



**Active Start practice plan – Week 6**  
**Station A**  
**General movement -Follow the leaders**



© Copyright www.acadmysoccercoach.co.uk 2014

**Organization:** A 25 mx 15 m field. Up to 10 players each with a ball .  
**Procedure:** Players moving with their ball inside the field. Parents following them around and do what the players ( leaders) do . Players need to look around not to hit other players.

**Time Frame 6-8 minutes**

**Emphasis:**

- Listening
- Different types of running
- Changing direction
- Agility, Balance, Coordination
- FUN!**

<p><b>Psychological</b>          Confidence          Being safe          Decision Making</p>	<p><b>Technical</b>          N/A</p>
<p><b>Physical</b>          A,B,C's          Change of Direction</p>	<p><b>Social</b>          Listening          Communicating          Interaction with Friends</p>