



Active Start practice plan – Week 12
Station C
Soccer technique - Passing



Organization: Using cones, mark out a 15 mx15 m field with a 5 m wide " river" down the middle. Mark out a 2 mx2 m " ball castle" on each side of the field. Have equal balls in each castle.

Procedure: Each team stands in its own half, with children evenly divided on both side of the river. Players on the same side as their ball castle get balls from there and running with the ball close to the river, and thn pass the ball across the river to their teammates, who quickly running with the ball to put them in the opposite castle.

Team with fewer balls in their castle wins. (duration 1 minute)

Time frame.6- 8 minutes

Emphasis:

Lots of touches on the ball
Using different technique
Positive feedback
FUN!

Psychological Positive reinforcement Confidence Being safe	Technical Passing Running with the ball
Physical Speed A,B,C's Change of Direction	Social Communicating Celebrating Fun