



**Active Start practice plan – Week 8**  
**Station B**  
**Soccer Technique – Catch the Robber**



© Copyright www.academysoccercoach.co.uk 2014

**Organization:** Using cones, mark out a 30 mx20 m. field.  
 8-10 players, each has a ball.  
**Sequence:** Each player ( Officer ) move the ball around, and trying to arrest the Robber ( parent or coach) by shooting the ball at them.

**Time Frame. 8 minutes**

**Emphasis:**

Eye – foot coordination  
 Lots of touches on the ball  
 Different parts of the foot  
 FUN!

<b>Psychological</b>  Confidence Being safe	<b>Technical</b>  Dribbling Running with the ball
<b>Physical</b>  A,B,C's Change of Direction	<b>Social</b>  Listening Communicating Celebrating