

PLAYERS
8–10 Players
per Station

AGE GROUP
U8–U10

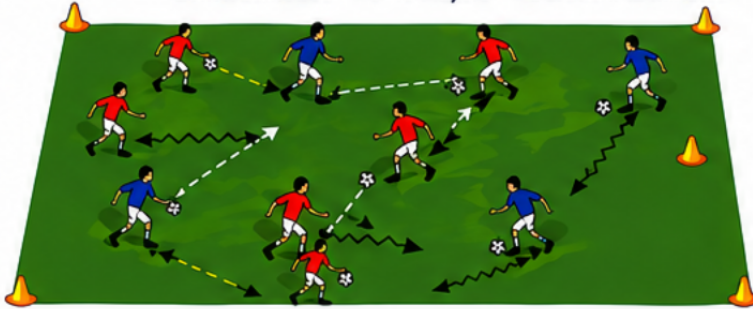
TOTAL TIME
60 Minutes

FOCUS
Fun • Development • Engagement

OUR VALUES
Respect • Teamwork • Effort • Fun

1 STATION A – GENERAL MOVEMENT

20m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: FUN – All players are engaged
ORGANIZATION: 20m x 25m area.
PROCEDURE: Players move freely in the space using different movements (jog, skip, side shuffle, back pedal, hop, crawl). Coach calls out movements. Add tag or ball if appropriate.
OBJECTIVE: Improve movement skills, change of direction and reaction time.

TECHNICAL
Awareness
Creativity

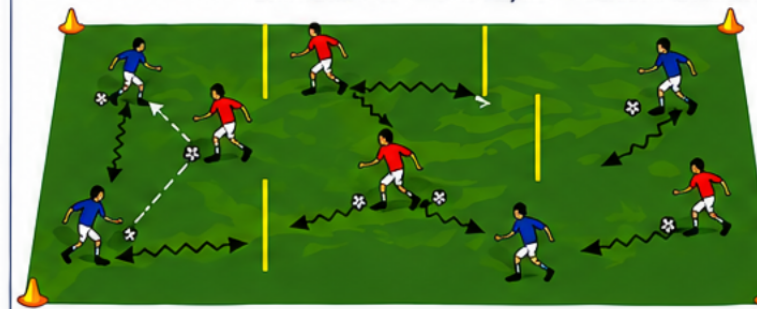
PSYCHOLOGICAL
Confidence
Teamwork

PHYSICAL
ABC's
Change of Direction

SOCIAL
Active
Peer Interaction

2 STATION B – COORDINATION (WITH BALL)

20m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Running with the ball – Spatial awareness
ORGANIZATION: 20m x 25m area with poles/cones.
PROCEDURE: Players dribble through the area, around poles, perform turns and change direction. Encourage head up, close control and creativity.
OBJECTIVE: Improve dribbling skills, coordination and control.

TECHNICAL
Dribbling
Running with the Ball

PSYCHOLOGICAL
Confidence
Teamwork

PHYSICAL
Agility
Balance

SOCIAL
Peer Interaction
Proactive

3 STATION C – SOCCER TECHNIQUE

20m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Passing, receiving, control
ORGANIZATION: 20m x 25m area.
PROCEDURE: Players work in pairs or small groups. Pass and move, receive and return. Add a defender or target if ready.
OBJECTIVE: Develop passing accuracy, first touch and communication.

TECHNICAL
Passing
First Touch

PSYCHOLOGICAL
Confidence
Concentration

PHYSICAL
Coordination
Speed

SOCIAL
Teamwork
Communication

4 STATION D – SMALL SIDED GAME

20m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: FUN – Game play
ORGANIZATION: 20m x 25m area. 3v3 or 4v4 (no GK or small GK).
PROCEDURE: Let the game flow. Encourage players to try skills learned in session.
OBJECTIVE: Apply skills in a game, decision making and teamwork.

TECHNICAL
Decision Making
Application

PSYCHOLOGICAL
Focus
Enjoyment

PHYSICAL
Endurance
Speed

SOCIAL
Teamwork
Respect

FIELD SETUP

Use 3/4 Field – 4 Stations



EACH STATION: 20m (W) x 25m (L)
8–10 PLAYERS PER STATION

SESSION STRUCTURE (60 MINUTES)



TOTAL TIME: 60 MINUTES
12 Min per Station + 3 Min Break

COACH TIPS



- ✓ **BE POSITIVE:** Encourage and praise effort. Create a fun and safe environment.
- ✓ **DEMONSTRATE:** Show the activity clearly and keep instructions simple.
- ✓ **OBSERVE & SUPPORT:** Move around, give feedback and help players succeed.
- ✓ **CHALLENGE:** Adapt activities to match players' ability and keep them engaged.
- ✓ **ASK QUESTIONS:** Use questions to help players think and make decisions.
- ✓ **KEEP IT MOVING:** Manage time well and minimize downtime.

