	5	20yds x 20yds	7	2	7:2
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	<p>These steps are only a guide. If the Monkey is not able to intercept the ball for four (4) consecutive passes on a regular basis (meaning the Monkey is spending a lot of time in the middle), it may be time to move to the next step by adjusting one of the variables.</p>
<p>Coach Instructions:</p>	<p>During this segment and as skill improves, the Coach should encourage the Outside Players to focus on the following:</p> <ol style="list-style-type: none"> 1) Moving to open space; spreading out and creating width. 2) Communicating with each other; calling for the ball. 3) Keeping their heads up and looking around for passing options. 4) Changing the direction of the ball. 5) Don't let the ball stop rolling.



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Possession Soccer (Monkey in the Middle)



III - Small-Sided Game



Small-Sided Game with 2 Goals

Ages:	U7+
Players:	Minimum of 6 (3v3) or Maximum of 10 (5v5) per Group
Skills:	All Skills are developed.
Summary:	Players are using all of their skills during these Small-Sided Games with either 3v3 or 4v4 or 5v5. You can have as many groups as needed based on the number of Players you have available.
Set-up:	Minimum of 8 cones per Group. Use cones to separate ‘fields’ as well as define the ‘goals’. If you don’t have cones, you can use backpacks, shoes or any other items for this purpose. The Goals should be 2 yards (6 feet) wide. Pugg nets can also be used.
Details:	<p>The idea here is to put Players in a situation where they can go out and play for fun with very minimal instruction from Coaches. They should be able to try new moves and make mistakes. No Goalies are required. The Players continue to play (scoring and defending as much as possible) for the entire 15 minute segment. Coaches can help keep the ball in play and allow the Players to touch the ball as much as possible. If the Players are putting in the effort, this is great for their fitness as well! If you have an odd number of players, put three stronger players on one team and run a 3v4. Let them play! Keep the teams together as much as possible during a session but switch the teams up after each 15 minute segment so they experience different opponents. If you have a mix of teams with 3 and 4 Players, you may need to move some Players between teams and segments as well.</p>
Variations:	<p>You can use the following variations to spice up the Small-Sided Games. Use the variation that best suits the skill level of the Players involved (don’t give them a change when the basic skills have not been developed), The variations are:</p> <ul style="list-style-type: none"> • Limit touches to 2 and then they must pass the ball to a team-mate • Must pass a minimum of 3 times before a score • All team-mates must touch the ball (without the other team touching it) before a score. • Must dribble through the net and touch the ball on the other side to score (if cones)

	<ul style="list-style-type: none"> • Must include at least one backwards pass before a score • Only allowed to score within 3 yards (9 feet) of the goal
<p>Coach Instructions:</p>	<p>Very minimal instructions from Coaches during these segments. Ideally any instruction to Players would be provided in between segments and not during the game.</p>

