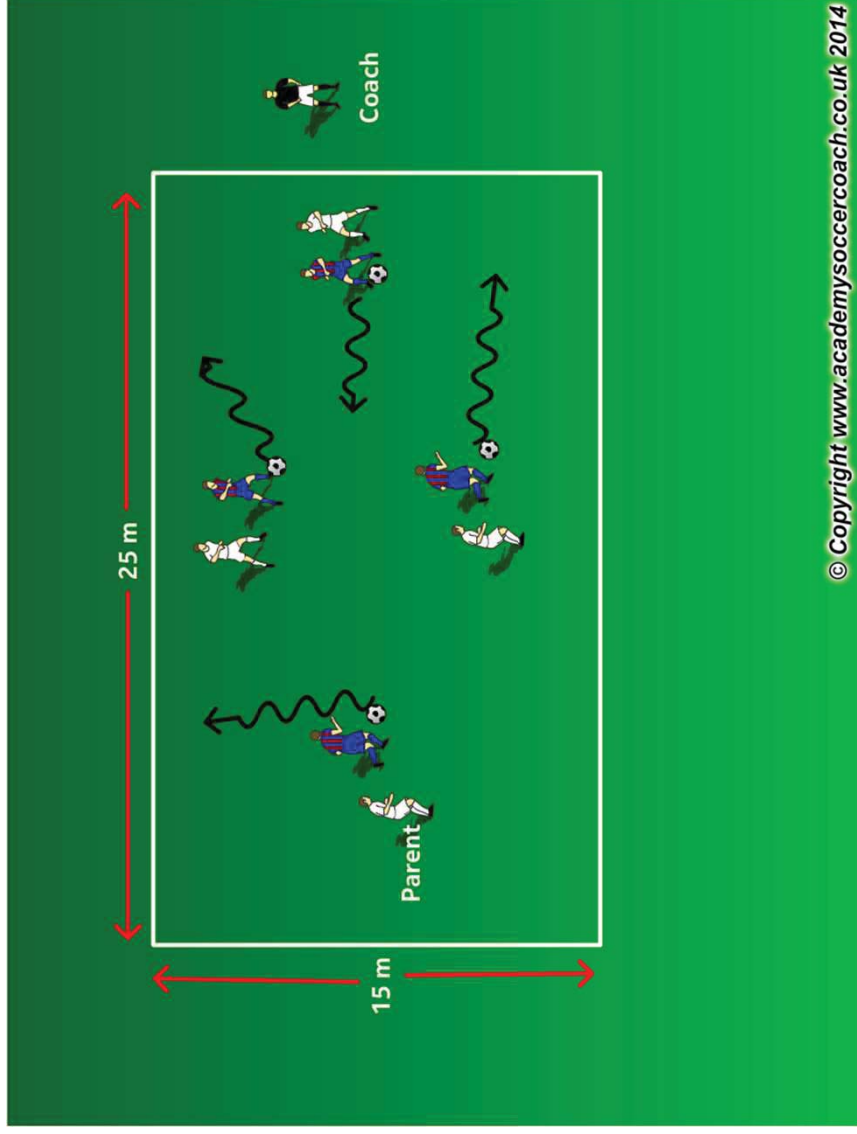




## Active Start practice plan – Week 6

### Station A

### General movement -Follow the leaders



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



## Active Start practice plan – Week 6

### Station B

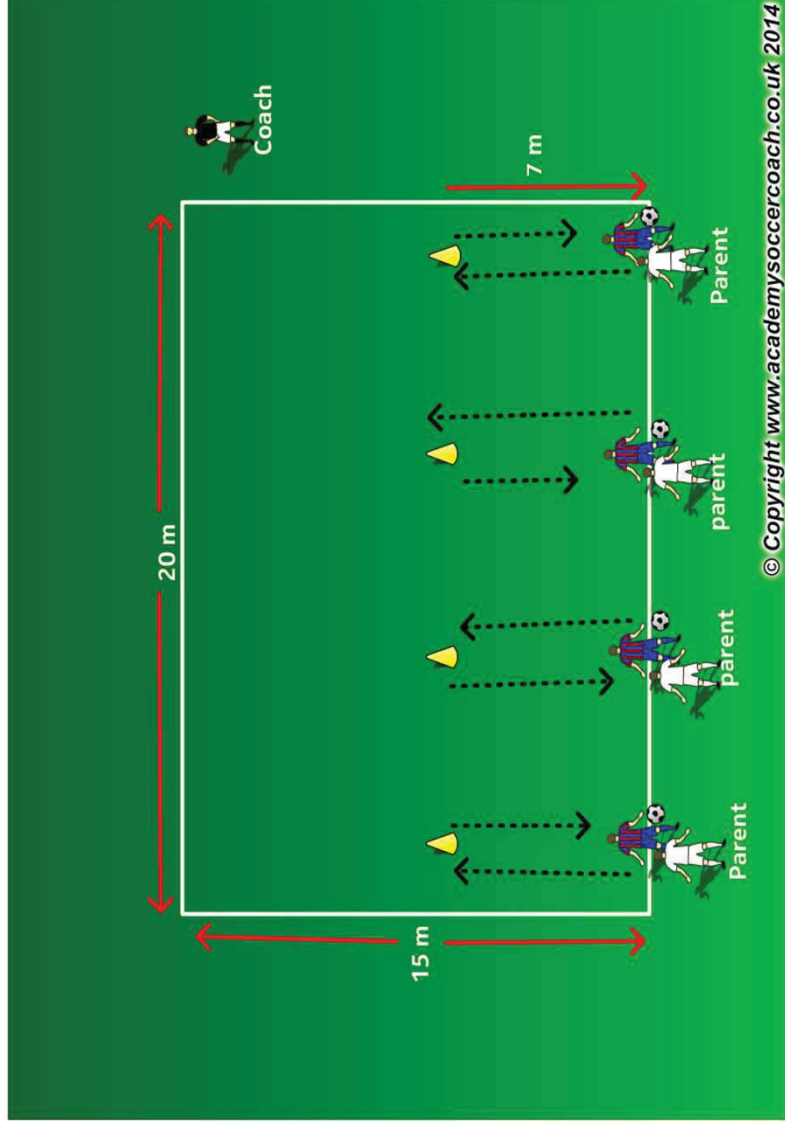
### Soccer Technique - Catch me



### Time Frame 6- 8 minutes

#### Emphasis:

Running with the ball  
 Dribbling  
 Changing direction  
 Agility, Balance, Coordination  
 Imagination  
**FUN!**



**Organization:** A 20 mx15 m field, cones 7 m from start line.

**Procedure:** Players each has a ball, and running with the ball (using right foot) around the cone. Parent try