DEVELOPMENT
OVER OUTCOME

EVERY PLAYER
EVERY TIME

MAKE IT FUN
MAKE IT POSITIVE

GUIDE • ENCOURAGE • EMPOWER
NOT OVER-COACH

RESPECT • TEAMWORK
INTEGRITY

COACH TIP: Keep it positive, simple and fun! Let players explore, make mistakes and enjoy the game.

Manitoba Soccer Association – Grassroots Development

PLAYERS
8–10 Players
per Station

AGE GROUP
U8–U10

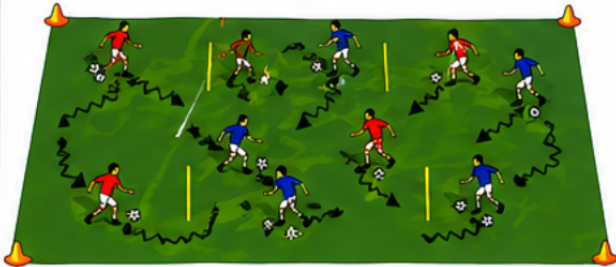
TOTAL TIME
60 Minutes

FOCUS
Fun • Development • Engagement

OUR VALUES
Respect • Teamwork • Effort • Fun

1 STATION A – DRIBBLING & CHANGE OF DIRECTION

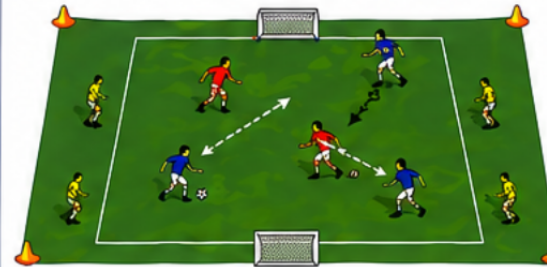
20m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Dribbling, change of direction, close control
ORGANIZATION: 20m x 25m area.
PROCEDURE: Players dribble in the area using different turns (inside, outside, sole, step over). On coach's call players change direction quickly and continue dribbling.
OBJECTIVE: Improve close control, agility and ability to change direction.

2 STATION B – 2v2 TO TARGETS

20m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Passing, support play, attacking
ORGANIZATION: 20m x 25m area.
PROCEDURE: 2v2 in the middle. Outside players (yellow) support their team and can be used once on each attack. Team scores by passing to a teammate who finishes on either target.
OBJECTIVE: Improve passing, support, decision making and finishing.

TECHNICAL
Dribbling
Change of Direction

PSYCHOLOGICAL
Confidence
Concentration

PHYSICAL
Agility
Balance

SOCIAL
Active
Peer Interaction

TECHNICAL
Passing
Finishing

PSYCHOLOGICAL
Decision Making
Teamwork

PHYSICAL
Speed
Agility

SOCIAL
Communication
Cooperation

3 STATION C – 1v1 ATTACK & DEFEND

20m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: 1v1 skills, attacking, defending
ORGANIZATION: 20m x 25m area.
PROCEDURE: Players work in pairs. One attacker tries to dribble across the area and exit the opposite side. Defender tries to stop them. Players switch roles after each attempt.
OBJECTIVE: Improve 1v1 attacking and defending, speed and courage on the ball.

TECHNICAL
Dribbling
Defending

PSYCHOLOGICAL
Confidence
Focus

PHYSICAL
Speed
Strength

SOCIAL
Respect
Active Listening

4 STATION D – SMALL SIDED GAME 4v4

20m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Game play, teamwork, creativity
ORGANIZATION: 20m x 25m area. 4v4.
PROCEDURE: Free game. Encourage players to use skills learned in the session. Rotate teams after 6 minutes if numbers are higher.
OBJECTIVE: Apply skills in a game, have fun and play with teammates.

TECHNICAL
Game Play
Decision Making

PSYCHOLOGICAL
Enjoyment
Resilience

PHYSICAL
Endurance
Speed

SOCIAL
Teamwork
Sportsmanship

FIELD SETUP

Use 3/4 Field – 4 Stations



EACH STATION: 20m (W) x 25m (L)
8–10 PLAYERS PER STATION

SESSION STRUCTURE (60 MINUTES)



TOTAL TIME: 60 MINUTES
12 Min per Station + 3 Min Break

COACH TIPS



- ✓ **BE POSITIVE:** Encourage and praise effort. Create a fun and safe environment.
- ✓ **DEMONSTRATE:** Show the activity clearly and keep instructions simple.
- ✓ **OBSERVE & SUPPORT:** Move around, give feedback and help players succeed.
- ✓ **CHALLENGE:** Adapt activities to match players' ability and keep them engaged.
- ✓ **ASK QUESTIONS:** Use questions to help players think and make decisions.
- ✓ **KEEP IT MOVING:** Manage time well and minimize downtime.

