



**Active Start practice plan – Week 9**  
**Station C**  
**Soccer Technique - Pirates**



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**Organisation.** All players dribble around on the beach.  
**Procedure.** 1 player at a time is selected to become the "Pirate". When the coach says go the Pirate comes on to the beach and attempts to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball and their head shouting, "Help help the Pirate got me!" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the Pirate for 1 minute.

**Time Frame. 8 minutes**

**Emphasis:**

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

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