to catch them. When players reach the cone, they are safe. Procedure repeats on the way back to start line.

**Progression:** Players are encouraged to use opposite foot, and different part of foot.

<b><u>Psychological</u></b> Confidence Being safe	<b><u>Technical</u></b> Dribbling Running with the ball
<b><u>Physical</u></b> Using both feet A,B,C's Change of Direction	<b><u>Social</u></b> Interaction with others Communicating Celebrating



## Active Start practice plan – Week 6

### Station C

### Coordination



### Time Frame 6-8 minutes

#### Emphasis:

Listening

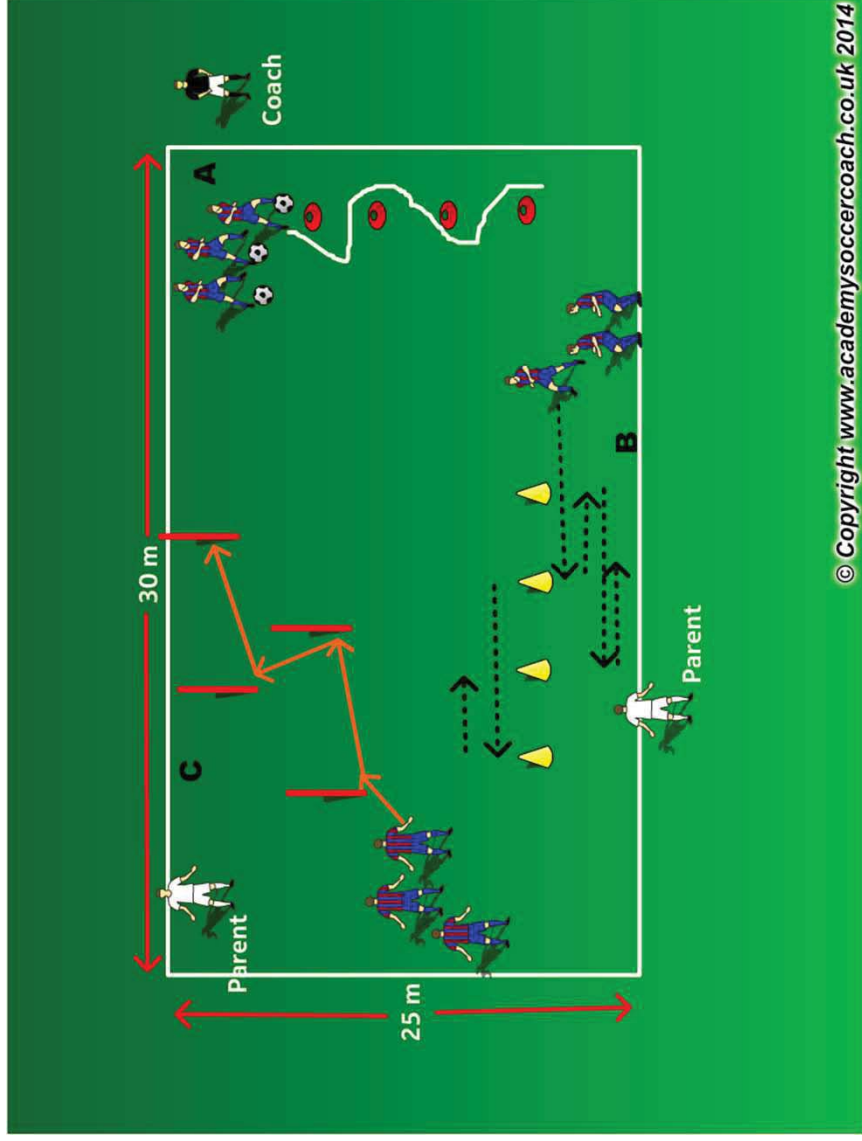
Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!