DEVELOPMENT
OVER OUTCOME

EVERY PLAYER
EVERY TIME

MAKE IT FUN
MAKE IT POSITIVE

GUIDE • ENCOURAGE • EMPOWER
NOT OVER-COACH

RESPECT • TEAMWORK
INTEGRITY

COACH TIP: Keep it positive, simple and fun! Let players explore, make mistakes and enjoy the game.

Manitoba Soccer Association – Grassroots Development

PLAYERS
8–10 Players
per Station

AGE GROUP
U8–U10

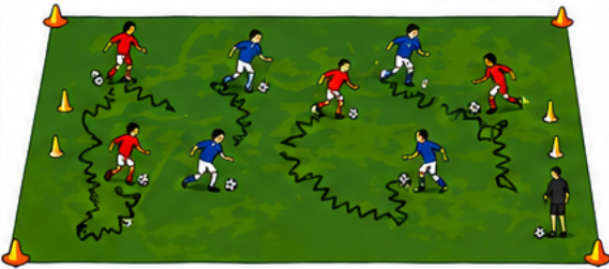
TOTAL TIME
60 Minutes

FOCUS
Fun • Development • Engagement

OUR VALUES
Respect • Teamwork • Effort • Fun

1 STATION A – PLAYER HABITS (DRIBBLING & AWARENESS)

25m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Awareness, dribbling, 1v1 attacking
ORGANIZATION: Set up a grid with gates at each end using cones.
PROCEDURE: Players begin with movement (no ball), then progress to dribbling. Perform skills and creative moves. Remove one player's ball – that player must steal another ball. On coach's call "GO", players dribble to an end zone. Round ends when all players reach the end zone.
OBJECTIVE: Improve awareness, creativity, and decision making under pressure.

TECHNICAL Dribbling Ball Control	PSYCHOLOGICAL Awareness Confidence	PHYSICAL Agility Change of Direction	SOCIAL Communication Interaction
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2 STATION B – 3v3 CHAMPIONS LEAGUE

2 Fields 15m x 25m each • 8–10 Players • Duration: 12 Minutes



FOCUS: Attacking, transition, small-sided play
ORGANIZATION: Create 4 teams of 3 players. Each team selects a "Champions League" team name. Play round-robin games on 2 mini fields.
PROCEDURE: Play 3–4 minute matches. Restart quickly with pass or dribble-in. Rotate goalkeepers or no GK depending on level.
OBJECTIVE: Encourage attacking play, creativity, and quick transitions.

TECHNICAL 1v1 Attacking First Touch	PSYCHOLOGICAL Confidence Motivation	PHYSICAL Speed Agility	SOCIAL Fair Play Teamwork
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3 STATION C – 6v3 POSSESSION WITH TARGET

25m x 30m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Passing, receiving, attacking principles
ORGANIZATION: Split into possession team (5–6 players) and defenders (2–3). Create a smaller target zone.
PROCEDURE: Possession team keeps the ball and looks to find the target player. Target player must beat a defender before rejoining play. Rotate defenders every 2–3 minutes.
OBJECTIVE: Develop decision making, support play, and attacking movement.

TECHNICAL Passing Receiving	PSYCHOLOGICAL Confidence Concentration	PHYSICAL Acceleration Awareness	SOCIAL Communication Teamwork
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4 STATION D – SMALL SIDED GAME (5v5)

30m x 20m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Game play, creativity, teamwork
ORGANIZATION: Split players into two teams (5v5). Use small goals.
PROCEDURE: Free play game. Restart with dribble-in when ball goes out. Encourage players to attack 1v1 situations. Rotate players if numbers are higher.
OBJECTIVE: Apply skills in game-like situations and promote enjoyment.

TECHNICAL Passing Finishing	PSYCHOLOGICAL Decision Making Enjoyment	PHYSICAL General Fitness Stamina	SOCIAL Teamwork Communication
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COACH TIPS

- ✓ **BE POSITIVE:** Encourage and praise effort. Create a fun and safe environment.
- ✓ **DEMONSTRATE:** Show the activity clearly and keep instructions simple.
- ✓ **OBSERVE & SUPPORT:** Move around, give feedback and help players succeed.
- ✓ **CHALLENGE:** Adapt activities to match players' ability and keep them engaged.
- ✓ **ASK QUESTIONS:** Use questions to help players think and make decisions.
- ✓ **KEEP IT MOVING:** Manage time well and minimize downtime.

