



**Active Start practice plan**  
**Station C**  
**Coordination- Countries**



**Organization:** A field of 25m x 30m. Soccer balls. 3 grids of 3mx3m  
**Procedure:** Everyone starts without the ball, the coach calls a country (box), and everyone has to get there as fast as they can.  
**Progression:** Players do the same thing but with the ball.

**Time Frame 6-8 minutes**

**Emphasis:**

- Listening
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

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