

Station 1-15 minutes

Each team stays with their coach. Coach should review how to pass a ball (which parts of the foot to use), throw ins (two hands on ball, all the way over the head, both feet on the ground), goal kicks (where the ball goes, which part of the foot to use, kick the ball to the side of the field and not across the front of your net), dribbling the ball (little kicks). Use cones to mark nets if needed.

Teams Rheault & Smith on field 1

Teams Eggen & Judge on field 2

Teams Alicandro & Brown on field 3

Coaches will stay on the field they started on and the kids will rotate to the next field for 3 more stations, 15 minutes each.

Players should all end up back with their coaches to complete their last station.

Coaches please gather your players at the end of practice and make sure each one is going home with the correct parent/guardian.

(kids on field 1 move to field 2, field 2 goes to field 3 and field 3 goes to field 1)

Station 2 - Cookie Monster (Coach Rheault & Coach Smith)

The kids line up on the end line of the field with their ball. One player or the coach is the cookie monster and stands at the opposite end of the field. The kids start dribbling toward the cookie monster asking "COOKIE MONSTER COOKIE MONSTER, ARE YOU HUNGRY?" The cookie monster answers yes or no. If the cookie monster says no, the kids keep dribbling toward the cookie monster asking the question until the cookie monster says yes. When he/she says yes, the kids dribbling turn back and try to dribble fast, keeping the ball under control, to where they started before the cookie monster steals the ball from them. If the cookie monster gets a player's ball, that player(s) becomes a cookie monster with the original cookie monster. They keep playing until there is 1 player left dribbling. The last player left dribbling can be the cookie monster for the next game.

Station 3 - The Blob (Coach Eggen & Coach Judge)

All of the players dribble around a set area. One player starts without a ball. If he/she kicks a player's ball away, that player joins hands/locks arms with the original player without a ball, starting to form a blob. They continue to try to get the ball away from the rest of the players. As players get their ball kicked away, they join the blob (by joining hands or locking arms) until there is 1 player left. The last player with the ball gets to start the blob on the next game.

The goals of this game are to get the kids to shield the ball, change direction, keep their heads up while dribbling so they don't crash.

*Try playing a round or two without the ball to get the kids familiar with how the game works.

Station 4 - Red light, Green light (Coach Alicandro & Coach Brown)

Coaching Tips

- Instruct players to keep their heads up while dribbling.
- Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

Instructions

- Every player will need a ball.
- To start, say "Yellow Light"! Players should dribble the ball forward at a slow pace.
- Then say "Green Light"! Players should continue to dribble the ball forward at a fast pace.
- Finally, say "Red Light"! Players should stop the ball and keep their foot on top of the ball in possession.
- Continue to control the drill with the frequency and variation of light changes!

Variations

Once players can follow the directions for red light, yellow light and green light, introduce more variations

- Turn on your windshield wipers – kick ball back and forth using the insides of their feet.
- Fill up the gas tank – toe touches on ball.
- Honk your horn – have the kids sit on their ball and yell "honk honk" while bonking their nose like a horn
- U turn – do a pull back or change direction of dribbling
- Make up anything that would be fun that the kids have to listen for.