DEVELOPMENT OVER OUTCOME |
 EVERY PLAYER EVERY TIME |
 MAKE IT FUN MAKE IT POSITIVE |
 GUIDE • ENCOURAGE • EMPOWER NOT OVER-COACH |
 RESPECT • TEAMWORK INTEGRITY

PLAYERS
8–10 Players
per Station

AGE GROUP
U8–U10

TOTAL TIME
60 Minutes

FOCUS
Fun • Development • Engagement

OUR VALUES
Respect • Teamwork • Effort • Fun

1 STATION A – GENERAL MOVEMENT (BRITISH BULLDOG)

25m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Awareness, movement, engagement
ORGANIZATION: Players start on same side. Coach or parent starts in middle as 'Bulldog'.
PROCEDURE: 1–2 players start as bulldogs in middle of area. Players try to get from one side to the other without getting tagged. Bulldogs use different movements. Rotate bulldogs.
OBJECTIVE: Improve agility, awareness, change of direction and movement skills.

TECHNICAL
Awareness
Movement

PSYCHOLOGICAL
Confidence
Leadership

PHYSICAL
Agility
Change of Direction

SOCIAL
Peer Interaction
Teamwork

2 STATION B – COORDINATION GAME (CLEANING OUT YOUR CLOSET)

25m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Dribbling, ball control, coordination
ORGANIZATION: Split field in half. 1 ball per player.
PROCEDURE: Players dribble and pass balls from their half into the opponent's half. Team with the least amount of balls in their half at the end wins. Use different surfaces of both feet.
OBJECTIVE: Develop ball control, coordination, and competitive fun.

TECHNICAL
Dribbling
Ball Control

PSYCHOLOGICAL
Confidence
Awareness

PHYSICAL
ABC's
Change of Direction

SOCIAL
Peer Interaction
Communication

3 STATION C – SKILL ACTIVITY (2v1 TO GOAL)

2 x 15m x 25m Areas • 8–10 Players • Duration: 12 Minutes



FOCUS: Attacking, decision making, finishing
ORGANIZATION: Split into teams of 3. 2 attackers vs 1 defender.
PROCEDURE: 2 attackers try to score on opposite goal. Defender tries to stop them. If defender wins the ball, they attack opposite goal. Rotate defenders regularly.
OBJECTIVE: Improve 1v1 skills, support play, creativity and finishing.

TECHNICAL
Dribbling
Shooting

PSYCHOLOGICAL
Confidence
Decision Making

PHYSICAL
Speed
Change of Direction

SOCIAL
Peer Interaction
Communication

4 STATION D – SMALL SIDED GAME (2v2)

3 x 12m x 25m Fields • 8–10 Players • Duration: 12 Minutes



FOCUS: Game play, creativity, teamwork
ORGANIZATION: 2v2 on three fields.
PROCEDURE: Free play games. Rotate partners every 2 minutes to keep games fresh. Encourage players to attack and create chances.
OBJECTIVE: Apply skills in game situations and promote fun, engagement and teamwork.

TECHNICAL
Passing
Finishing

PSYCHOLOGICAL
Focus
Teamwork

PHYSICAL
General Fitness
Agility

SOCIAL
Teamwork
Fair Play

FIELD SETUP

Use 3/4 Field – 4 Stations



EACH STATION: 20m (W) x 25m (L)
8–10 PLAYERS PER STATION

SESSION STRUCTURE (60 MINUTES)



TOTAL TIME: 60 MINUTES
12 min per Station + 3 Min Break

COACH TIPS



- ✓ **BE POSITIVE:** Encourage and praise effort. Create a fun and safe environment.
- ✓ **DEMONSTRATE:** Show the activity clearly and keep instructions simple.
- ✓ **OBSERVE & SUPPORT:** Move around, give feedback and help players succeed.
- ✓ **CHALLENGE:** Adapt activities to match players' ability and keep them engaged.
- ✓ **ASK QUESTIONS:** Use questions to help players think and make decisions.
- ✓ **KEEP IT MOVING:** Manage time well and minimize downtime.

DEVELOPMENT
OVER OUTCOME

EVERY PLAYER
EVERY TIME

MAKE IT FUN
MAKE IT POSITIVE

GUIDE • ENCOURAGE • EMPOWER
NOT OVER-COACH

RESPECT • TEAMWORK
INTEGRITY

COACH TIP: Keep it positive, simple and fun! Let players explore, make mistakes and enjoy the game.

