

Station #1 (Dribbling Maze)



A zig-zag maze of cones will be setup for the station beforehand. Each player gets a chance to dribble through the maze as fast as they can. Fastest player gets 20 points, 2nd fastest gets 15 points, 3rd fastest gets 10 points. For those w/o points, they can go a second time and if they beat their first time, can get 5 points.

Station #2 (Longest Kick)

Split into boys and girls lines. Each player, from a designated spot, kicks the ball as far as they can (within the coned off area). Coach marks where the kick lands/rolls to. If kick is off to the side, mark the kick's distance at the point where it goes out of the coned off area. Mark only gets moved if the next player kicks it farther. Do a second round, if time permits. Farthest kick boy and girl get 10 points each.

Station #3 (Kick/Pass Accuracy)

Each player gets 5 kicks to hit the target as many times as possible. If they hit the target, they get 5 points. They get a bonus kick for each hit target.

Station #4 (Fastest Dribble)

Each player gets a chance to dribble through gates (from a starting line) for 20-30 yards and shoot the ball into the net. Time stops when the goal is scored. Fastest player gets 20 points, 2nd fastest gets 15 points, 3rd fastest gets 10 points. For those w/o points, they can go a second time and if they beat their first time, can get 5 points (if time allows).