**Organization:** A 30 mx 25 m field. Cones, Poles, as shown in diagram. Up to 12 players.

**Procedure:** Players go around each station, and perform different moves.

**Station A:** Players dribble through the cones.

**Station B:** Players run forward and backward.

**Station C:** Players shuffle from one pole to another.

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



## Active Start practice plan – Week 6

### Station D

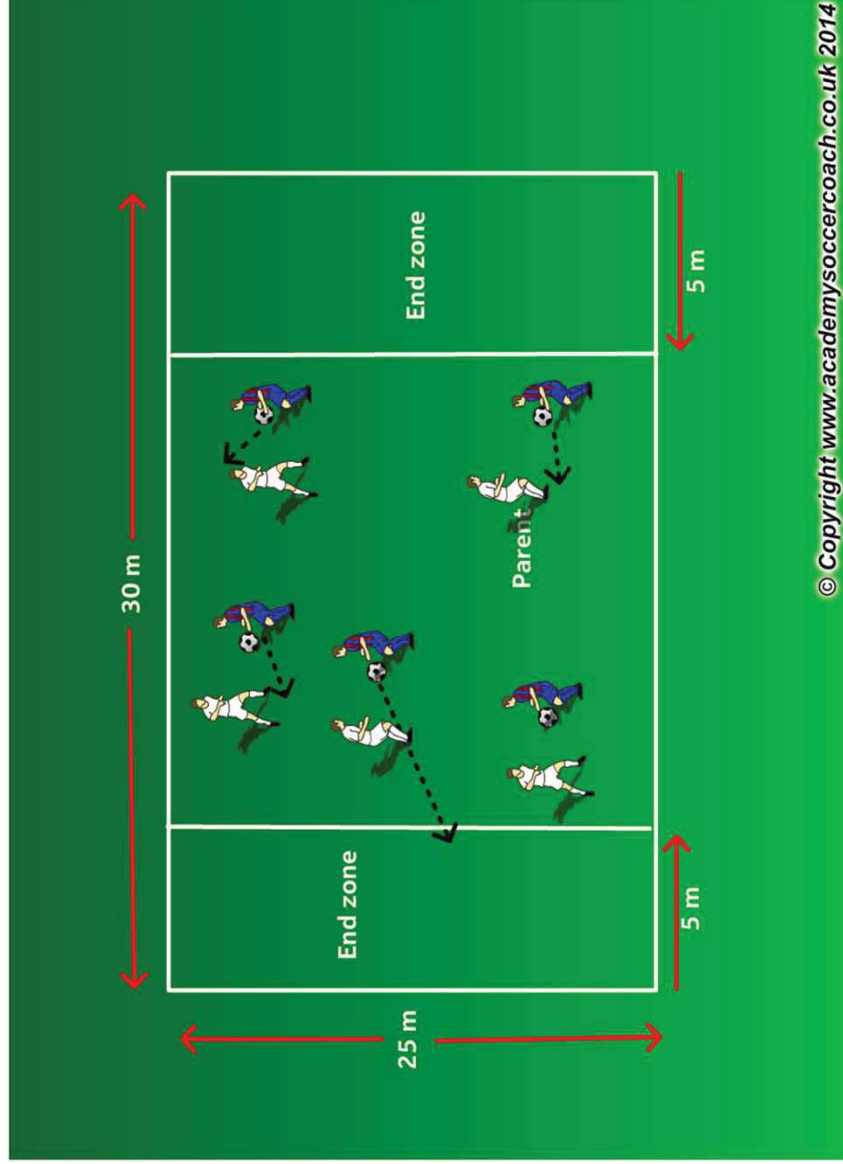
### Small sided game – 1v1 (Player vs Parent)



### Time Frame 6-8 minutes

#### Emphasis:

Running with the ball  
 Passing  
 Dribbling  
 Changing direction  
 Agility, Balance, Coordination  
 Imagination  
 FUN!



**Organization:** A 30 m x 25 m field. A two 5 m end zone at each side of the field. Players each has a ball.

**Procedure:** Players has the ball in their hand and try to pass by the opponent and go to the end zone to score. If the opponent touch the player, they receive the ball and try to do the same thing.

**Progression:** Players can use the feet.  
 Team with more points wins.

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



**Active Start practice plan**  
**Station A**  
**General movement –Simon Says**



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**Organization:** A field of 25m x 30m. Soccer balls.  
**Procedure:** Everyone has a ball, coach is the “Simon”. Coach says “Simon says the following”  
**Without the ball:** Jumping jacks , stand on one foot, etc.  
**With the ball:** Kick with the right foot, kick with the left foot, dribble with right foot, run with the ball with the left foot, etc.

**Time Frame 6-8 minutes**

**Emphasis:**

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

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



**Active Start practice plan**  
**Station B**  
**Soccer Technique - Animals**



**Time Frame 6- 8 minutes**

**Emphasis:**

Running with the ball  
Dribbling  
Changing direction  
Agility, Balance, Coordination  
Imagination  
FUN!



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**Organization:** A field of 25m x 30m. Soccer balls.

**Procedure:** Everyone has a ball. Players and parents dribble ball with their feet, the coach calls an animal's name, and everyone dribble like that animal. (dog on four legs and etc.).