Manitoba Soccer Association – Grassroots Development

PLAYERS
8–10 Players
per Station

AGE GROUP
U8–U10

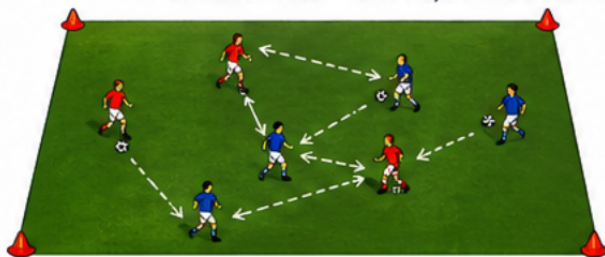
TOTAL TIME
60 Minutes

FOCUS
Fun • Development • Engagement

OUR VALUES
Respect • Teamwork • Effort • Fun

1 STATION A – GENERAL MOVEMENT (PASS & MOVE)

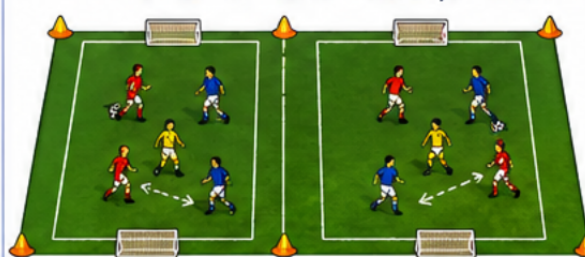
30m x 30m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Passing, movement, awareness
ORGANIZATION: Split into 2 teams. Set up cones around the outside of the area.
PROCEDURE: Players pass the ball to a teammate then move to a new cone. Continue passing and moving on the outside of the square. Count the number of passes completed in 60 seconds. Add defenders in the middle to increase challenge.
OBJECTIVE: Improve movement off the ball, passing accuracy and awareness.

2 STATION B – COORDINATION GAME (4v2 STEAL & FINISH)

2 x 15m x 25m Areas • 8–10 Players • Duration: 12 Minutes



FOCUS: Possession, support play, finishing
ORGANIZATION: Split into teams of 4 attackers vs 2 defenders in each field.
PROCEDURE: Attackers keep possession and try to score in either goal. Defenders try to win the ball and score in opposite goal. Play to 5 goals then switch defenders.
OBJECTIVE: Improve passing, support, decision making and finishing under pressure.

TECHNICAL
Passing
Movement

PSYCHOLOGICAL
Awareness
Decision Making

PHYSICAL
Agility
Change of Direction

SOCIAL
Communication
Teamwork

TECHNICAL
Passing
Support Play

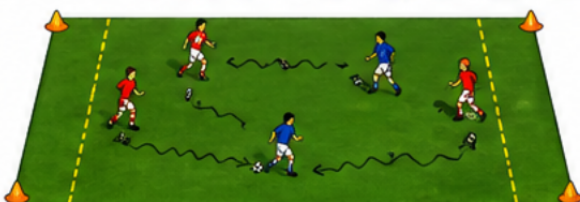
PSYCHOLOGICAL
Decision Making
Confidence

PHYSICAL
Speed
Agility

SOCIAL
Teamwork
Communication

3 STATION C – SKILL ACTIVITY (1v1 TO END ZONE)

20m x 30m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Dribbling, 1v1 attacking, creativity
ORGANIZATION: Players in pairs with one ball. Each player attacks opposite end zone.
PROCEDURE: On coach's signal, players try to dribble past their partner and into the end zone. Switch roles after each turn. Keep score.
OBJECTIVE: Improve dribbling skills, change of direction and confidence.

TECHNICAL
Dribbling
1v1 Attacking

PSYCHOLOGICAL
Confidence
Creativity

PHYSICAL
Acceleration
Change of Direction

SOCIAL
Respect
Peer Interaction

4 STATION D – SMALL SIDED GAME (3v3 MINI WORLD CUP)

25m x 30m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Game play, teamwork, fun
ORGANIZATION: 3v3 small sided game.
PROCEDURE: Free play game. Encourage players to use skills learned in other stations. Restart with dribble-in when the ball goes out. Rotate teams every few minutes.
OBJECTIVE: Apply skills in game situations and promote enjoyment and teamwork.

