

<p>10-12 Mins.</p>	<p>Station 2: 1v1 – Meet in the Middle (2 Pugg goals)</p> <ul style="list-style-type: none"> - Split kids into 2 groups in single file lines facing each other. - On coach’s command, the first player in each line run towards each other, fist bump, than back pedal to their starting point where they then call for the ball. . - Coach passes the ball to the player who gets their first AND yells “BALL” loudly. - Players can score on either goal. - The player who does not get the pass will attempt to steal the ball from the opposing player and then try to score themselves. - Goals are worth 1 pt. <p><i>Progress to: Extra Ten Points given to the player who starts to score on one goal, but changes direction to score on the opposite goal.</i></p>	<ul style="list-style-type: none"> • “Keep the Ball Close” • “Eyes up, find the goal” • “Don’t just kick it away” • “Can you fake out the Defender?” • “Win the ball, Keep the ball” <p>Coaches:</p>	<p style="text-align: center;">^ Goal ^</p> <p style="text-align: center;">Xxx -> <- Ooo</p> <p style="text-align: center;">^ Goal ^ Coach</p>
<p>10-12 Mins.</p>	<p>Station 3: Shooting (Lightning)</p> <ul style="list-style-type: none"> - Players line up single file 15 yards from goal. One player in goal to play as a keeper. All the soccer balls at the coach’s feet. When the player calls for ball, the coach plays a ball out and the player must shoot on his first touch. - If he misses, he becomes Keeper for the next player in line. - If he makes it, he goes to the end of the line to shoot again and the player who is next in line becomes keeper. - The player who was in goal and got scored on is out. - The game continues until only one player is left. <p>Progress to:</p> <ul style="list-style-type: none"> - If a shot hits the cross bar all eliminated players return to game. If an eliminated player catches the ball, the player who shot the ball is then out and the player who caught the ball is then the keeper. <p>If the keeper saves it, the player is then eliminated from the game.</p>	<ul style="list-style-type: none"> • Players must call for “Ball” from the coach • Proper shooting technique: plant foot towards target, hit the ball in the nose, follow your shot, use the laces or inside of foot. Lean Forward <p>Coaches:</p>	<p style="text-align: center;">X X X X</p> <p style="text-align: center;">Goal Coach</p>
<p>10-12 Mins.</p>	<p>Station 4: Scrimmage (Full Field)</p> <ul style="list-style-type: none"> - Players split into 2 teams as even as possible. It’s better to have a teams playing 4v5 or 5v5 then to have subs. - Normal game rules apply. - ONE ADDITIONAL RULE: Players must play with purpose (pass, dribble, or shoot). If a player kicks the ball away without playing with purpose, it’s a free kick to the opposing team from the spot of the infraction. This typically happens on a players first touch during a scrimmage. 	<ul style="list-style-type: none"> • Playing in Position (FWD,LM,RM,CB) • Calling for ball • Keep the ball • Play with purpose <p>Coaches:</p>	<p style="text-align: center;">Full Field</p>