**Progression:** Ask player to choose an animal, and show how that animal dribble.

**Psychological**

Confidence  
Being safe

**Technical**

Dribbling  
Running with the ball

**Physical**

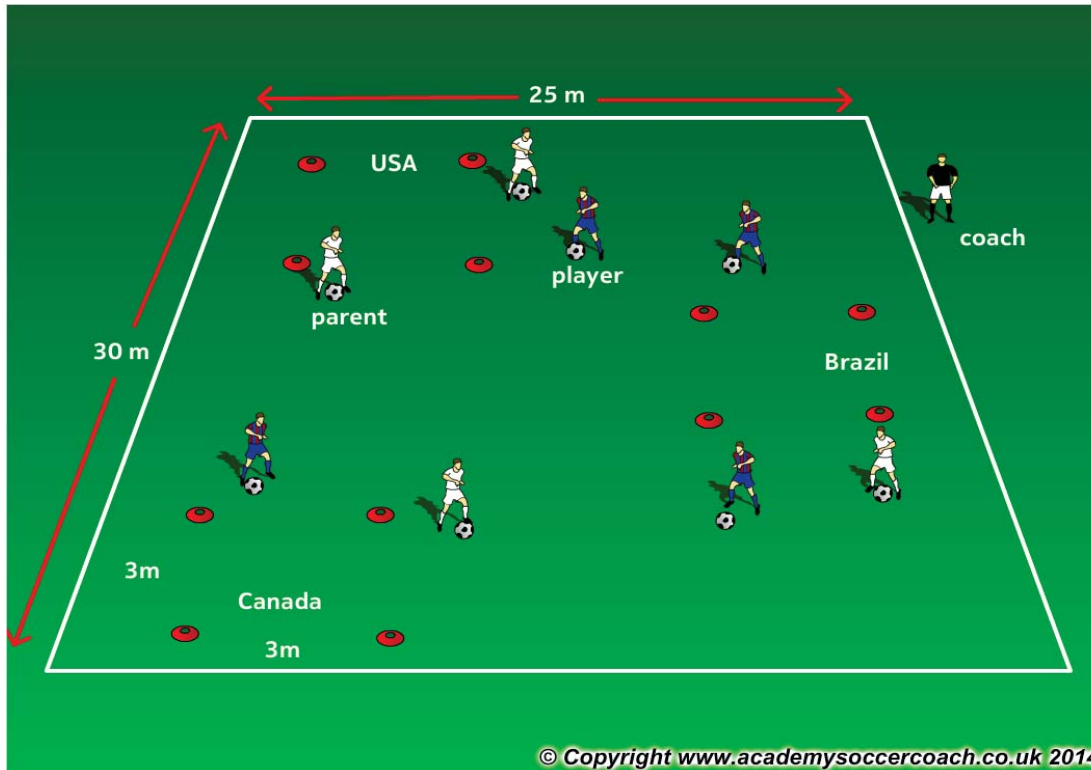
Using both feet  
A,B,C's  
Change of Direction

**Social**

Interaction with others  
Communicating  
Celebrating



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



**Time Frame 6-8 minutes**

**Emphasis:**

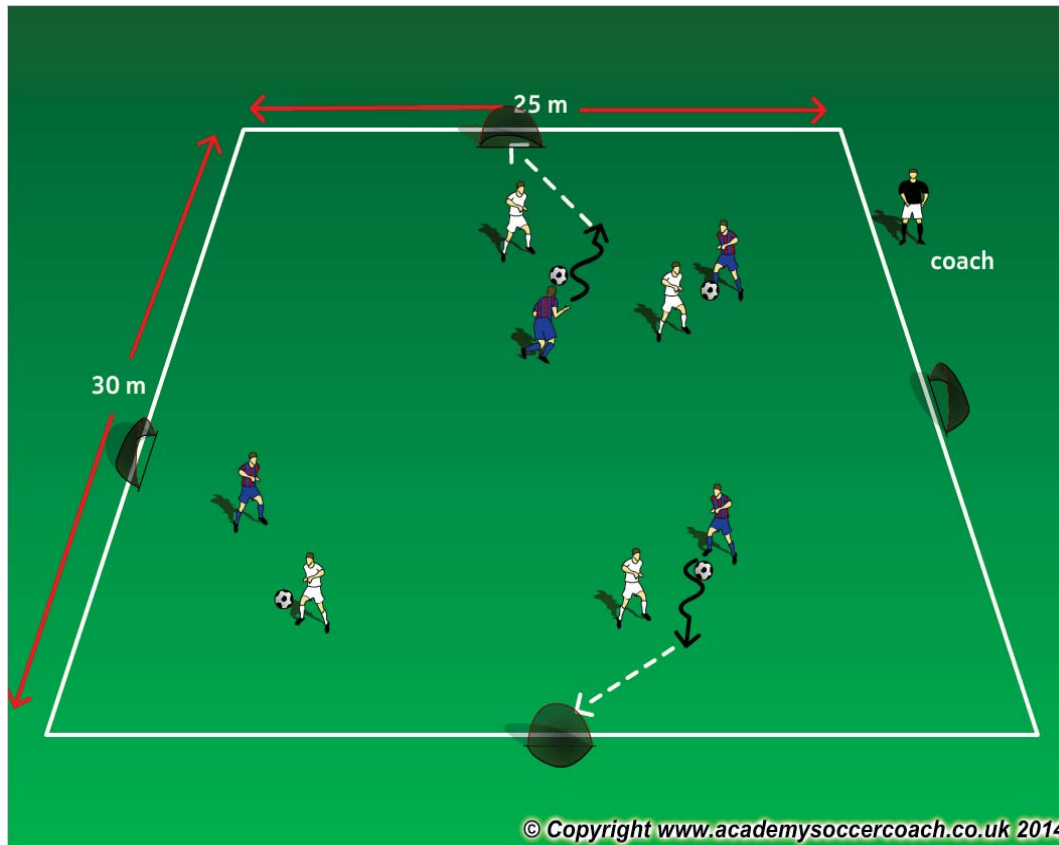
- Listening
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

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

**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.



**Active Start practice plan – Week 6**  
**Station D**  
**Small sided game – 1v1 (Player vs Parent)**



**Organization:** A field of 25m x 30m. Soccer balls.  
**Procedure:** Players play 1v1 vs their parents, and try to score.

