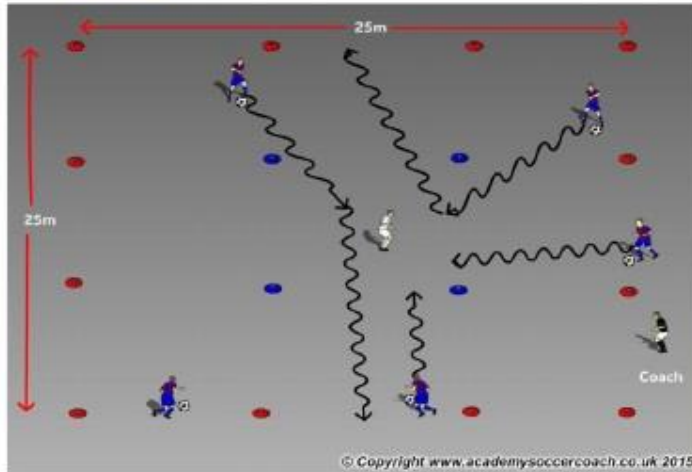




Active Start practice plan – Week 14

Station B

Soccer Technique – Can you catch me with a ball?



© Copyright www.academysoccercoach.co.uk 2015

Organization: The outside square is 25m x 25m with the inside square being approx. 8m x 8m. Start with 5 players on the outside and 1 player in the centre square. (You can increase to 2 if players are having success)
Procedure: Outside players attempt to dribble to a different side of the square to score a point, they must dribble through the centre square though and avoid being tagged. If Player is tagged they instantly become the catcher. Each time a player makes it to a new side they score 1 point.

Time Frame. 8 minutes

Emphasis:

Dribbling
 Different parts of the foot
 Changing direction
 Competition
 FUN!

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