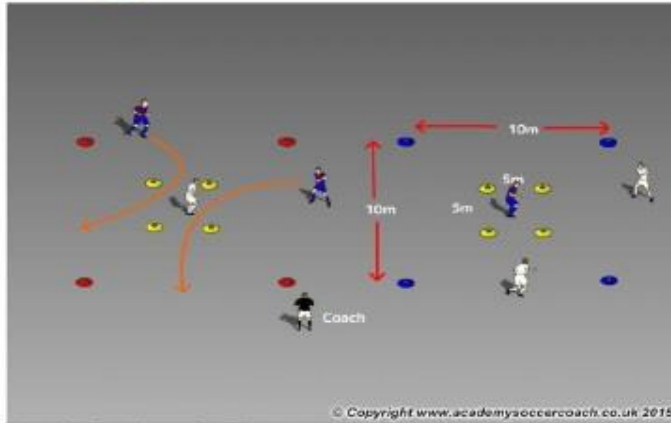




Active Start practice plan – Week 14
Station A
General movement – Can you catch me?



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Organization: Place players in to groups of 3. 1 player has the pinnie and becomes the catcher.
Procedure: The catcher must stay inside the centre 5m x 5m square and try to tag the soccer players as they run through the centre square. The outside players try to make it to a different side of the grid each time, but must travel through the centre grid to get to the other side. Each time a player makes it to a new side they score 1 point. If you get tagged you switch instantly. Instead of running try different movement's such as hoping on one leg, skipping, jumping etc.

Time Frame. 8 minutes

Emphasis:

- Listening
- Changing direction
- Agility, Balance, Coordination
- Competition
- FUN!**

Psychological Confidence Being safe FUN	Technical
Physical A,B,C's Change of Speed Change of Direction	Social Listening Communicating Celebrating