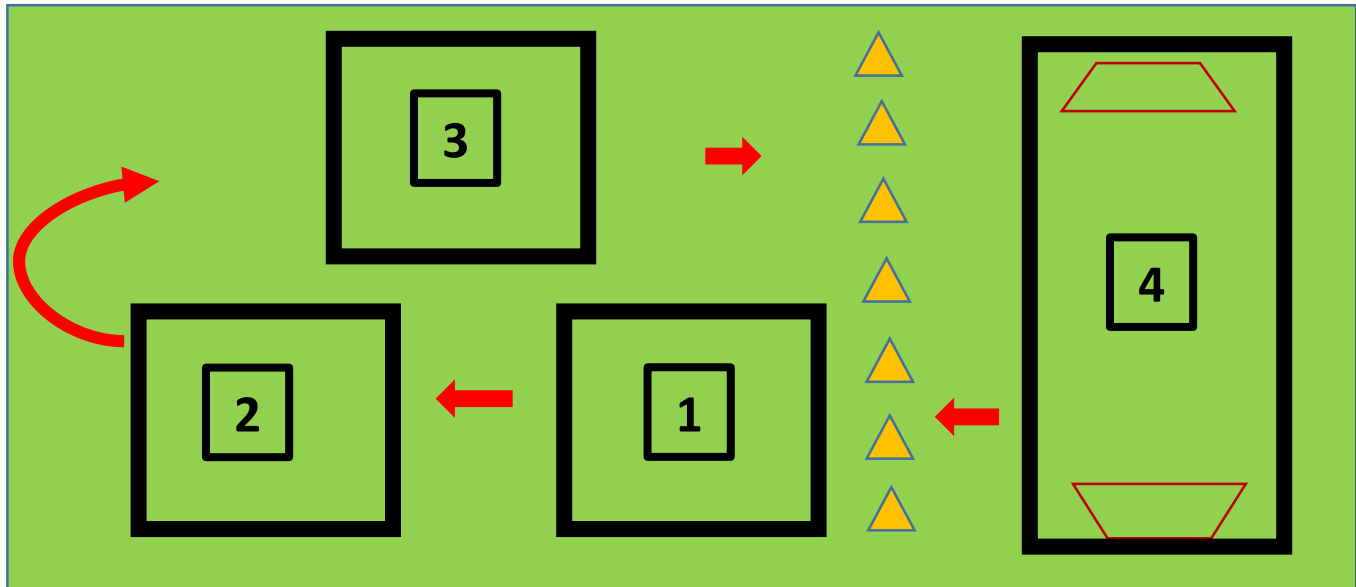


Mini Festival Style



- ⚽ Each session is 45 minutes in duration (U4 and U5) 60 minutes (U6).
- ⚽ 3 skill stations and 1 mini game for a total of 4 stations (you can add a station or remove a station as needed based off your attendance/preferences).
- ⚽ Coaches from each group will need to connect prior to the session to determine which what activity will be run at each station.
 - 🚩 *Coaches stay at one station and rotate the players through!*
- ⚽ Each station should focus on a different skill.
 - 🚩 *I.e.* Station 1- ball awareness, 2-shooting, 3-body awareness, 4- fun game.*
See online resources for activity ideas
- ⚽ As players arrive you will divide them in equal groups, using coloured pennies (in coaching kit) and send to their “starting station” where an assistant or parent volunteer will be set up with that stations activity.
- ⚽ Change stations approx. every 7- 8 minutes ensuring all groups use each station.
 - 🚩 *Adjust the time as you learn your players and how efficiently they transition from one activity to the next.*

Helpful hints

- ⚽ Have a parent volunteer or team manager checking in players while coaches are setting up the stations.
- ⚽ Have parent volunteers each week that keep time and blow whistle for each rotation.
- ⚽ Have a parent or 2 help keep the ball in play on the sidelines of the mini game- the ball will get kicked out.
- ⚽ As you learn your players try to arrange groups to ensure all players are getting challenged and touches on the ball!
- ⚽ Have fun! If you do kids will 😊