**Time Frame 6-8 minutes**

**Emphasis:**

Running with the ball  
Passing  
Dribbling  
Changing direction  
Agility, Balance, Coordination  
Imagination  
FUN!

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



## Active Start practice plan – Week 8

### Station A

#### General movement



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**Organisation.** Players are placed into 2 or 3s.  
**Procedure.** The 1st player runs in and out of the yellow cones and then sprints to the blue gate. The player performs 3 jumping jacks and then runs backwards to the orange cones where they perform a summer sault. They then run around the end yellow cone and sprint straight back to the start, give their partner a high 5 and then the next player goes. Players waiting perform jumping jacks

### Time Frame. 8 minutes

#### Emphasis:

Listening

Different types of running

Changing direction

Agility, Balance, Coordination

FUN!

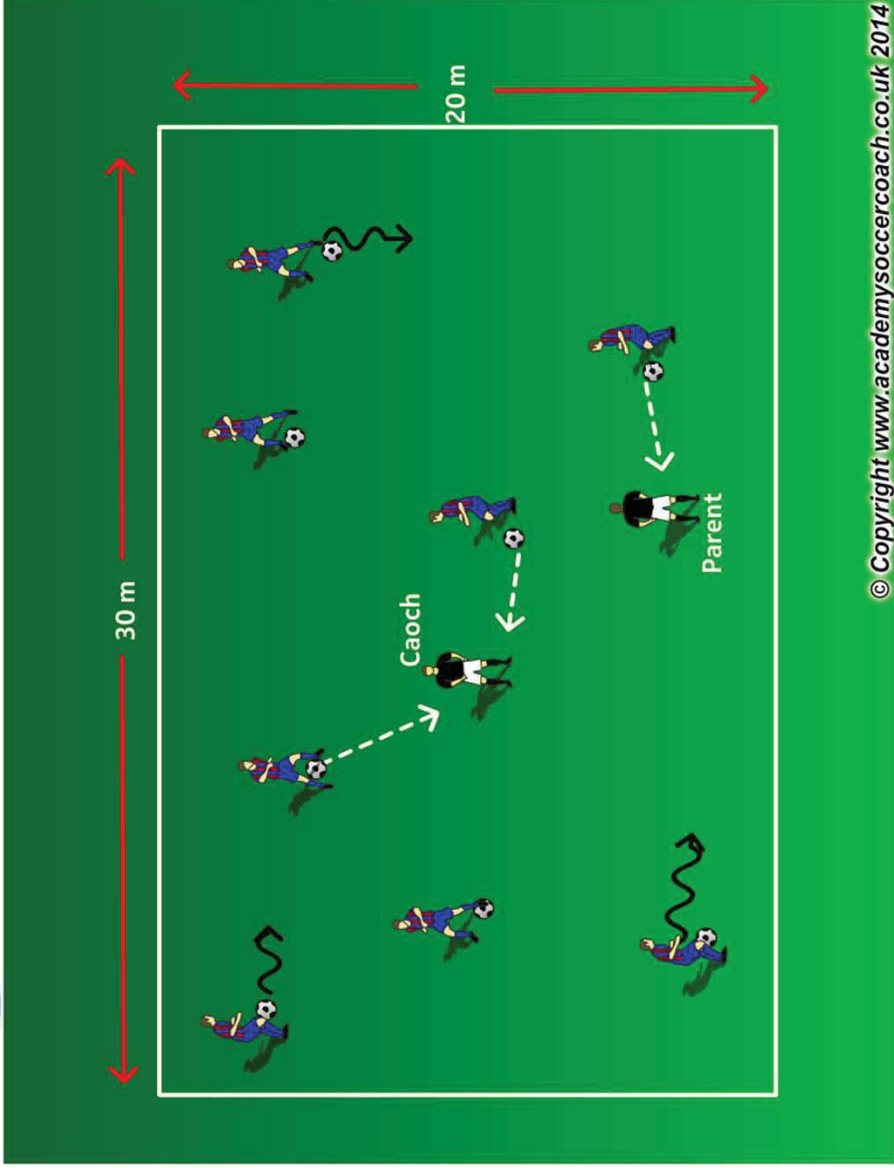
<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>N/A</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>



## Active Start practice plan – Week 8

### Station B

### Soccer Technique – Catch the Robber



**Organization:** Using cones, mark out a 30 mx20 m. field.

8-10 players, each has a ball.

**Sequence:** Each player ( Officer ) move the ball around, and trying to arrest the Robber ( parent or coach) by shooting the ball at them.

Time Frame. 8 minutes

### Emphasis:

Eye – foot coordination

Lots of touches on the ball

Different parts of the foot

FUN!

