



Active Start practice plan – Week 6

Station C
Coordination



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Organization: A 30 mx 25 m field. Cones, Poles, as shown in diagram. Up to 12 players.

Procedure: Players go around each station, and perform different moves.

Station A: Players dribble through the cones.

Station B: Players run forward and backward.

Station C: Players shuffle from one pole to another.

Time Frame 6-8 minutes

Emphasis:

Listening

Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!

<p>Psychological Learning new skill Confidence Being safe</p>	<p>Technical Dribbling Running with the ball</p>
<p>Physical A,B,C's Change of Direction</p>	<p>Social Listening Interaction with others Celebrating</p>