
FENCIBLES UNITED AFC FIRST KICKS



Delivery Model – Station Rotation

This focuses on the individual development of young players, ensuring the best use of training time, which will ultimately lead to technical proficiency. It removes the link between game leaders and teams, so the focus in training and on game day is on development. In both McDonald's First Kicks and McDonald's Fun Football, where team sizes are small, Station Rotation has the extra benefit of maximizing the limited resources available to clubs. Specifically, fewer coaches are required than if the model was based on teams (due to the small numbers per team).

Schedule – Saturday Mornings from 8:30am to 9:45am

7:50am – Coaches arrive for briefing

8:00am – Coaches begin setting up games (arrange cones and bibs as per session card and collect a bag of footballs)

8:15am – Players begin arriving (once players have been signed in they will be sent to a coach who will be already set up in their designated area)

8:30am – Session starts

8:40am – Players move clockwise to their next station

8:50am – Players move clockwise to their next station

9:00am – Players move clockwise to their next station (final rotation)

9:10am – Drinks break (Players **run** to get a drink and then **run** back to their last station/coach)

9:15am – Coaches split group into 2 teams (3v3) and play a match

9:30am – Teams wearing bibs rotate to the next station for final match

9:40am – Matches end, players all shake hands then bring in all the gear to the coach (coaches count footballs back in and then return gear to the briefing area)

Equipment/Gear

All available training gear and equipment will be available at the designated briefing area. Each coach should bring to their station the following:

- 20x Cones (preferably 2 different colors)
- 8x Bibs
- 10 Footballs (Each bag will have 10 balls in it)

Before going to set-up your station please double check your Game Card for anything not listed above to deliver your game.

Coaches must bring all equipment/gear back to the designated briefing area.