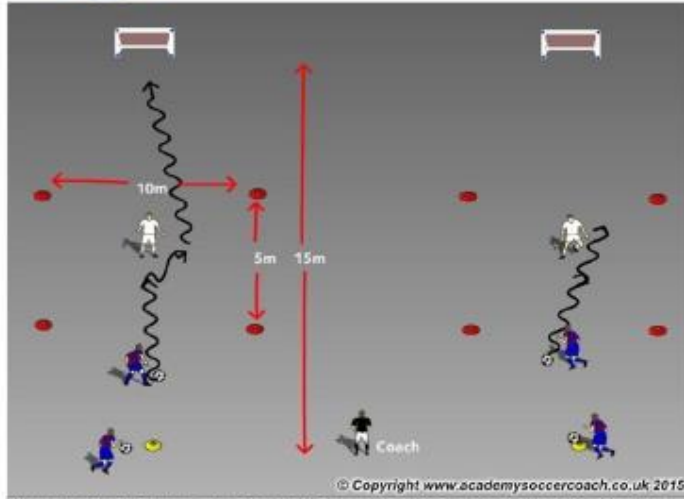




Active Start practice plan – Week 14

Station C

Soccer Technique – 1v1 ally.



© Copyright www.academysoccercoach.co.uk 2015

Organization: Players are placed into groups of 3, 1 defender and 2 attackers. Space is organized as above.

Procedure: Attacker dribbles towards the defender to try to beat him/her. The defender cannot come out side of their area as shown above. Once the attacker beats the defender they go and score in the goal. If the defender stops the attacker the players then switch. Players celebrate when they score and keep a track of how many goals they score.

Time Frame. 8 minutes

Emphasis

Running with the ball
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological Confidence Being safe	Technical Dribbling Running with the ball Shooting Defending
Physical A,B,C's Change of Direction	Social Communicating Celebrating