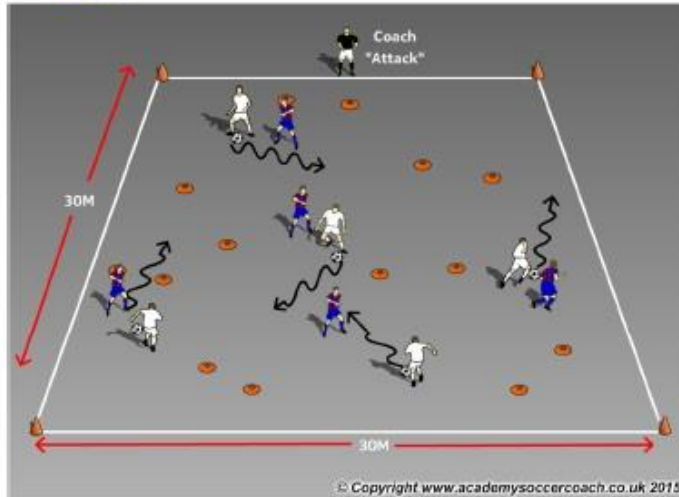




Active Start practice plan – Week 12
Station D
Small sided game – 1v1 through gates



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Organization: Players are paired inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa.
 Players play for 1 minute and score a point every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players change partners.

Time frame. 6-8 minutes

Emphasis:

- Running with the ball
- Dribbling
- 1v1
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- Passing
- Fun

Psychological Fun Confidence Being safe	Technical Dribbling 1v1 Shooting
Physical Speed A,B,C's Change of Direction	Social Peer interaction Celebrating Fun