



Active Start practice plan – Week 3
Station A
General movement - Find an empty cage



Time frame. 8 minutes

Emphasis:

Changing direction

Running

FUN!



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Organization: A 20 mx20 mfield. A few boxes of 1 mx1m within the field. 2 or 3 hunters (parents) .

Procedure: Players pretend to be different animal in the cage making different moves. (skipping, hopping) On coach's call, players must find an empty cage to move into. Only one animal in each cage.
 If a hunter tag a player , he/she become hunter.

Psychological	Technical
Confidence Success	N/A
Physical	Social
A,B,C's Change of Direction	Listening Communicating