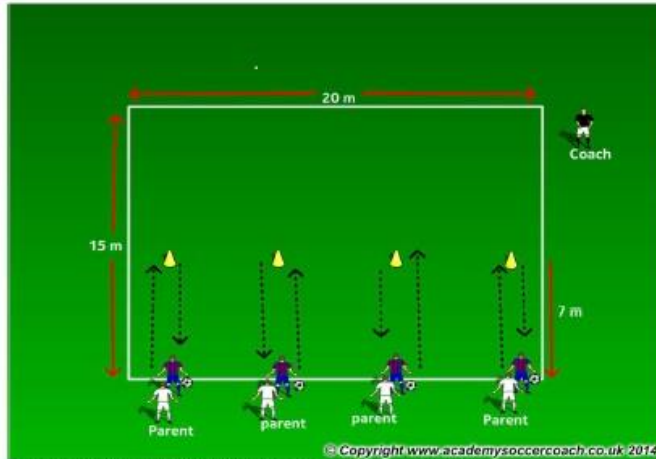




Active Start practice plan – Week 6

Station B

Soccer Technique - Catch me



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Organization: A 20 mx15 m field, cones 7 m from start line.

Procedure: Players each has a ball, and running with the ball (using right foot) around the cone. Parent try to catch them. When players reach the cone, they are safe. Procedure repeats on the way back to start line.

Progression: Players are encouraged to use opposite foot, and different part of foot.

Time Frame 6- 8 minutes

Emphasis:

Running with the ball

Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball

Physical

Using both feet
A,B,C's
Change of Direction

Social

Interaction with others
Communicating
Celebrating