



Active Start practice plan – Week 4
Station C
Soccer Technique – Ball swap



Ball swap:
Organization: 25mx25m field, cones, everyone has a ball.
Procedure: Players dribble around the field, on coach's call, players pick up their balls, and run to the cone, leave their ball, and go to take another ball and continue to dribble.
Progression: Player ask to touch the cone or jumping on the spot, before running to get the ball.

Time frame. 8 minutes

Emphasis

- Ball familiarity
- Fun
- Basic movements

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| <p>Psychological</p> <p>Confidence Feeling safe</p> | <p>Technical</p> <p>Running with the ball</p> |
| <p>Physical</p> <p>A,B,C's Change of Direction</p> | <p>Social</p> <p>Listening Peer interaction Fun with friends</p> |