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



## Active Start practice plan – Week 8

### Station C

### Soccer Technique



### Time Frame. 8 minutes

#### Emphasis:

Listening

Running with the ball

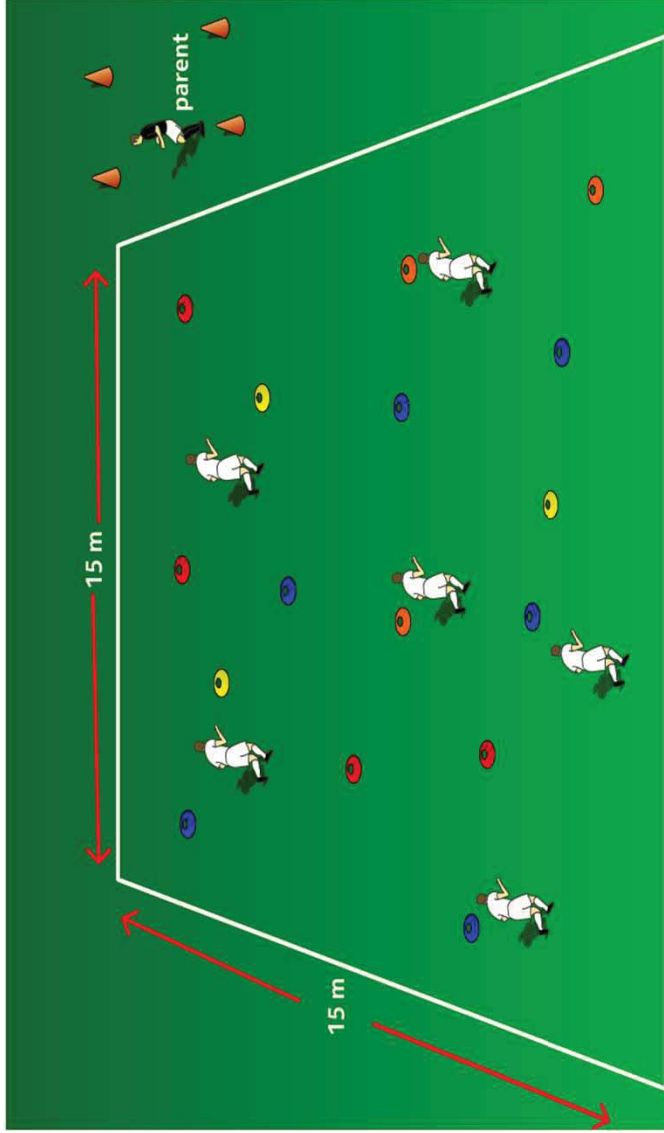
Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!



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**Organization:** Set up a jungle of cones inside of a 15 mx15 m field.

Mark out a 5 mx2 m about 2 m away from the field.

The birds move through the trees.

The hunter( parent) is in his/her tent ( rectangle box) moving around getting ready for the hunt.

As soon as hunter runs to jungle to hunt, birds can save themselves by flying on the trees( touching the cones), however, each tree can only hold on 2 birds.

Hunter can tag any bird who can't find a tree. If any player is tagged,he/she becomes a hunter too.

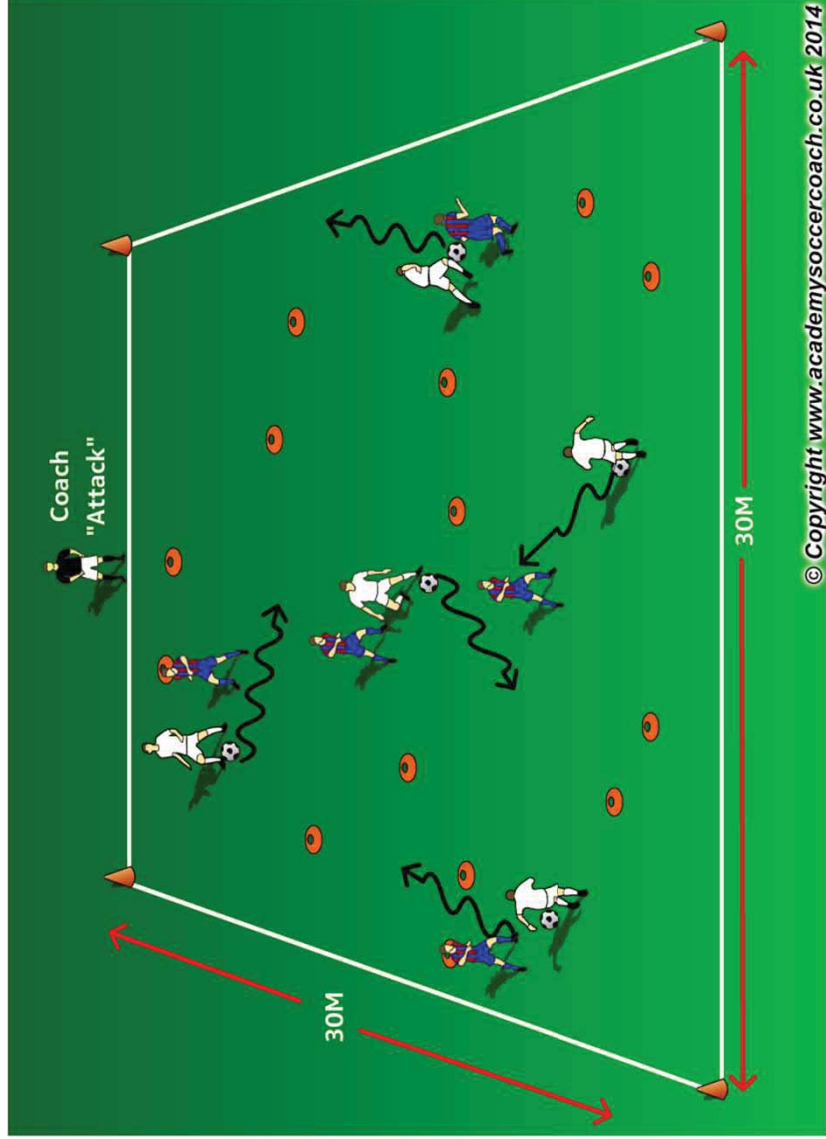
<b><u>Psychological</u></b>	<b><u>Technical</u></b>
Confidence Being safe	Dribbling Running with the ball
<b><u>Physical</u></b>	<b><u>Social</u></b>
A,B,C's Change of Direction	Listening Communicating Celebrating



## Active Start practice plan - Week 8

### Station D

#### Small sided game – 1v1



**Organisation.** Players are paired inside a 30mx30m area.  
**Procedure.** When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players change partners.

