ASC ACADEMY · SKILL STATIONS

ASC Academy Training

Session 1

Saturday, November 21, 2026

SESSION PLAN

Group warm-up and stretch	6 minutes
4 skill stations	10 minutes each
Two rotations	each station twice

THE FOUR STATIONS

1. **Ball Mastery** · Five skills, 2 minutes each, both feet — practise these at home
2. **Dribbling** · Travelling with the ball — the Station 1 moves, on the move
3. **Passing** · The triangle — both directions, both feet
4. **Agility & Passing** · Our version: a short, controlled pass first, then the agility work

After a six-minute group warm-up and stretch, players rotate through four skill stations. Each station lasts 10 minutes, and every group visits each station twice. This guide is for referees, coaches, parents and players. For each station it explains the objective, the key points and technique, what is being learned and why, how to set the station up, and how to make the work easier or harder for U5–U7, U8–U10, and U11 and up.

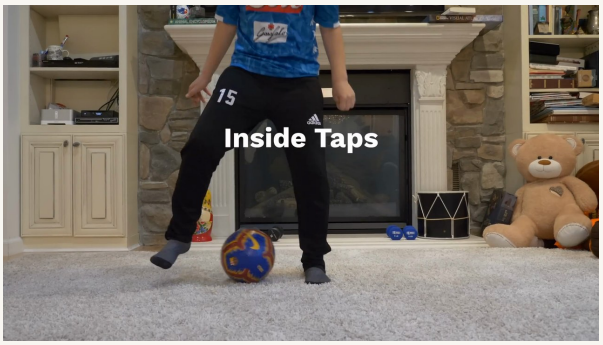
Bring a ball, both feet, and your best effort.

STATION 1

Ball Mastery

Foundation skills · both feet · 2 minutes per skill · practise these at home

Station time: 10 minutes · Rotations: each group visits this station twice · Equipment: one soccer ball per player (cones optional, for spacing)



WATCH THE DEMONSTRATION

Scan or open the clip

The QR code and the link below open the original YouTube video at the start of this station's demonstration.

youtu.be/X9f_c6LHoTI?t=109

SOCCSTER, "The Ultimate Indoor Soccer Workout — Soccer training for kids at home." The demonstration starts at 1:49.

A still from the Station 1 demonstration: inside taps, the first of five foundation moves, each done on both feet.

This station is the foundation of the session. The work is simple, it can be done in a small space, and it is the skill set players can — and should — practise at home.

Objective

To help every player become comfortable using both feet and every surface of the foot — inside, outside and sole — so the ball stays close, under control, and ready for the next action.

Players will work through five foundation moves, each performed on the right foot and the left foot, with about 2 minutes on each skill:

1. Inside taps 2. Outside taps 3. Sole taps 4. Rolls 5. Sole to sole

Key Points & Technique

- Two minutes on each skill. The station is 10 minutes. Spend about 2 minutes on each of the five skills so the group works through all five.
- Both feet, every time. Do not let the stronger foot do all the work. Switch feet on every move, and give the weaker foot the same number of touches.
- Soft, close touches. The ball should stay within a comfortable playing distance of the feet. If it rolls away, the touch was too heavy.
- Ready body position. Stay on the balls of the feet, with a slight bend in the knees and a quiet, balanced upper body. Arms can be used for balance.
- Control first, then rhythm, then speed. Get the movement right before trying to go faster. Fast, messy touches are not the goal.
- Head up when the move feels comfortable. Once the feet know the pattern, players should start to lift their eyes and scan, just as they will need to do in a game.

What is being learned, and why it matters

Ball mastery is the first building block of almost every soccer skill. These short, repeated touches teach players to feel the ball with the inside, outside and sole of both feet. That "feel" is what later becomes close dribbling, a safe first touch, a clean pass, a turn away from pressure, and the confidence to keep the ball in a crowded space.

The work also develops balance, coordination and the connection between the brain and the feet. Because it can be done in a very small area, players get a high number of touches in a short time — far more than they would in an open game. That repetition is what makes the skill stick.

Homework — practise these skills at home

These are homework skills. Please stress this with every group, and with parents.

Each of these moves can be practised at home with just a ball and a small patch of space — a backyard, a driveway, a basement or a living room (a softer ball is fine indoors). Ten focused minutes, a few times a week, will do more for a player's comfort on the ball than a long, unfocused session.

Parents do not need to be coaches. Encouragement, a little space, and regular short practice are enough.

A simple homework plan:

- Work through the same five moves, both feet.
- Start slowly and stay close to the ball.
- Spend a little extra time on the weaker foot.
- Stop while the work is still clean — quality matters more than going faster.