TECHNICAL
Game Play
Decision Making

PSYCHOLOGICAL
Focus
Enjoyment

PHYSICAL
Endurance
Speed

SOCIAL
Teamwork
Fair Play

FIELD SETUP

Use 3/4 Field – 4 Stations



EACH STATION: 20m (W) x 25m (L)
8–10 PLAYERS PER STATION

SESSION STRUCTURE (60 MINUTES)



TOTAL TIME: 60 MINUTES
12 Min per Station + 3 Min Break

COACH TIPS



- ✓ **BE POSITIVE:** Encourage and praise effort. Create a fun and safe environment.
- ✓ **DEMONSTRATE:** Show the activity clearly and keep instructions simple.
- ✓ **OBSERVE & SUPPORT:** Move around, give feedback and help players succeed.
- ✓ **CHALLENGE:** Adapt activities to match players' ability and keep them engaged.
- ✓ **ASK QUESTIONS:** Use questions to help players think and make decisions.
- ✓ **KEEP IT MOVING:** Manage time well and minimize downtime.

DEVELOPMENT
OVER OUTCOME

EVERY PLAYER
EVERY TIME

MAKE IT FUN
MAKE IT POSITIVE

GUIDE • ENCOURAGE • EMPOWER
NOT OVER-COACH

RESPECT • TEAMWORK
INTEGRITY

COACH TIP: Keep it positive, simple and fun! Let players explore, make mistakes and enjoy the game.

Manitoba Soccer Association – Grassroots Development

PLAYERS
8–10 Players
per Station

AGE GROUP
U8–U10

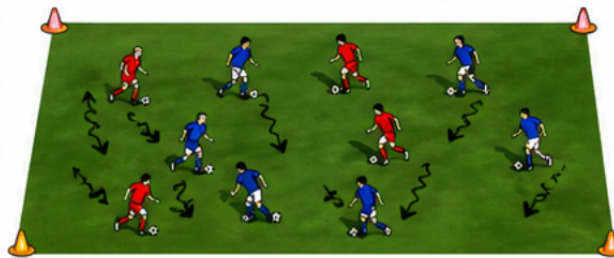
TOTAL TIME
60 Minutes

FOCUS
Fun • Development • Engagement

OUR VALUES
Respect • Teamwork • Effort • Fun

1 STATION A – GENERAL MOVEMENT (LAST PLAYER STANDING)

30m x 30m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Dribbling, ball control, agility
ORGANIZATION: Every player with a ball in 30x30 area.
PROCEDURE: Players dribble and try to knock other players' balls out of the area. If your ball is knocked out, you go to the outside and do 10 jacks or 10 squats, then re-enter with a new ball. Last player with ball wins!
OBJECTIVE: Improve dribbling, awareness, change of direction and fitness.

2 STATION B – POSSESSION KEEP AWAY (5v2)

25m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Possession, support play, quick passing
ORGANIZATION: 5 attackers keep the ball from 2 defenders.
PROCEDURE: Attackers try to keep possession with as many passes as possible. Defenders try to win the ball and switch roles with the player who lost it.
OBJECTIVE: Improve passing, support, movement and teamwork.

TECHNICAL
Dribbling
Ball Control

PSYCHOLOGICAL
Awareness
Confidence

PHYSICAL
Agility
Change of Direction

SOCIAL
Peer Interaction
Resilience

TECHNICAL
Passing
First Touch

PSYCHOLOGICAL
Decision Making
Concentration

PHYSICAL
Speed
Agility

SOCIAL
Teamwork
Communication

3 STATION C – FINISHING ACTIVITY (1v1 TO GOAL)

20m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: 1v1 attacking, finishing, decision making
ORGANIZATION: Players in pairs. One player attacks, other defends.
PROCEDURE: Attacker tries to score in the goal against the defender. Defender tries to stop the attacker. Switch roles after each attempt.
OBJECTIVE: Improve 1v1 skills, shooting technique and confidence.

TECHNICAL
Shooting
Dribbling

PSYCHOLOGICAL
Confidence
Focus

PHYSICAL
Acceleration
Change of Direction

SOCIAL
Respect
Encouragement

4 STATION D – SMALL SIDED GAME (4v4 TO END ZONES)

30m x 20m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Game play, creativity, teamwork
ORGANIZATION: 4v4 game with end zones.
PROCEDURE: Teams score by dribbling or passing into the end zone and stopping the ball under control. Restart with dribble-in when ball goes out.
OBJECTIVE: Apply skills in game situations and promote fun and engagement.

