



REAL
FÚTBOL TRAINING
Real skills. Real fútbol.

Circuit Stations
Oxford U6/U8

Week 1

Theme: Dribbling for Ball Control

Coaching Points for Dribbling

When to dribble

- when you have space (and no teammate is wide open in a better position)
- when there's only one defender to beat other than the keeper (and no teammate is open for a one-time shot)
- when in the penalty box (and no teammate is open for a one-time shot)
- when you have no open teammates.

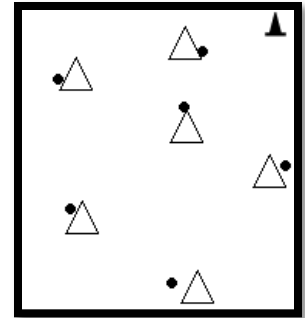
10 minute stations

Station 1 - Freeze Tag

- **Setup** - Create a large square.
- 4-18 players each inside the square.
- **Object of the game** - "it" Players to try tag players.
- Two "It" players.
- Tagged player = hold ball over head and spread legs
- Players can unfreeze frozen players by passing ball through their legs
- **Variation 1** – without a ball to understand the concept
- **Variation 2** – with a ball.

Station 2 - Knock Out

- **Setup** - Create a large square with cones.
- 4-18 players each with a soccer ball inside the square.
- **Object of the game** - Players to try to kick other soccer players balls out of bounds while protecting his or her own soccer ball.
- Player who kicks out most wins.
- When coaches say knock out, players will kick the other players out while keeping their ball.
- If they get knocked out, they do 10 toe touches and come back in.
- For the different variations below, you need to cone out a large square and within, 4 small squares.
- **Variation 1** – Whole field
- **Variation 2** – half field
- **Variation 3** – quarter field



Station 3 - Tail tag

- **Setup** - Create a large square with cones.
- 4-18 players each inside the square who place pinnies inside their shorts like a tail.
- **Object of the game** - Players to try steal soccer players tails.
- Stolen tail player = Kneel
- You can get kneeled player back by stealing pinnies back from the cave/goal.
- **Variation 1** – without a ball to understand the concept
- **Variation 2** – with a ball.
- **Variation 3** – individual games, team games, and "it" players assigned

Station 4 - Speed dribble with control

- **Setup** – see image on the right for set up
- 2 lines – all players each with a soccer ball.
- Coach or player says "go" each time
- **Object of the game** - dribble slalom style as fast as you can with control. Then shoot.
- **Variation 1** – all parts of the foot
- **Variation 2** – right or left foot only
- **Variation 3** – inside of the foot only
- **Variation 4** – outside of the foot only



Scrimmage – King of the Pitch

- 3 teams, 2 teams plays while 1 team sits.
- Winner stays on
- First goal wins

Week 2

Theme: Dribbling for Ball Control

Station 1: [Hospital Tag](#)

- **Objective:** Hospital Tag is a fun game for your players to play as a warm-up.
- **Description:** In a grid marked off with cones, designate one player as the "tagger" and the rest as "runners". The tagger runs around the grid trying to tag the rest of the players. Whenever a player is tagged, he must hold that part of his body with one of his hands and continue running around the grid. If a player is tagged a second time, he must hold where he was hit with his other hand and continue running. If a player is tagged three times, he must go to the "hospital" (outside the grid), receive some form of "treatment" (for example, doing 10 ball touches), and then return to the grid to continue playing.
- **Coaching Points:**
 - Keep your head up to avoid taggers
 - Avoid being tagged by changing direction
 - Keep your ball close
- **Variation 1:** Assign 2 taggers (players or coaches)
- **Variation 2:** Everyone is a tagger



