

May 13	1st station	2nd station	3rd station	4th station	5th station	Explanations
4 vs 4 (1)	Purple 1	Maroon 2	Maroon 1	Green 2	Green 1	Game without goalkeeper with small goals
Passes	Purple 2	Purple 1	Maroon 2	Maroon 1	Green 2	Players do passes with his parents
Coordination	Blue 1	Purple 2	Purple 1	Maroon 2	Maroon 1	Front-To-Back jump, left to right jump
4 vs 4 (2)	Blue 2	Blue 1	Purple 2	Purple 1	Maroon 2	Game without goalkeeper with small goals
Juggling	Green 1	Blue 2	Blue 1	Purple 2	Purple 1	Players hit their ball once and try to catch it, then try to hit twice
Relay Races	Green 2	Green 1	Blue 2	Blue 1	Purple 2	Players make up 2 or 3 lines
4 vs 4 (3)	Maroon 1	Green 2	Green 1	Blue 2	Blue 1	Game without goalkeeper with small goals
Dribble	Maroon 2	Maroon 1	Green 2	Green 1	Blue 2	Chinese Wall: Players cross with their ball without being touched by a player or parent in the middle

Play area: 20 meters x 25 meters 10 min per station, 2 min for rotation

May 20	1st station	2nd station	3rd station	4th station	5th station	Explanations
4 vs 4 (1)	Blue 1	Purple 2	Purple 1	Maroon 2	Maroon 1	Game without goalkeeper with small goals
Passes	Blue 2	Blue 1	Purple 2	Purple 1	Maroon 2	Players do passes with his parents
Coordination	Green 1	Blue 2	Blue 1	Purple 2	Purple 1	Front-To-Back jump, left to right jump
4 vs 4 (2)	Green 2	Green 1	Blue 2	Blue 1	Purple 2	Game without goalkeeper with small goals
Juggling	Maroon 1	Green 2	Green 1	Blue 2	Blue 1	Players hit their ball once and try to catch it, then try to hit twice
Relay Races	Maroon 2	Maroon 1	Green 2	Green 1	Blue 2	Players make up 2 or 3 lines
4 vs 4 (3)	Purple 1	Maroon 2	Maroon 1	Green 2	Green 1	Game without goalkeeper with small goals
Dribble	Purple 2	Purple 1	Maroon 2	Maroon 1	Green 2	Chinese Wall: Players cross with their ball without being touched by a player or parent in the middle

Play area: 20 meters x 25 meters 10 min per station, 2 min for rotation

May 27	1st station	2nd station	3rd station	4th station	5th station	Explanations
4 vs 4 (1)	Maroon 1	Green 2	Green 1	Blue 2	Blue 1	Game without goalkeeper with small goals
Passes	Maroon 2	Maroon 1	Green 2	Green 1	Blue 2	Players do passes with a teammate
Coordination	Purple 1	Maroon 2	Maroon 1	Green 2	Green 1	Feet joined, two leap, forward-back, inter-spacing, between the sides feet
4 vs 4 (2)	Purple 2	Purple 1	Maroon 2	Maroon 1	Green 2	Game without goalkeeper with small goals
Juggling	Blue 1	Purple 2	Purple 1	Maroon 2	Maroon 1	Players hit their ball once and try to catch it, then try to hit twice
Relay Races	Blue 2	Blue 1	Purple 2	Purple 1	Maroon 2	Players make up 2 or 3 lines
4 vs 4 (3)	Green 1	Blue 2	Blue 1	Purple 2	Purple 1	Game without goalkeeper with small goals
Dribble	Green 2	Green 1	Blue 2	Blue 1	Purple 2	The player tries to bypass the most parents by pushing his ball of feet

Play area: 20 meters x 25 meters 10 min per station, 2 min for rotation

June 3	1st station	2nd station	3rd station	4th station	5th station	Explanations
4 vs 4 (1)	Purple 1	Maroon 2	Maroon 1	Green 2	Green 1	Game without goalkeeper with small goals
Passes	Purple 2	Purple 1	Maroon 2	Maroon 1	Green 2	Players do passes with a teammate
Coordination	Blue 1	Purple 2	Purple 1	Maroon 2	Maroon 1	Feet joined, two leap, forward-back, inter-spacing, between the sides feet
4 vs 4 (2)	Blue 2	Blue 1	Purple 2	Purple 1	Maroon 2	Game without goalkeeper with small goals
Juggling	Green 1	Blue 2	Blue 1	Purple 2	Purple 1	Players hit their ball once and try to catch it, then try to hit twice
Relay Races	Green 2	Green 1	Blue 2	Blue 1	Purple 2	Players make up 2 or 3 lines
4 vs 4 (3)	Maroon 1	Green 2	Green 1	Blue 2	Blue 1	Game without goalkeeper with small goals
Dribble	Maroon 2	Maroon 1	Green 2	Green 1	Blue 2	The player tries to bypass the most parents by pushing his ball of feet

Play area: 20 meters x 25 meters 10 min per station, 2 min for rotation

June 10	1st station	2nd station	3rd station	4th station	5th station	Explanations
4 vs 4 (1)	Green 1	Blue 2	Blue 1	Purple 2	Purple 1	Game without goalkeeper with small goals
Passes	Green 2	Green 1	Blue 2	Blue 1	Purple 2	Players do passes with his parents
Coordination	Maroon 1	Green 2	Green 1	Blue 2	Blue 1	Front-to-back jumping, left-right, joined feet
4 vs 4 (2)	Maroon 2	Maroon 1	Green 2	Green 1	Blue 2	Game without goalkeeper with small goals
Juggling	Purple 1	Maroon 2	Maroon 1	Green 2	Green 1	Players hit their ball once and try to catch it, then try to hit twice
Relay Races	Purple 2	Purple 1	Maroon 2	Maroon 1	Green 2	Players make up 2 or 3 lines
4 vs 4 (3)	Blue 1	Purple 2	Purple 1	Maroon 2	Maroon 1	Game without goalkeeper with small goals
Dribble	Blue 2	Blue 1	Purple 2	Purple 1	Maroon 2	The player tries to steal the most ball in the middle zone and bring it back into its zone