TECHNICAL
Passing
Game Play

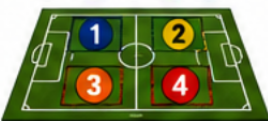
PSYCHOLOGICAL
Decision Making
Enjoyment

PHYSICAL
Speed
Stamina

SOCIAL
Teamwork
Fair Play

FIELD SETUP

Use 3/4 Field – 4 Stations



EACH STATION: 20m (W) x 25m (L)
8–10 PLAYERS PER STATION

SESSION STRUCTURE (60 MINUTES)



TOTAL TIME: 60 MINUTES
12 Min per Station + 3 Min Break

COACH TIPS



- ✓ **BE POSITIVE:** Encourage and praise effort. Create a fun and safe environment.
- ✓ **DEMONSTRATE:** Show the activity clearly and keep instructions simple.
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DEVELOPMENT
OVER OUTCOME

EVERY PLAYER
EVERY TIME

MAKE IT FUN
MAKE IT POSITIVE

GUIDE • ENCOURAGE • EMPOWER
NOT OVER-COACH

RESPECT • TEAMWORK
INTEGRITY

COACH TIP: Keep it positive, simple and fun! Let players explore, make mistakes and enjoy the game.

Manitoba Soccer Association – Grassroots Development

PLAYERS
8–10 Players
per Station

AGE GROUP
U8–U10

TOTAL TIME
60 Minutes

FOCUS
Fun • Development • Engagement

OUR VALUES
Respect • Teamwork • Effort • Fun

1 STATION A – GENERAL MOVEMENT (SHARKS & MINNOWS)

30m x 30m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Dribbling, agility, change of direction
ORGANIZATION: Designate 2–3 sharks (red). Rest are minnows (blue). All players dribble.
PROCEDURE: Sharks try to kick minnows' balls out of the area. If your ball is kicked out, go on the island. Minnows on island can steal a ball and return to game.
OBJECTIVE: Improve dribbling skills, awareness, and quick reactions.

TECHNICAL
Dribbling
Ball Control

PSYCHOLOGICAL
Awareness
Confidence

PHYSICAL
Agility
Change of Direction

SOCIAL
Peer Interaction
Resilience

2 STATION B – POSSESSION RONDO (5v2)

20m x 20m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Possession, quick passing, support
ORGANIZATION: 5 attackers on outside, 2 defenders inside.
PROCEDURE: Attackers keep possession with quick passes. Defenders try to win the ball and switch with a player. Make it competitive – count passes.
OBJECTIVE: Improve passing accuracy, support play and decision making.

TECHNICAL
Passing
First Touch

PSYCHOLOGICAL
Decision Making
Concentration

PHYSICAL
Speed
Agility

SOCIAL
Teamwork
Communication

3 STATION C – SKILL ACTIVITY (DRIBBLE, TURN & SHOOT)

20m x 25m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Dribbling, turns, shooting
ORGANIZATION: Players in pairs or line. Use cones to create dribbling path.
PROCEDURE: Player dribbles through cones, performs a turn (inside/outside), then shoots on goal. Retrieve ball and return to line.
OBJECTIVE: Improve 1v1 skills, change of direction and shooting.

TECHNICAL
Dribbling
Shooting

PSYCHOLOGICAL
Confidence
Focus

PHYSICAL
Acceleration
Balance

SOCIAL
Respect
Encouragement

4 STATION D – SMALL SIDED GAME (4v4 + 2 TARGETS)

30m x 20m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Game play, creativity, teamwork
ORGANIZATION: 4v4 in the middle, 2 target players on end lines.
PROCEDURE: Teams try to pass or dribble to target players to score. Targets can pass back. Restart with dribble-in.
OBJECTIVE: Apply skills in game situations and promote fun and teamwork.

TECHNICAL
Passing
Game Play

PSYCHOLOGICAL
Decision Making
Enjoyment

PHYSICAL
Endurance
Speed

SOCIAL
Teamwork
Fair Play

FIELD SETUP

Use 3/4 Field – 4 Stations



EACH STATION: 20m (W) x 25m (L)
8–10 PLAYERS PER STATION

SESSION STRUCTURE (60 MINUTES)



TOTAL TIME: 60 MINUTES
12 Min per Station + 3 Min Break

COACH TIPS



- ✓ **BE POSITIVE:** Encourage and praise effort. Create a fun and safe environment.
- ✓ **DEMONSTRATE:** Show the activity clearly and keep instructions simple.
- ✓ **OBSERVE & SUPPORT:** Move around, give feedback and help players succeed.
- ✓ **CHALLENGE:** Adapt activities to match players' ability and keep them engaged.
- ✓ **ASK QUESTIONS:** Use questions to help players think and make decisions.
- ✓ **KEEP IT MOVING:** Manage time well and minimize downtime.

DEVELOPMENT
OVER OUTCOME

EVERY PLAYER
EVERY TIME

MAKE IT FUN
MAKE IT POSITIVE

GUIDE • ENCOURAGE • EMPOWER
NOT OVER-COACH

RESPECT • TEAMWORK
INTEGRITY

COACH TIP: Keep it positive, simple and fun! Let players explore, make mistakes and enjoy the game.