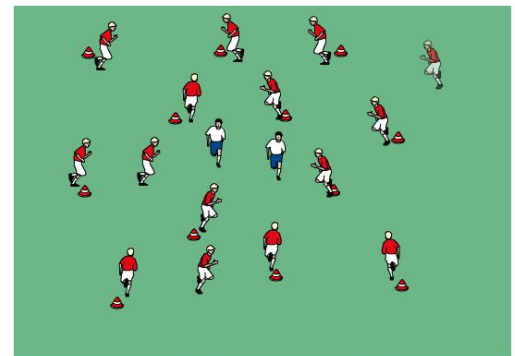
Station 2: Score on Four

- **Objective:** This activity for beginning players develops awareness of space and allows players to practice scoring goals in competitive situations.
- **Description:** Line up four cone goals on the boundary lines of a square playing area (10-15 yd across).
- The coach serves one ball in at a time, and each player competes against the others to get the ball and score on any of the four small-sided goals. Players must dribble through the goals. The coach should serve a new ball in to the game whenever the previous ball has been kicked outside the playing area.
- **Coaching Points:**
 - Heads up to look for the open goals
 - Lose the defender by changing direction
 - Keep your ball close
- **Variations:** 1v1, 2v2, 3v3



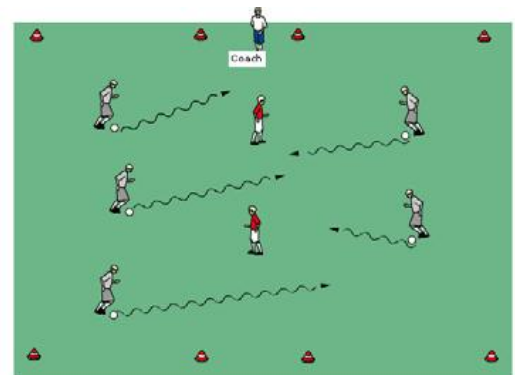
Station 3: Cone Tag

- **Description:** Cones are set up in the area.
- One player or coach is "it" and chases the other players to tag them. If they are tagged, they are frozen. Teammates can unfreeze them by .
- The cones are bases, however only one player can be safe at a time at a cone. When another player arrives at a cone that is already occupied, they must leave immediately and find another cone to run to. If there are 10 players, have 4 bases. There fore 6 players are dribbling around.
- Play for a certain amount of time and then switch. Eventually build this to dribbling. Players must dribble.
- **Coaching Points:**
 - Heads up to look for the open goals
 - Lose the defender by changing direction and speed
 - Keep control and with skill
- **Variation 1:** Add or subtract bases as the games moves on.
- **Variation 2:** Taggers must bunny hop (without ball) and tag the players.



Station 4: Pirates and Buccaneers

- Make two grids. Two teams, every player has a ball.
- There are two pirates in between the two grids.
- The buccaneers (players with the ball) on the coaches signal dribble from one grid to the next without getting the ball stolen from them.
- The pirates pass the ball to the coach. If a buccaneer gets their ball taken from them they can do toe taps, shuffles, etc and then go back into the game.
- **Coaching Points:**
 - Heads up to look for the open goals
 - Lose the defender by changing direction and speed
 - Keep control and with skill
- **Variation 1:** If the player gets the ball stolen, the player does toe taps/shuffles
- **Variation 2:** If the player gets the ball stolen, the player becomes a pirate.



Week 3

Theme: Ball Mastery

Station 1: Running and competing

Warm-up: Increase heart rates, raise body temps, reduce injury, activate positive mindset

Purpose: Mobility, dynamic, ball mastery, group ball work

Field: 7x14 yard lanes with 7 yard markers. 2 lanes per 12 players

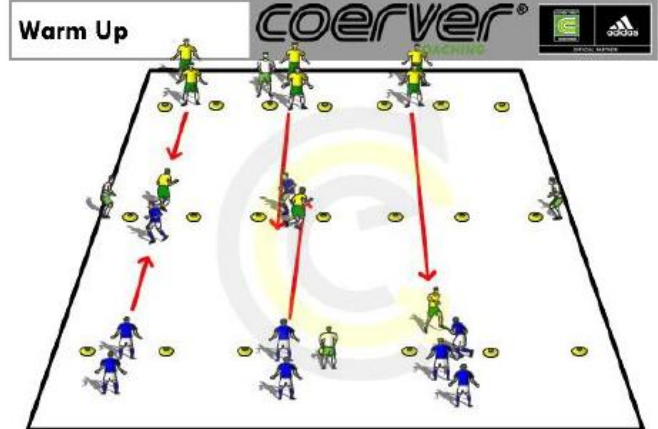
Action 1 – On coaches signal, 1st players jog towards each other. Near the middle they slow down their momentum and touch hands and jog back.