## Time Frame. 8 minutes

### Emphasis:

- Listening
- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!

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

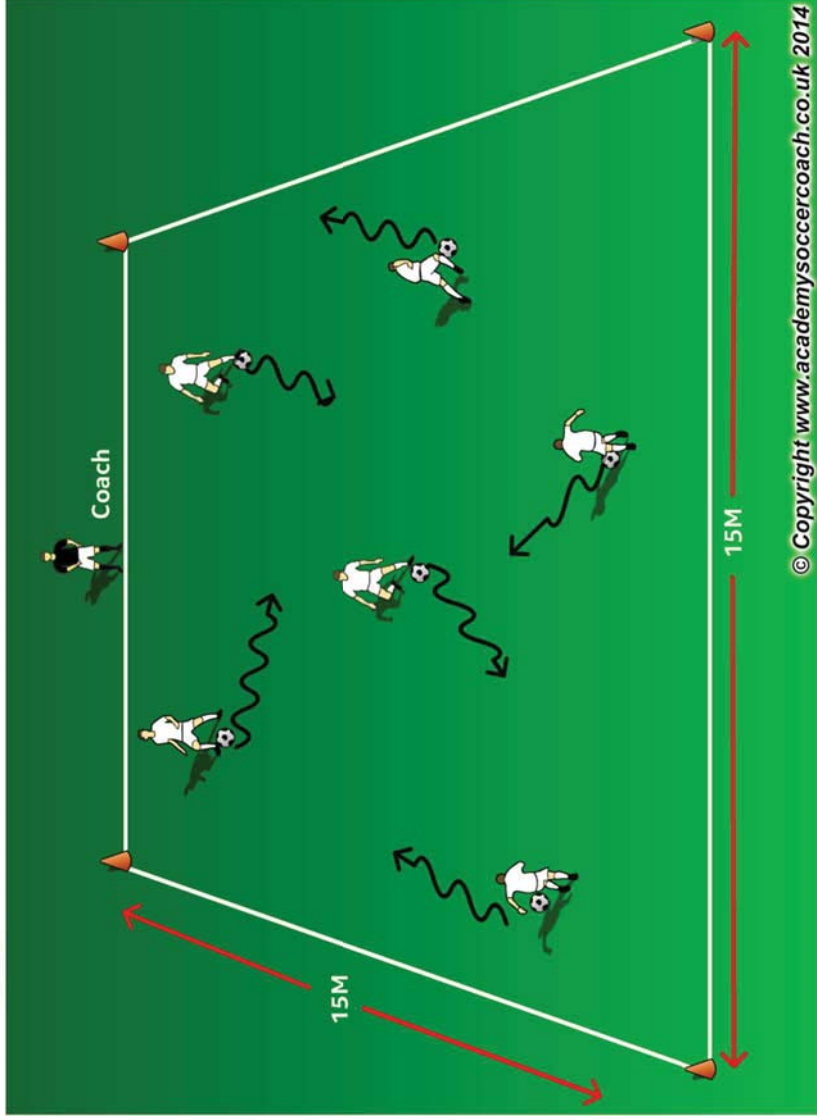




## Active Start practice plan – Week 9

### Station A

#### General movement – Think fast



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**Organisation.** 15mx15m area. Each player has a soccer ball.  
**Procedure.** Players dribble inside the beach. Players must react as fast as they can. If the coach calls out "stop", the players use the sole of their foot to stop the ball and freeze as a statue. If the coach calls out "turn" players react by changing direction. Players aim to avoid bumping in to one another.

## Time Frame. 8 minutes

### Emphasis:

- Listening
- Dribbling

Changing direction

Agility, Balance, Coordination

FUN!

