Day 1 will consist of stations where players will be evaluated on their technical abilities. Day 2 will consist of small to full sided games (4v4, 6v6 and 8v8)

Station 1:

1 v 1 to Goal
- Y passes to X
- X attacks the goal in a 1v1
- If Y wins the ball, counter-attack
- Switch sides

Focus Points
- Attack with speed
- Be creative in attacking
- Don’t “dive in” on defense
- Look to counter quickly
- Ball control

2 v 2 to Goal
- X’s and Y’s have 2nd player
- Y passes to X
- Teams can score in both goals
- If Y wins the ball, counter-attack
- Switch sides

Focus Points
- Build on 1v1
- Attack the open space
- Communicate
- Use the full space
- 1st & 2nd Defender principles
- 1st & 2nd Attacker principles
- Combination play

Station 3

Passing, Receiving & Moving off the Ball
- Start ball in a corner with first X
- Pass to next X
- Follow your pass to the corner
- Pressure is the accuracy

Focus Points
- Proper weight (speed) of pass
- Receive with positive first touch
  - Out from feet
  - Within playing distance
- Anticipate the next pass
Station 4

**4 v 1 - Numbers Up**
- 4 X’s keep ball away from Y
- Y is pressure player
- Look to complete as many passes as possible
- Y switches with an X if...
  - They win the ball
  - An X makes a bad pass
  - An X dribbles out of box

**Focus Points**
- Move to open space
- Move to an open passing lane
- Make good passes
  - Accuracy = success
- Focus on first touch into space
- Anticipate the next pass
  - Move early if possible
- Communicate

Station 5

**Finishing (Shooting)**
- Goal line Y passes to other Y
- Shooting Y controls and shoots
- Switch lines
- Repeat with the X group
- Variations
  - 1, 2, 3 touches for finish
  - Dribble cones then finish
  - Combo play then finish

**Focus Points**
- Good controlling touch
- Use correct foot
  - Depends on side
  - Depends on first touch
- Lock your ankle down
- Strike with laces
- Follow through
- Accurate strikes
  - Sides and away from GK

Station 6

**Pure Speed**
- Exercise #1
  - 30 yd slalom
  - Rest
  - Repeat 3 - 5 times
- Exercise #2
  - 10, 200, 30 yd dash
  - 5 then back, 10 then back, 30 and stop
  - Rest
  - Repeat 3 - 5 times

**Focus Points**
- Run all the way through the end
- Fast feet (First and Last steps)
  - To speed up
  - To slow down
- Effort and Attitude

Remember to work hard and have fun!