



**Active Start practice plan – Week 3**  
**Station D**  
**Small Sided game – 1v1 to a line**



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**Organization:** 15 mx15 m field. 8 players ( 4 children, 4 parents), soccer balls  
**Procedure:** 2 teams of players vs parents divided in to two teams of dolphins and penguins. They all move freely in the ocean. The four shores ( side of the fields, have numbers, name of city or etc).

When the coach calls the number or name of the shore, kids ( penguins) run with the ball as fast as they can to that shore before parents ( dolphins) touch them.

The player ( penguin) who run out of the ocean first wins.

**Time frame. 8 minutes**

**Emphasis:**

Running with the ball  
 Dribbling  
 Agility, Balance, Coordination  
 FUN!

<b>Psychological</b>	<b>Technical</b>
Confidence Being safe	Running with the ball
<b>Physical</b>	<b>Social</b>
A,B,C's Change of Direction	Listening Peer interaction Communicating