



Active Start practice plan – Week 6
Station D
Small sided game – 1v1 (Player vs Parent)



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Organization: A 30 m x 25 m field. A two 5 m end zone at each side of the field. Players each has a ball.
Procedure: Players has the ball in their hand and try to pass by the opponent and go to the end zone to score. If the opponent touch the player, they receive the ball and try to do the same thing.
Progression: Players can use the feet.
Team with more points wins.

Time Frame 6-8 minutes

Emphasis:

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

<p>Psychological Decision Making Confidence Being safe</p>	<p>Technical Dribbling Running with the ball</p>
<p>Physical A,B,C's Change of Direction</p>	<p>Social Listening Communicating Celebrating Interaction</p>