Setup and spacing

Each player needs a soccer ball and a small patch of space. Cones are optional and can be used only to give each player a clear area. Spend about 2 minutes on each of the five skills so all five fit the 10-minute station. The same five moves are used with every age group; what changes is the pace, how many of the five you use, and how long each burst lasts.

Making the station age-appropriate

Each group has 10 minutes — about 2 minutes on each of the five skills. Coaches and referees should adjust the same five moves, rather than inventing a different station.

U5 / U6 / U7 — make it easier

- Start with three moves only: inside taps, sole taps and rolls. Add outside taps and sole-to-sole if the group is comfortable. Spend about 2 minutes on each move you use.
- Walking pace is perfect. Players may put both feet on the ground between touches, and that is fine.
- Keep bursts short (about 20–30 seconds), then pause, reset and praise the effort.
- Demonstrate slowly, one move at a time, and use the names of the moves so the language becomes familiar.
- If a player is struggling, have them stop the ball and try one foot at a time before alternating.

U8 / U9 / U10 — the standard version

- Use all five moves, on both feet, in the order shown in the demonstration. Spend about 2 minutes on each skill.
- Ask for a steady rhythm rather than speed. Switch feet before moving to the next skill.
- Introduce "head up" for a few seconds in the middle of a turn once the move looks comfortable.
- Within each 2-minute block, work in 30–45 second bursts, then rest and reset.
- A light challenge works well here: "Can you do it as cleanly with your other foot?"

U11 and up — make it harder

- All five moves, both feet, about 2 minutes on each, with quicker, lighter touches and a clear rhythm.
- Require the head to stay up as often as possible.
- Give extra time to the weaker foot, and ask players to link two or three moves together (for example, rolls into sole-to-sole) without stopping the ball.
- Add a simple constraint: more touches in the same time, or the same quality at a higher tempo.
- If the group is ready, a brief extension can include cutting or pulling the ball, but only after the five foundation moves are clean.

Recap — Ball Mastery

- Five skills, about 2 minutes on each.
- Both feet, every move. Soft, close touches.
- Practise at home — these are homework skills.

STATION 2

Dribbling

Travelling with the ball · the Station 1 moves, now on the move

Station time: 10 minutes · Rotations: each group visits this station twice · Equipment: one soccer ball per player and a small set of cones



WATCH THE DEMONSTRATION

Scan or open the clip

The QR code and the link below open the original YouTube video at the start of this station's demonstration.

youtu.be/RCwNRVc9PV0?t=11

AD Football Training Videos, "Technical Football/Soccer Training Drills | 6 Variation | U9–U14." The demonstration starts at 0:11.

A still from the Station 2 demonstration: inside taps on the move — the first of three short travelling drills, each done with both feet.

This station takes the Ball Mastery work from Station 1 and puts it on the move. The same surfaces of the foot — inside, outside and sole — are used, but now the player is travelling with the ball.

Objective

To help every player travel with the ball under control, using both feet and the same ball-mastery touches practised at Station 1, so they can move into space without the ball running away.

Players will work through three travelling drills:

- Inside taps — travel forward using the inside of both feet.
- Inside taps and roll back — inside taps travelling one way, then a sole roll-back turn and travel back the other way.
- Roll overs — roll the ball side to side through the cones with the sole, first with the right foot, then with the left foot.

These are not new skills. They are the Station 1 moves, done while the player is moving.

Key Points & Technique

- Keep the ball close while you travel. A moving player still needs a soft touch. If the ball gets more than a step away, the touch was too heavy.
- Both feet, every variation. Switch feet on each move. The weaker foot should travel with the ball just as often as the stronger foot.
- Same body position as Station 1. Stay on the balls of the feet, with a slight bend in the knees. The head comes up once the feet are comfortable, so the player can see space, cones and teammates.
- Control first, then rhythm, then speed. This is not a racing station. Clean travelling is the goal. Speed is added only when the ball stays close.
- Use the cones as a path, not a slalom to beat. Players should travel through the area with the assigned touch, turning or changing direction only when they can do it with the ball under control.

What is being learned, and why it matters

Station 1 taught players to feel the ball with every surface of both feet while they were more or less in place. Station 2 asks them to keep that feel while they are moving. That is the difference between a practice touch and a game touch.

In a match, a player almost never stands still with the ball. They have to carry it into space, change direction, and still have the ball close enough to pass, turn or protect it. Travelling with inside, outside and sole touches builds close control, balance and confidence in traffic. It is also the natural bridge into passing, because a player who can move with the ball can then look up and play.

