

Sample document. Riverbend Homeschool Co-op, its families and its children are invented. The layout and the wording are exactly what a director downloads for a Park Day; the station cards also carry the Coach’s eye where our coaching desk has points for a station’s skills, which this offline sample leaves out.

Autumn Park Day, week 3

2025-09-25 · 10:00 · Riverside Park, north field · 3 stations · 15 minutes a round

GROUPS

- Red: Ava (U14), Leo (U14), Mia (U16), Noah (U16)
- Blue: Ben (U16), Ella (U14), Sam (U18), Zoe (U16)
- Green: Mateo (U18), Nils (U14), Sofia (U16), Theo (U14)

STATIONS

1. Station 1: Partner Passing Challenge
2. Station 2: Dribble Relay Race
3. Station 3: Crossbar Challenge

WHO RUNS EACH STATION

Station 1: Partner Passing Challenge	Rosa G.
Station 2: Dribble Relay Race	Dana R.
Station 3: Crossbar Challenge	Priya O.

WHAT TO BRING

- **Station 1, Partner Passing Challenge:** 1 soccer ball per pair, cones for distance markers
- **Station 2, Dribble Relay Race:** 1 ball per team, 5-6 cones per lane, finish markers
- **Station 3, Crossbar Challenge:** Soccer balls (3-5 recommended), goal with crossbar, distance markers

Station 1: Partner Passing Challenge

2–4 players · 15 minutes a round

Run by: Rosa G.

Partners face each other and see how many accurate passes they can make in 2 minutes. Switch partners and beat the record.

EQUIPMENT

1 soccer ball per pair, cones for distance markers

HOW TO RUN IT

1. Stand 5-10 yards apart facing your partner
2. Pass back and forth using inside of foot
3. Count consecutive successful passes
4. After 2 minutes, switch partners
5. Try to beat your best record each round

TIPS FOR THE ADULT RUNNING IT

- Start close together and increase distance as they improve
- Encourage both feet
- Make it a family competition — parents vs kids!
- Praise effort on difficult passes, not just completions

MAKE IT HARDER OR EASIER

- Use only weak foot
- One-touch passing only
- Add a defender in the middle
- Increase distance after every 10 passes

BY AGE

- U12 and under: Stand 5 yards apart and count two-touch passes; stop the ball first, then pass.
- U16 and up: Stand 15 yards apart, one touch only, and pass to the partner's back foot.

Station 2: Dribble Relay Race

2–8 players · 15 minutes a round

Run by: Dana R.

Teams race to dribble through cones, do a skill, and pass to next teammate. First team done wins.

EQUIPMENT

1 ball per team, 5-6 cones per lane, finish markers

HOW TO RUN IT

1. Set up a cone slalom course (5-6 cones, 2 yards apart)
2. Split into equal teams behind the start line
3. First player dribbles through cones and back
4. Pass to next teammate — they go on receiving the pass
5. First team with all players finished wins!

TIPS FOR THE ADULT RUNNING IT

- Keep lanes short for younger kids (3-4 cones)
- Let kids design their own obstacle courses
- Time individual runs for personal bests
- Mix ages on teams for balance

MAKE IT HARDER OR EASIER

- Weak foot only
- Must do a skill move at the end cone
- Backwards dribbling
- Carry a ball on head for the return trip (balance!)

BY AGE

- U12 and under: Cones 2 yards apart in a straight line; walking pace through the cones is fine.
- U16 and up: Cones 1 yard apart in a zigzag, outside foot only on the way back.

Station 3: Crossbar Challenge

2–6 players · 15 minutes a round

Run by: Priya O.

Take turns trying to hit the crossbar from increasing distances. Points for hitting bar, post, or scoring.

EQUIPMENT

Soccer balls (3-5 recommended), goal with crossbar, distance markers

HOW TO RUN IT

1. Start at penalty spot distance
2. Each player gets 3 shots per round
3. Crossbar hit = 3 points, post = 2 points, goal = 1 point
4. After each round, move back 2 yards
5. Player with most points after 5 rounds wins

TIPS FOR THE ADULT RUNNING IT

- Use a wall or fence crossbar if no goal available
- Let younger players shoot from closer
- Retrieve balls together to keep flow
- This is great for ending a session on a fun note

MAKE IT HARDER OR EASIER

- Volley shots only
- Chip shots only
- Weak foot round
- Moving the target (hit specific post)

BY AGE

- U12 and under: Shoot from the penalty spot at a full-size goal or from 8 yards at a small one, any part of the frame scores.
- U16 and up: Shoot from the edge of the box, and only the crossbar scores.

Sign-in sheet

Riverbend Homeschool Co-op · 2025-09-25 · 10:00 · Riverside Park, north field

CHILD	GROUP	HERE	NOTE
Ava	Red		
Leo	Red		
Mia	Red		
Noah	Red		
Ben	Blue		
Ella	Blue		
Sam	Blue		
Zoe	Blue		
Mateo	Green		
Nils	Green		
Sofia	Green		
Theo	Green		

Made from the co-op's plan. First names only; each child's minutes go on their own family's record when the director logs the day.