



Active Start practice plan - Week 8

Station D

Small sided game – 1v1



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Organisation. Players are paired inside a 30mx30m 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. 8 minutes

Emphasis:

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

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