Homework

The Station 1 moves remain the first homework. Once those feel comfortable, players can take the same touches on the move in a backyard, a driveway or a small stretch of grass.

Parents do not need to coach the details. A little space and regular, unhurried practice will do the work.

A simple homework plan:

- Start with inside taps while walking, both feet.
- Add sole rolls while walking, then a gentle outside touch.
- Keep the ball within a step. If it runs away, slow down.
- Ten focused minutes is enough. A few cones, shoes or water bottles can mark a short path.

Setup and spacing

Each player needs a ball. Set a small number of cones in a simple line or two short lanes. Space them so players can take several controlled touches between cones. Tighten the spacing for older groups; for the youngest groups, two cones as a start and a finish are enough.

Making the station age-appropriate

Each group has 10 minutes. Coaches and referees should use the same travelling idea, and adjust the number of moves, the pace and the spacing of the cones.

U5 / U6 / U7 — make it easier

- Start with one move only: inside taps while walking with the ball. Add a gentle sole roll on the move if the group is comfortable.
- Walking pace is perfect. The ball may bump ahead; help the player catch it and try again.
- Use fewer cones, spaced well apart, or a single straight path (two cones as a start and a finish).
- Keep bursts short (about 20–30 seconds), then pause and reset.
- Celebrate travelling with the ball close, not how fast a player crosses the area.

U8 / U9 / U10 — the standard version

- Use all three drills: inside taps, inside taps and roll back (one way, then back), and roll overs (sole roll side to side through the cones, right foot then left), all on the move and on both feet.
- Ask for a steady walking or jogging rhythm, not a sprint.
- Space the cones so players can take several controlled touches between them.
- Introduce "head up" for a moment in the middle of a run once the touch looks comfortable.
- Work in 30–45 second bursts, then rest and reset.

U11 and up — make it harder

- Use all three drills, both feet, with quicker, lighter touches and the head up as often as possible.
- Tighten the cone spacing, and ask players to change direction or pace without losing the ball.
- Give extra time to the weaker foot, and ask players to link two variations together (for example, inside taps into a sole roll) without stopping.
- A simple constraint works well: travel the same path at a higher tempo, or with the weaker foot only, while the ball stays close.

Recap — Dribbling

- The same ball-mastery touches, now travelling.
- Keep the ball close, and use both feet.
- Control first, then speed.

STATION 3

Passing

The triangle · both directions · both feet

Station time: 10 minutes · Rotations: each group visits this station twice · Equipment: one ball in play (plus extras) and three cones or poles to mark a triangle



WATCH THE DEMONSTRATION

Scan or open the clip

The QR code and the link below open the original YouTube video at the start of this station's demonstration.

youtu.be/w8PbZQHf83M?t=13

AD Football Training Videos, "Triangle Passing Drills For Soccer/Football." The demonstration starts at 0:13.

A still from the Station 3 demonstration: the right-foot / first-direction pass around the triangle. The next look is the left foot, the opposite way.

This station takes the close control from Stations 1 and 2 and turns it into a pass. The work is simple: a controlled pass along the ground, then an immediate move to the next line.

Objective

To help every player play a controlled, accurate pass on the ground, using both feet and both directions, and then hustle to the next line after they pass.

The pattern is a triangle:

- Simple pass — first direction. The player at the front of a line passes along one side of the triangle to the next corner, then follows the pass and joins the back of that line.
- Simple pass — the other direction. The same pattern is repeated the opposite way around the triangle, so both feet are used.

Quality of the pass comes first. The movement after the pass is what makes it a game skill.

Key Points & Technique

- Controlled, accurate passing on the ground. This is the main point of the station. The pass should roll along the grass and arrive at a teammate's feet, not bounce or fly. A firm, accurate pass is better than a hard one.
- Both feet, both directions. Go around the triangle one way, then the other. The weaker foot should pass and receive just as often as the stronger foot.
- Move after the pass — hustle to the next line. The skill is not finished when the ball leaves the foot. The passer follows the pass and joins the back of the next line, ready to go again.
- A good first touch sets up the next pass. Receive the ball so it is already in position to play. The body should be open to the next corner when possible.
- Quality over speed. A clean pass and a sharp move to the next line matter more than rushing. Tempo can increase only when the passes stay on the ground and on target.

What is being learned, and why it matters

Stations 1 and 2 taught players to feel the ball and travel with it. Station 3 asks them to give the ball to a teammate and then move. That is the basic language of the game.