Coaching Points - side on, low, eyes on target, watch for visual cues to start

Action 2 – Increase speed and acceleration

Coaching Points – Players should stop momentum and turn sideways and sit low, eyes on the target and shuffle sideways back.

Action 3 – Race Back, first player in line 1 runs to tag player in the middle and race back to line 1



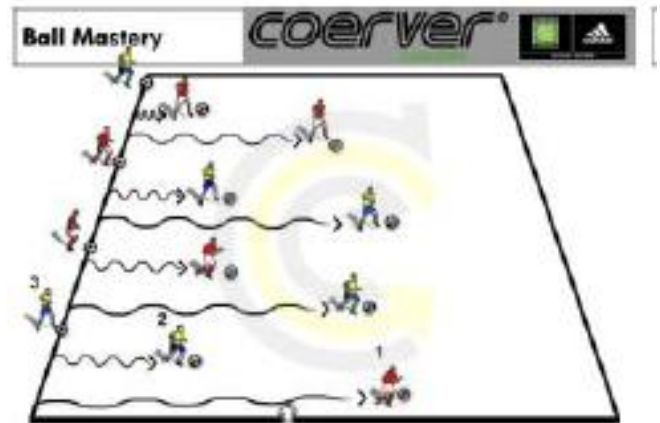
Station 2: [Ball Mastery](#)

U8 Skills

1. Inside to inside
2. Ws (Pull back inside of the foot) Toe Taps
3. Sole Roll (bend the knee to pull over)
4. Pull Push Vs
5. Triangles
6. Step overs
7. Scissors
8. Inside / Outside

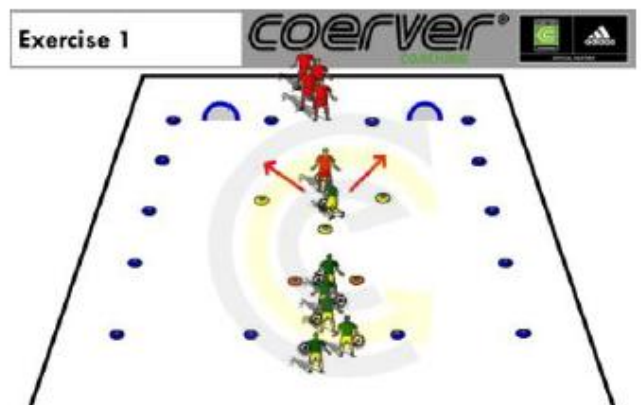
U6 Skills

1. Stop with the sole
2. Stop and Go
3. Cuts



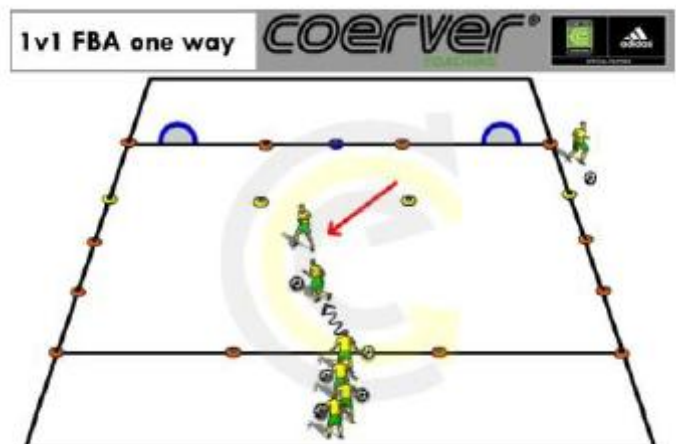
Station 3: 1v1 to 2 goals (limited pressure)

