



Active Start practice plan – Week 3

Station C
Soccer technique



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Organization: Set up a jungle of cones inside of a 15 mx15 m field.
 Mark out a 5 mx2 m about 2 m away from the field.
 The birds move through the trees.
 The hunter(parent) is in his/her tent (rectangle box) moving around getting ready for the hunt.
 As soon as hunter runs to jungle to hunt, birds can save themselves by flying on the trees(touching the cones), however, each tree can only hold on 2 birds.
 Hunter can tag any bird who can't find a tree. If any player is tagged,he/she becomes a hunter too.

Time frame. 8 minutes

Emphasis

Ball familiarity

Fun

Basic movements

<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</p>