A pass that stays on the ground and arrives at a teammate's feet is easier to receive, easier to play on, and safer under pressure. Passing in both directions, with both feet, means a player can play the ball however the triangle — and later, the game — is facing. Moving after the pass is what creates the next option. In a match, the player who passes and stands still has already taken themselves out of the play. The player who passes and hustles into the next space stays involved.

The triangle is used because it gives a clear target, a clear next run, and a natural way to use both feet simply by changing direction.

Homework

A wall, a fence, or a parent or sibling is enough. The same two ideas apply: a controlled pass on the ground, and both feet.

Ten focused minutes, a few times a week, will help the pass stay accurate when the session is over.

A simple homework plan:

- Stand a few metres from a wall and pass with the inside of the foot, then receive and pass again.
- Switch feet every few repetitions.
- Keep the ball on the ground and try to hit the same spot.
- If there is a partner, pass and then move to a new spot, just as in the triangle.

Setup and spacing

Mark three corners with a cone or a pole, and form a line of players at each one. Start with one ball. The first player passes to the next corner, then runs to the back of that line. The receiver does the same, and the triangle keeps moving. Switch the direction after a few minutes (or after a set number of passes) so players pass and receive with the other foot.

If the passes are bouncing or running wild, shorten the sides. If every pass is arriving too easily, step the corners out a little.

Age group	Distance between corners	How it should look
U5 / U6 / U7	About 5–7 metres	A small, tight triangle. A walking follow after the pass is enough.
U8 / U9 / U10	About 8–10 metres	A comfortable passing distance. Jog to the next line after a clean pass.
U11 and up	About 10–15 metres	A firmer pass is needed to cover the ground. Hustle to the next line.

Making the station age-appropriate

Each group has 10 minutes. Coaches and referees should keep the same triangle idea, and adjust the size, the pace and how much "hustle" is asked for.

U5 / U6 / U7 — make it easier

- Use a small triangle (about 5–7 metres). If the group is very young or numbers are short, a coach can stand at one corner, or the group can start with two lines (pass and follow) and add the third corner later.
- Walking after the pass is perfect. The important habit is: pass, then move.
- Allow an extra touch to get the ball under control before passing. Celebrate a pass that stays on the ground and finds a teammate.
- Stay in one direction until the group is comfortable, then try the other way if there is time.
- Keep bursts short (about 20–30 seconds), then pause, reset the ball and praise the effort.

U8 / U9 / U10 — the standard version

- Use an 8–10 metre triangle, one ball, and both directions.
- Ask for a pass along the ground with the inside of the foot, then a jog to the back of the next line.
- Switch direction halfway through the station so both feet are used.
- Remind players to open their body and take a first touch that sets up the next pass.
- Work in 30–45 second bursts, then rest and reset.

U11 and up — make it harder

- Use a 10–15 metre triangle, both directions, both feet.
- Ask for a firmer, accurate ground pass and a real hustle to the next line. The player should be in the next line before the ball is played again.
- Require the weaker foot for a set of passes, and keep the head up so the passer can see the target early.
- If the quality stays high, add a second ball, or ask for one-touch or two-touch only. If the passes start to bounce or miss, take the extra demand away and return to a clean pass and a sharp run.

Recap — Passing

- Pass on the ground, to the feet.
- Both feet, both directions.
- Pass, then hustle to the next line.

STATION 4

Agility & Passing

Our version: a short, controlled pass first, then the agility work

Station time: 10 minutes · Rotations: each group visits this station twice · Equipment: soccer balls, a passing gate (two cones or poles), and a short agility channel of cones or low hurdles



WATCH THE DEMONSTRATION

Scan or open the clip

The QR code and the link below open the original YouTube video at the start of this station's demonstration.

youtu.be/bw0CnLTDfb0?t=12

AD Football Training Videos, "Passing Activation Drills + Warm UP | 4 Variation." The demonstration starts at 0:12.

A still from the Station 4 demonstration: Stop and Pass, seen from the side. The clip also shows this from above, then One Touch (no stop) from the side and from above.

This station puts Station 3's pass together with a quick change of speed and direction. The academy version is simple, and it can be scaled for every age: a short, controlled pass, then an agility movement, using both feet.

The demonstration clip shows two passing versions — Stop and Pass (stop the ball, then pass) and One Touch (no stop, an immediate pass) — each from the side and then from above. Coaches should modify that idea to the academy pattern: a short, controlled pass, then the agility work, using both feet.

Objective

To help every player play a short, controlled pass on the ground and then make a quick, balanced movement — through cones, through a slalom, or over low hurdles — using both feet.

The station has two parts, done one after the other:

- Short passing. A firm, accurate pass along the ground to a teammate (through a small gate if you are using one), with both feet.
- Agility. As soon as the pass is played, the player moves quickly through the agility channel — weaving through cones or stepping over low hurdles — and joins the next line, ready to go again.

