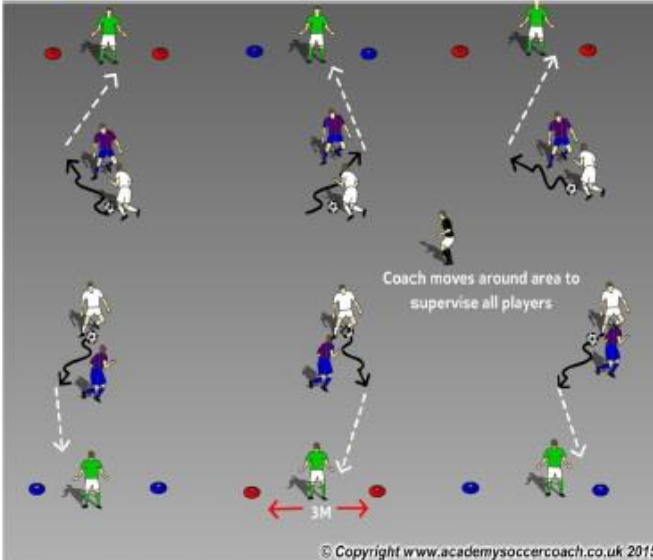




**Active Start practice plan – Week 12**  
**Station C**  
**Soccer technique – 1v1 to goal**



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**Organization:** Player placed into groups of 3. They play 1v1 to goal.  
**Procedure:** Goalkeeper rolls the ball out and the 2 players play 1v1. After a goal is scored they player who scored the goal goes in goal.

**Time frame.6- 8 minutes**

**Emphasis:**

Lots of touches on the ball  
 Scoring/stopping goals  
 Using different technique  
 Positive feedback  
**FUN!**

<p><b>Psychological</b>          Positive reinforcement          Confidence          Being safe</p>	<p><b>Technical</b>          1v1 attack/defend          Shooting          Goalkeeping</p>
<p><b>Physical</b>          Speed          A,B,C's          Change of Direction</p>	<p><b>Social</b>          Communicating          Celebrating          Fun</p>