- **Objective:** This activity for beginning players develops awareness of space and allows players to practice scoring goals in competitive situations.
- **Description:** Use the ball mastery moves to go left or right with explosive speed



Station 4: 1v1 to 2 goals (Intermediate pressure)

- **Objective:** Continue to build on ball mastery moves and work on 1v1 attacking.
- **Description:** Set up a 20 x 30 yard field with two sets of cone goals placed wide on each goal line. Play a game of 4v4, with each team defending the two wide goals on its goal line and attacking the two goals on the other side.



Week 4

Theme: Attacking 1v1

Station 1: 1v1 to 2 goals (limited pressure)

- **Objective:** This activity for beginning players develops awareness of space and allows players to practice scoring goals in competitive situations.
- Start with a pass (heels down, toes up, inside of the foot, step through the ball)
- Setup multiple fields to allow more playing time.
- **Coaching Points:**
 - Use the ball mastery moves to go left or right with explosive speed.
 - Heads up to see where the defender is
 - Attack the open goal/space



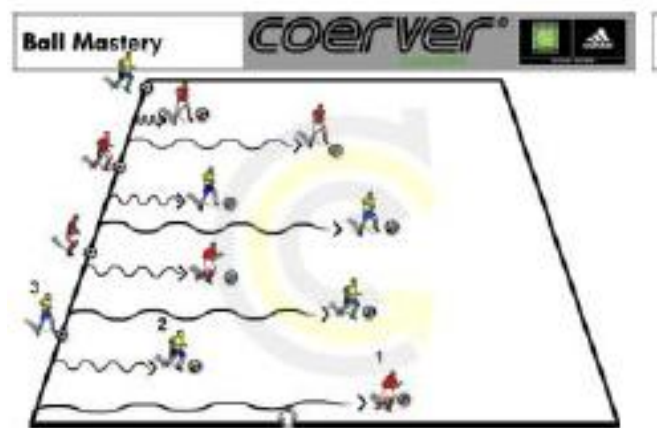
Station 2: Ball Mastery

U8 Skills

1. Inside to inside
2. Ws (Pull back inside of the foot) Toe Taps
3. Sole Roll (bend the knee to pull over)
4. Pull Push Vs
5. Triangles
6. Step overs
7. Scissors
8. Inside / Outside

U6 Skills

1. Stop with the sole
2. Stop and Go
3. Cuts



Station 3: 1v1 to 3 goals (Intermediate pressure)

- **Objective:** This activity for beginning players develops awareness of space and allows players to practice scoring goals in competitive situations.
- Start with a pass (heels down, toes up, inside of the foot, step through the ball)
- Score on any 3 goals (but yours)
- **Coaching Points:**
 - Use the ball mastery moves to go left or right with explosive speed.
 - Heads up to see where the defender is
 - Attack the open goal/space



Station 4: "Survivor" 1v3 to 3 goals (Full pressure)

- **Objective:** Continue to build on ball mastery moves and work on 1v1 attacking.
- Score on any 3 goals (but yours)
- Coaches passes in ball and 1st player in each group comes in and tries to score against any team.
- If your team gets scored on twice, your team dispersed to the other teams.
- Open Goal Options – Take away a point, add a player, kick a player out of the game, etc
- **Coaching Points:**
 - Use the ball mastery moves to go left or right with explosive speed.
 - Heads up to see where the defender is
 - Attack the open goal/space