The pass comes first. The agility is the movement that follows it, just as it would in a game.

Key Points & Technique

- Controlled, accurate passing on the ground. The pass should arrive at a teammate's feet. A short, firm pass is better than a hard one. This is the same standard as Station 3.
- Both feet. Pass with the right foot and the left foot. Move through the agility channel so both feet are working, not just the stronger side.
- Pass first, then move. The agility starts after a good pass, not instead of one. Players should not sprint into the cones and forget the quality of the ball they just played.

- Quick, balanced movements. Stay low, take short steps, and keep the head up when possible. The goal is a sharp change of speed and direction, not a race.
- Quality over speed. Tempo can increase only when the passes stay on the ground and the agility stays under control.

What is being learned, and why it matters

Stations 1 and 2 built close control. Station 3 asked players to give the ball to a teammate and move to the next line. Station 4 adds the next game demand: pass, then change speed.

In a match, a player rarely passes and then jogs in a straight line. They play the ball and immediately accelerate, slow down, or change direction — to support, to recover, or to find the next space. A short, controlled pass keeps the team on the ball. A quick, balanced movement after it keeps the player in the play. Practising those two actions together, with both feet, is what makes this station more than a passing drill or an agility drill on its own.

Homework

A wall, a fence, or a parent or sibling is enough for the passing. A couple of shoes or small objects can stand in for cones.

Ten focused minutes, a few times a week, will help the pass stay clean and the movement stay sharp.

A simple homework plan:

- Play short, controlled passes on the ground, using both feet, just as in Station 3.
- After a set of passes, add 20 to 30 seconds of quick feet: small steps in place, or a weave in and out of two or three objects.
- Keep the passing accurate, and keep the movements quick and balanced rather than sloppy.

Setup and spacing

Form two groups, facing each other, with a passing gate (two cones or poles) in the middle. Set a short agility channel beside or just beyond the gate — a line of 3 or 4 cones to slalom through, or 3 low hurdles to step over. Start with one or two balls. The first player in line plays a short pass through the gate to the other group, then immediately goes through the agility channel and joins the back of the opposite line (or the back of their own line, if numbers are small). The receiver takes a good first touch, plays the next pass, and does the same. Switch the starting foot, and the direction of the slalom, so both feet are used for the pass and for the movement.

If the passes are bouncing or missing the gate, shorten the distance. If the agility is rushed and messy, slow the movement down until it is clean, then add speed.

Age group	Passing distance (gate)	Agility channel
U5 / U6 / U7	About 3–5 metres	2 or 3 cones; walking or jogging through. Skip hurdles, or use a flat cone to step over.
U8 / U9 / U10	About 5–8 metres	3 or 4 cones for a slalom, or 3 low hurdles. A clean ground pass, then a quick but controlled movement.
U11 and up	About 8–12 metres	A slalom, low hurdles, or both in sequence. A firmer, accurate pass, then an explosive first step into the agility work.

Making the station age-appropriate

Each group has 10 minutes. Coaches and referees should keep the same two-part idea — short passing, then agility — and adjust the distance, the equipment and the speed.

U5 / U6 / U7 — make it easier

- Use a very short passing distance (about 3–5 metres). A coach can stand in the opposite line if the group is small.
- After the pass, children can walk or jog through 2 or 3 cones. Leave the hurdles out, or let them step over a single flat cone.
- Allow an extra touch to set up the pass. Celebrate a ball that stays on the ground and finds a teammate, then a simple move to the next spot.
- Work in short bursts (about 20–30 seconds), then pause, reset the balls and praise the effort.

U8 / U9 / U10 — the standard version

- Use a 5–8 metre gate, a slalom of 3 or 4 cones or 3 low hurdles, and both feet.
- Ask for a pass along the ground, then a quick movement through the channel and into the next line.
- Switch starting feet halfway through the station.
- Work in 30–45 second bursts, then rest and reset.

U11 and up — make it harder

- Use an 8–12 metre gate and a fuller agility channel (slalom, low hurdles, or both).
- Ask for a firmer, accurate ground pass and an explosive first step into the agility work. Both feet, every rotation.
- If the quality stays high, add a second ball, or ask for a one-touch or two-touch pass before the movement. If the passes start to bounce or the agility gets messy, take the extra demand away and return to a clean pass and a sharp, balanced run.

Recap — Agility & Passing

- A short, controlled pass first.
- Then a quick, balanced agility movement.
- Both feet, every time. Quality over speed.