

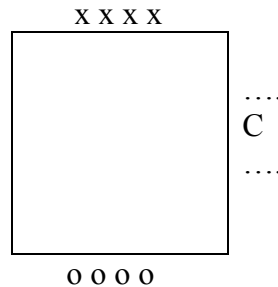
## COE Stations Model for Groups of 6-8 Players

Tom Turner, May 2004

### Station #1: Coerver Turns for Possession

- Needs coach with ability to demonstrate. Players can work individually, or in relay formation.
  1. Inside of the foot
  2. Outside of the foot
  3. Sole of the foot
  4. Step-overs
  5. Step-unders
  6. Cryuff
  7. Combination turns

### Station #2: 1v1/2v2 Games with coach-start



- Field Space: ~20x15 yards
- Groups of 6-8 players divided into teams (X vs O)
- Dribble over opponent's goal line in possession
- Coach starts with the balls; players start on their end lines.
- Coach begins the activity by passing to any player. When a goal is scored, or the ball goes out of bounds, the coach passes to the appropriate team (soccer restart rules) for the next round.
- Players rotate back to their team after each round.

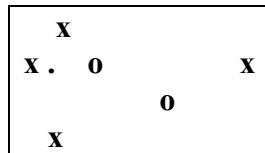
### Station #3a: Possession Games with groups of 8 players (2x 3v1)



- Field Space: ~20x10 yards
- Organization: Each team (X and O) has a "home" field; One player from each team defends against the other team, making two games of 3v1
- Scoring: Each pass is a point. Each one-touch pass is a point (option).
- Team with the highest number of consecutive passes per round wins.

- 60-second rounds. Rotate one player after each round.
- Defender maintains possession (1v3) as long as possible to kill clock; any balls out of bounds return to attacking team.
- Pass count refreshes following each turnover.

### **Station #3b: Possession Games with groups of 6 players (4v2)**



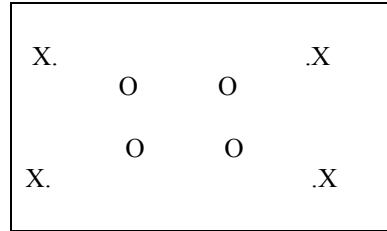
- Field Space: ~20x12 yards
- Two players start as defenders and hold scrimmage vests in their hands
- Each pass is a point and each pass between the two defenders is 2 points. Passes between the defenders must be one or two touch (option)
- Defenders with the highest score (consecutive passes conceded) lose
- 90-second rounds. Rotate players after each turnover.
- Defender causing bad pass or winning a turnover drops their scrimmage vest and becomes an attacker

### **Station #4: 4v4 Games**

- Field Space: 35 x 25 yards
- Scoring Options
  1. Dribble the ball in control across the long line
  2. Dribble the ball in control across the short line
  3. Regular goals in the middle of the short lines
  4. Regular goals in the middle of the long lines
  5. Two small goals in the corners of the short lines
  6. Two small goals in the corners of the long lines
  7. Ten-goal game with multiple small goals
- Condition Options
  1. Limited touches
  2. One-touch scoring
  3. Neutral players

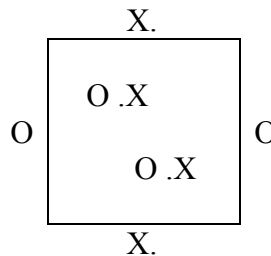
### Station #5: “Windows” Activities

- For receiving and passing
- For receiving and turning
- For heading
- For volleying



- Inside players “visit” outside players in random order while performing a given skill.
- Record team score for 90-second intervals. Rotate inside and outside players after each interval.
- Change activity after two rounds.

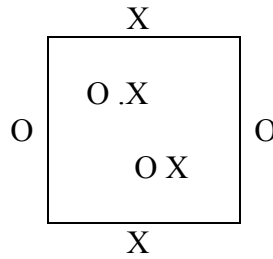
### Station #6: Coerver Squares



#### 1) Individual Version

- Two players from each team compete in a 1v1 duel for 60-seconds. Two other players from each team rest on the sidelines and act as neutral players.
- Four balls are required to start the game with eight players.
- To begin each round, one team is designated to start with the balls.
- Goals are scored when the ball is passed to a neutral player without a ball.
- When a goal is scored, a new ball is collected from another neutral player.
- Balls passed out of bounds or passed to a neutral player in possession of a ball result in a turnover.
- Defenders must gain possession to score.
- Accumulative scores over two rounds (each player starts a round with the ball)
- Compete X's vs O's to determine a team winner

## 2) Team Version



- Use only one ball, with reserves placed within each reach of the neutral players.
- Goals are scored when one teammate passes to a neutral and the second teammate receives the return pass.
- When the same teammate receives the return pass, possession is maintained, but a goal is scored.
- Sideline players should keep the ball moving and pass back to the game within three touches.
- Rounds of 2-minute duration

### Station #7: Juggling

- Needs coach with ability to demonstrate. Players work individually with high and low touches and using single and multiple body parts.
  1. Alternating feet
  2. Thigh to foot
  3. Foot to head
  4. High juggle to cushion
  5. Foot to head
  6. Head to low cushion
  7. High juggle to wedge control to open space