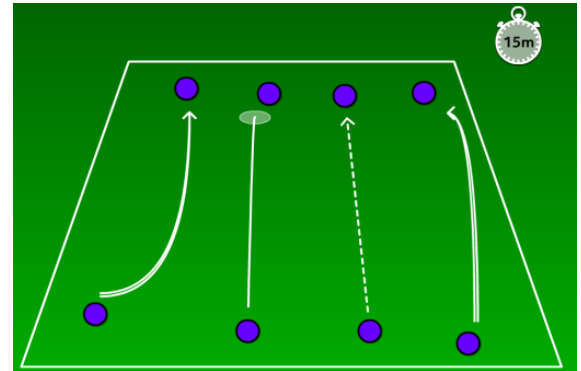


Week 5

Theme: Balance and Coordination

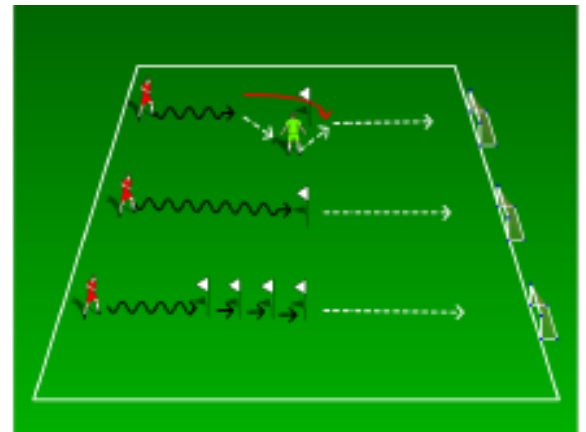
Station 1: Individual technical training

- **Objective:** Players are asked to dribble, pass, shoot, perform a move.
Progression 1 – Dribble with control: Players should use the shoe laces with toes pointed down and slightly crouching forward. Keep the ball about 2-3 yards close to body.
- **Progression 2** – Speed Dribble: Players should use the shoe laces with toes pointed down and slightly crouching forward. Push the ball about 5 yards in front to get running stride.
- **Progression 3** – Dribble with lunge move: Players will perform a lunge move.
- **Progression 4** – Dribble with stop and go move: Players will perform a stop and go move.
- **Progression 5** – Dribble with Scissor move: Players will perform a scissors move.
- **Coaching Points:**
 - Strike through the center of the ball.
 - Remain balanced.



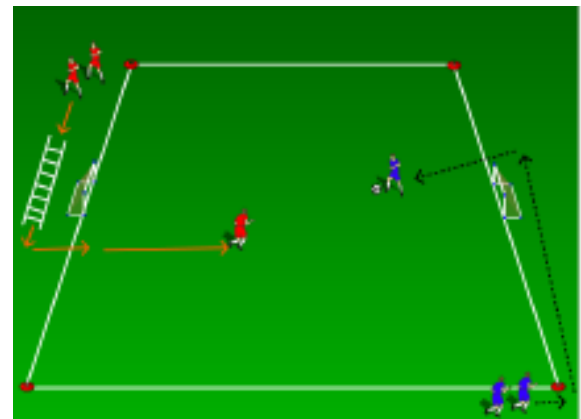
Station 2: Ball Control & Skill Development (30 yds x 20 yds)

- **Objective:** Players set up as image and perform the following routines. After 4 minutes at each station, have players rotate to the next station.
 1. Players dribble towards the cone/defender and perform a wall pass with the coach and then finish on goal
 2. Players dribble at the cone/defender, perform a fake/move (see below) and then finish on goal.
 1. Fakes - scissors, Step-Over, Lunge (make sure players rotate between left/right)
 3. Players dribble through the cones/cones and then finish on goal.
 1. Dribbling options: Inside feet only, outside of feet only, inside/outside of one foot, inside/outside of both feet. 1 minute each