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PLAYERS
8–10 Players
per Station

AGE GROUP
U8–U10

TOTAL TIME
60 Minutes

FOCUS
Fun • Development • Engagement

OUR VALUES
Respect • Teamwork • Effort • Fun

1 STATION A – GENERAL MOVEMENT (SHARK ISLAND)

30m x 30m Area • 8–10 Players • Duration: 12 Minutes

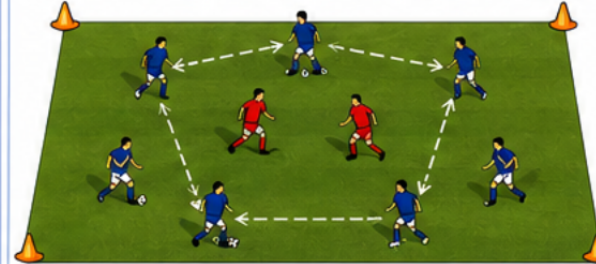


FOCUS: Dribbling, creativity, close control
ORGANIZATION: Scatter 4 "islands" in the area.
PROCEDURE: Players dribble around trying to stay out of the shark's island. Coach (shark) stands on an island and tries to kick players' balls out of the area. If your ball is kicked out, you go to an island. Last player dribbling wins.
OBJECTIVE: Improve close control, change of direction and awareness.

TECHNICAL Dribbling Ball Mastery	PSYCHOLOGICAL Awareness Creativity	PHYSICAL Agility Change of Direction	SOCIAL Peer Interaction Fun & Enjoyment
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2 STATION B – POSSESSION RONDO (4v2) KEEP AWAY

20m x 20m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Possession, support, quick passing
ORGANIZATION: 6 players on outside, 2 defenders inside.
PROCEDURE: Outside players keep possession using quick passes. Defenders try to intercept. If defenders win the ball, they switch with the player who made the mistake.
OBJECTIVE: Improve possession, support, communication and decision making.

TECHNICAL Passing First Touch	PSYCHOLOGICAL Decision Making Concentration	PHYSICAL Speed Agility	SOCIAL Teamwork Communication
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3 STATION C – SKILL ACTIVITY (DRIBBLE & SHOOT)

20m x 25m Area • 8–10 Players • Duration: 12 Minutes

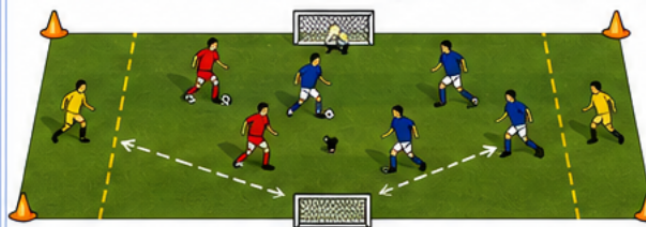


FOCUS: Dribbling, turning, shooting
ORGANIZATION: Set up a cone dribbling course with a shot on goal.
PROCEDURE: Players dribble through the course using turns and moves, then take a shot on goal. Retrieve ball and return to the start.
OBJECTIVE: Improve 1v1 moves, turning technique and finishing.

TECHNICAL Dribbling Shooting	PSYCHOLOGICAL Confidence Determination	PHYSICAL Acceleration Change of Direction	SOCIAL Respect Encouragement
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4 STATION D – SMALL SIDED GAME (4v4 + 2 TARGET PLAYERS)

30m x 20m Area • 8–10 Players • Duration: 12 Minutes



FOCUS: Game play, creativity, teamwork
ORGANIZATION: 4v4 in the middle, 2 target players on the outside.
PROCEDURE: Teams try to pass or dribble to target players to score. Targets can pass back. Restart with dribble-in when ball goes out.
OBJECTIVE: Apply skills in game situations and promote fun and teamwork.

TECHNICAL Passing Game Play	PSYCHOLOGICAL Decision Making Enjoyment	PHYSICAL Endurance Speed	SOCIAL Teamwork Fair Play
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FIELD SETUP
Use 3/4 Field – 4 Stations

EACH STATION: 20m (W) x 25m (L)
8–10 PLAYERS PER STATION

SESSION STRUCTURE (60 MINUTES)

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    STATION A (12 MIN) → BREAK (3 MIN) → STATION B (12 MIN) → BREAK (3 MIN) → STATION C (12 MIN) → BREAK (3 MIN) → STATION D (12 MIN) → BREAK (3 MIN)
    
```

TOTAL TIME: 60 MINUTES
12 Min per Station + 3 Min Break

COACH TIPS

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- ✓ **DEMONSTRATE:** Show the activity clearly and keep instructions simple.
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EVERY PLAYER EVERY TIME

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