Play area: 20 meters x 25 meters 10 min per station, 2 min for rotation

June 24	1st station	2nd station	3rd station	4th station	5th station	Explanations
4 vs 4 (1)	Maroon 1	Green 2	Green 1	Blue 2	Blue 1	Game without goalkeeper with small goals
Passes	Maroon 2	Maroon 1	Green 2	Green 1	Blue 2	Players do passes with his parents
Coordination	Purple 1	Maroon 2	Maroon 1	Green 2	Green 1	Front-to-back jumping, left-right, joined feet
4 vs 4 (2)	Purple 2	Purple 1	Maroon 2	Maroon 1	Green 2	Game without goalkeeper with small goals
Juggling	Blue 1	Purple 2	Purple 1	Maroon 2	Maroon 1	Players hit their ball once and try to catch it, then try to hit twice
Relay Races	Blue 2	Blue 1	Purple 2	Purple 1	Maroon 2	Players make up 2 or 3 lines
4 vs 4 (3)	Green 1	Blue 2	Blue 1	Purple 2	Purple 1	Game without goalkeeper with small goals
Dribble	Green 2	Green 1	Blue 2	Blue 1	Purple 2	The player tries to steal the most ball in the middle zone and bring it back into its zone

Play area: 20 meters x 25 meters 10 min per station, 2 min for rotation

July 8	1st station	2nd station	3rd station	4th station	5th station	Explanations
4 vs 4 (1)	Blue 1	Purple 2	Purple 1	Maroon 2	Maroon 1	
Passes	Blue 2	Blue 1	Purple 2	Purple 1	Maroon 2	
Coordination	Green 1	Blue 2	Blue 1	Purple 2	Purple 1	
4 vs 4 (2)	Green 2	Green 1	Blue 2	Blue 1	Purple 2	
Juggling	Maroon 1	Green 2	Green 1	Blue 2	Blue 1	
Relay Races	Maroon 2	Maroon 1	Green 2	Green 1	Blue 2	
4 vs 4 (3)	Purple 1	Maroon 2	Maroon 1	Green 2	Green 1	
Dribble	Purple 2	Purple 1	Maroon 2	Maroon 1	Green 2	

Play area: 20 meters x 25 meters 10 min per station, 2 min for rotation

July 15	1st station	2nd station	3rd station	4th station	5th station	Explanations
4 vs 4 (1)	Green 1	Blue 2	Blue 1	Purple 2	Purple 1	
Passes	Green 2	Green 1	Blue 2	Blue 1	Purple 2	
Coordination	Maroon 1	Green 2	Green 1	Blue 2	Blue 1	
4 vs 4 (2)	Maroon 2	Maroon 1	Green 2	Green 1	Blue 2	
Juggling	Purple 1	Maroon 2	Maroon 1	Green 2	Green 1	
Relay Races	Purple 2	Purple 1	Maroon 2	Maroon 1	Green 2	
4 vs 4 (3)	Blue 1	Purple 2	Purple 1	Maroon 2	Maroon 1	
Dribble	Blue 2	Blue 1	Purple 2	Purple 1	Maroon 2	

Play area: 20 meters x 25 meters 10 min per station, 2 min for rotation

July 22	1st station	2nd station	3rd station	4th station	5th station	Explanations
4 vs 4 (1)	Purple 1	Maroon 2	Maroon 1	Green 2	Green 1	
Passes	Purple 2	Purple 1	Maroon 2	Maroon 1	Green 2	
Coordination	Blue 1	Purple 2	Purple 1	Maroon 2	Maroon 1	
4 vs 4 (2)	Blue 2	Blue 1	Purple 2	Purple 1	Maroon 2	
Juggling	Green 1	Blue 2	Blue 1	Purple 2	Purple 1	
Relay Races	Green 2	Green 1	Blue 2	Blue 1	Purple 2	
4 vs 4 (3)	Maroon 1	Green 2	Green 1	Blue 2	Blue 1	
Dribble	Maroon 2	Maroon 1	Green 2	Green 1	Blue 2	

Play area: 20 meters x 25 meters 10 min per station, 2 min for rotation

July 29	1st station	2nd station	3rd station	4th station	5th station	Explanations
4 vs 4 (1)	Blue 1	Purple 2	Purple 1	Maroon 2	Maroon 1	
Passes	Blue 2	Blue 1	Purple 2	Purple 1	Maroon 2	
Coordination	Green 1	Blue 2	Blue 1	Purple 2	Purple 1	
4 vs 4 (2)	Green 2	Green 1	Blue 2	Blue 1	Purple 2	
Juggling	Maroon 1	Green 2	Green 1	Blue 2	Blue 1	
Relay Races	Maroon 2	Maroon 1	Green 2	Green 1	Blue 2	
4 vs 4 (3)	Purple 1	Maroon 2	Maroon 1	Green 2	Green 1	
Dribble	Purple 2	Purple 1	Maroon 2	Maroon 1	Green 2	

Play area: 20 meters x 25 meters 10 min per station, 2 min for rotation