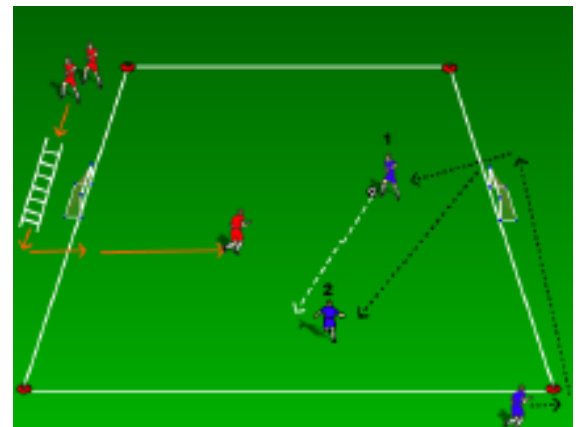
Station 3: 1v1 Dribbling, Coordination and Speed Reaction (30 yds x 20 yds)

- **Objective:** Players set up as image, one group with balls and one without. Upon the coaches
 - command the player with the ball dribbles around the goal and then plays 1 v 1 against the defender. Meanwhile, the player (defender) without the ball work there way through the ladder and then around the goal and onto the field.
- **Coaching Points:**
 - Ball control, awareness (where's the defender), change the angle, change the speed, confidence.



Station 4: Dribbling, Coordination and Speed Reaction (30 yds x 20 yds)

- **Objective:** Same as above, but introduce the progressions for each groups.
- **Progression**
 - Have two players from the team with the ball go at the same time (with only one ball) and have them play 2v1 against the defender.
 - Play 2v2
- **Coaching Points:**
 - Ball control, awareness (where's the defender), change the angle, change the speed, confidence



Week 6

Theme: Passing with awareness

Station 1: Two Team Passing Tag

- **Objective:** One team dribbles and tries to hit the runners in a square.
- Divide your players into two even teams. Each player on the passing team has a ball (this team will be the "Taggers"). The players on the other team (the "Runners") are confined to the box.
- When the coach yells "Play!" the Taggers attempt to pass their balls so that they hit the lower legs of the Runners.
- If a Runner is hit by a ball below the knees or is forced to run out of the penalty area, he is "frozen" in place.
- The Taggers must chase their own balls after each pass before attempting to hit the next Runner.
- The Taggers win if they freeze all Runners in less than a minute, and the Runners win if any member of their team remains unfrozen when time expires.
- Play again, and switch roles.
- **Coaching Points:**
 - Strike through the center of the ball with the inside of your foot.
 - Heels down, toes up technique.



Station 2: Dodge Ball

- **Objective:** Line your players up along opposite sides of a rectangular grid, each with a ball.
- The players run between the two rows of players, who try to score points for their team by using correct technique to pass their balls into the player's legs.
- All passes must stay on the ground; any player who lifts the ball into the air has a point deducted.
- **Coaching Points:**
 - Strike through the center of the ball with the inside of your foot.
 - Heels down, toes up technique.



Station 3: Tropical Island Tag (passing)

- **Objective:** Using cones create 4-6 small (1yd x 1yd) grids to represent "islands". Assign players without balls on the island.
- Designate 1-3 players (with balls) to be "taggers", and give a ball to all the other players (except players on islands).
- Players are safe from the taggers when they are on an island, but only one person at a time can occupy an island.
- A player needs to pass the island players in order to swap places. The previous occupants must dribble away. If they are tagged, the dribblers must do 10 toe touches/shuffles/etc to return to the game.
- **Coaching Points:**
 - Ball control, awareness (where's the defender), change the angle, change the speed, confidence.
 - Strike through the center of the ball with the inside of your foot.
 - Heels down, toes up technique.



Station 4: Passing Through Gates

- **Objective:** This activity focuses on passing and receiving technique while also training players to be aware of attacking opportunities and fostering teamwork.
- **Setup:** Using cones, set up a large number of small gates scattered randomly around the field.
- Divide your players into groups of two, and give a ball to each group.
- When the coach calls out "Play!" the players attempt to complete passes through as many gates as they can before time expires.
- Players cannot pass through the same gate twice until they've gone through all the other gates on the field.
- **Coaching Points:**
 - Ball control, awareness (where's the defender), change the angle, change the speed, confidence.
 - Strike through the center of the ball with the inside of your foot.
 - Heels down, toes up technique.

