



**Active Start practice plan – Week 12**  
**Station A**  
**General Movement - Elves and Wizard**



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**Set up:** Mark out a " cone forest" inside a 15mx15m . field.  
8-10 players.  
**Sequence:** Elves ( players) moving around the forest. Whenever two elves meet in the forest, they jump over the cone ( take turn). Can elves jump over the cones before the wizard ( parent or coach) catch them!  
This activity could be done with the ball .

**Time frame.6- 8 minutes**

**Emphasis**

- Running with/without the ball
- Changing direction
- Jumping
- Awareness
- Slowing down, speeding up
- Fun

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