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

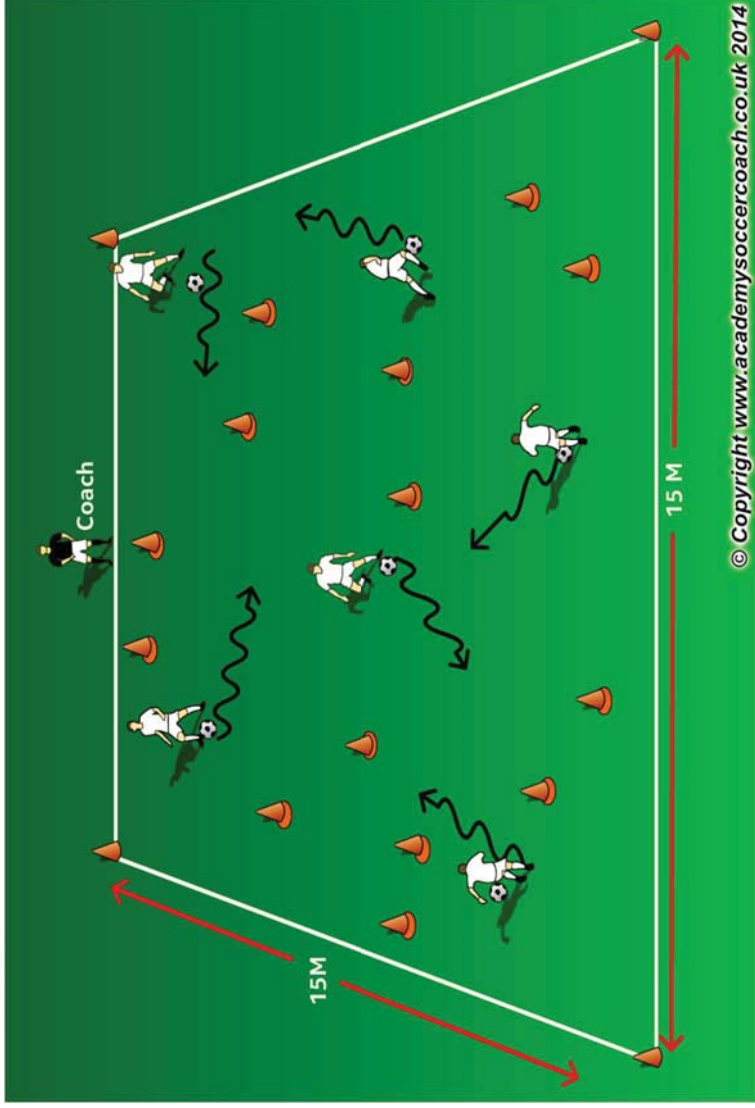




## Active Start practice plan – Week 9

### Station B

### Soccer Technique – Beach soccer



**Organization.** Each player has a ball in the 15m x15m area  
**Procedure.** Players dribble inside the beach. (outs side the beach is water, players are asked to use their imagination) Players must react as fast as they can. If the coach calls out "stop", the players use the sole of their foot to stop the ball and freeze as a statue. When the coach calls "palm trees" the players have to pass their ball against the cones "palm trees" and knock them over. Every time they knock a palm tree over they score 1 point.  
 If the coach calls out "dive" the players pick up their ball and dive into the water to go swimming.

Time Frame. 8 minutes

### Emphasis:

Lots of touches on the ball

Different parts of the foot

Imagination

FUN!

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



## Active Start practice plan – Week 9

### Station C

### Soccer Technique - Pirates



**Time Frame. 8 minutes**

**Emphasis:**

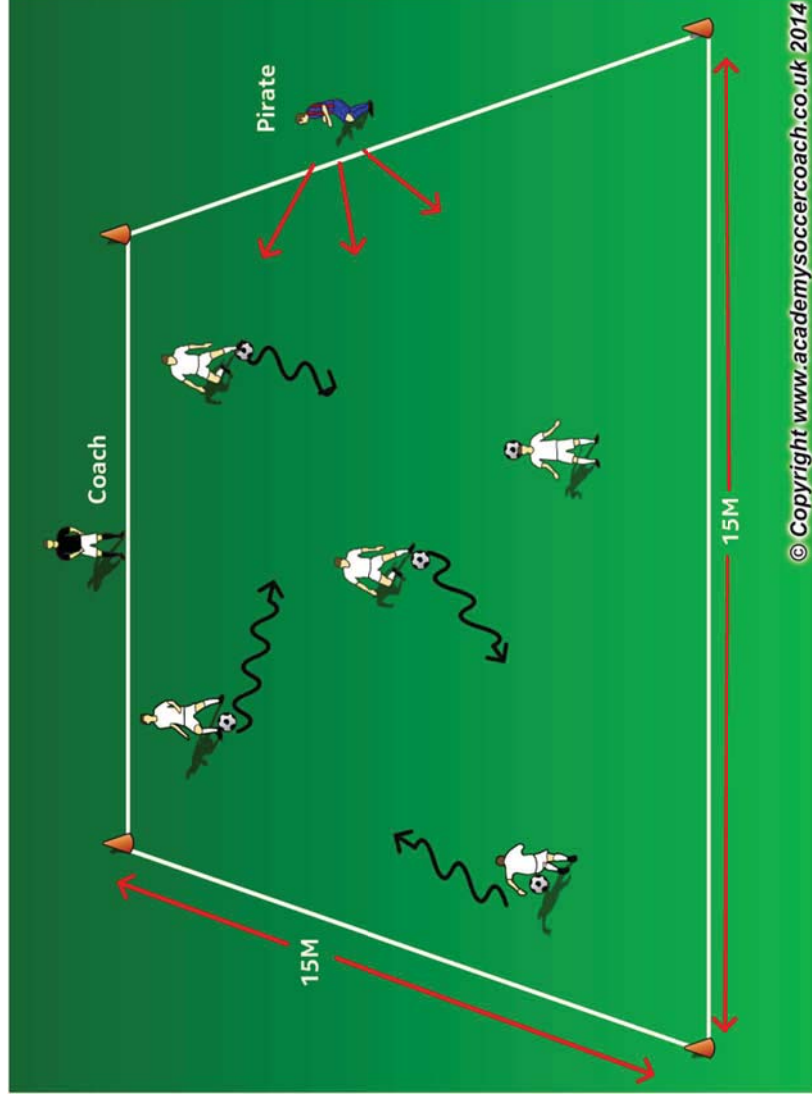
Listening  
Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!



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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.

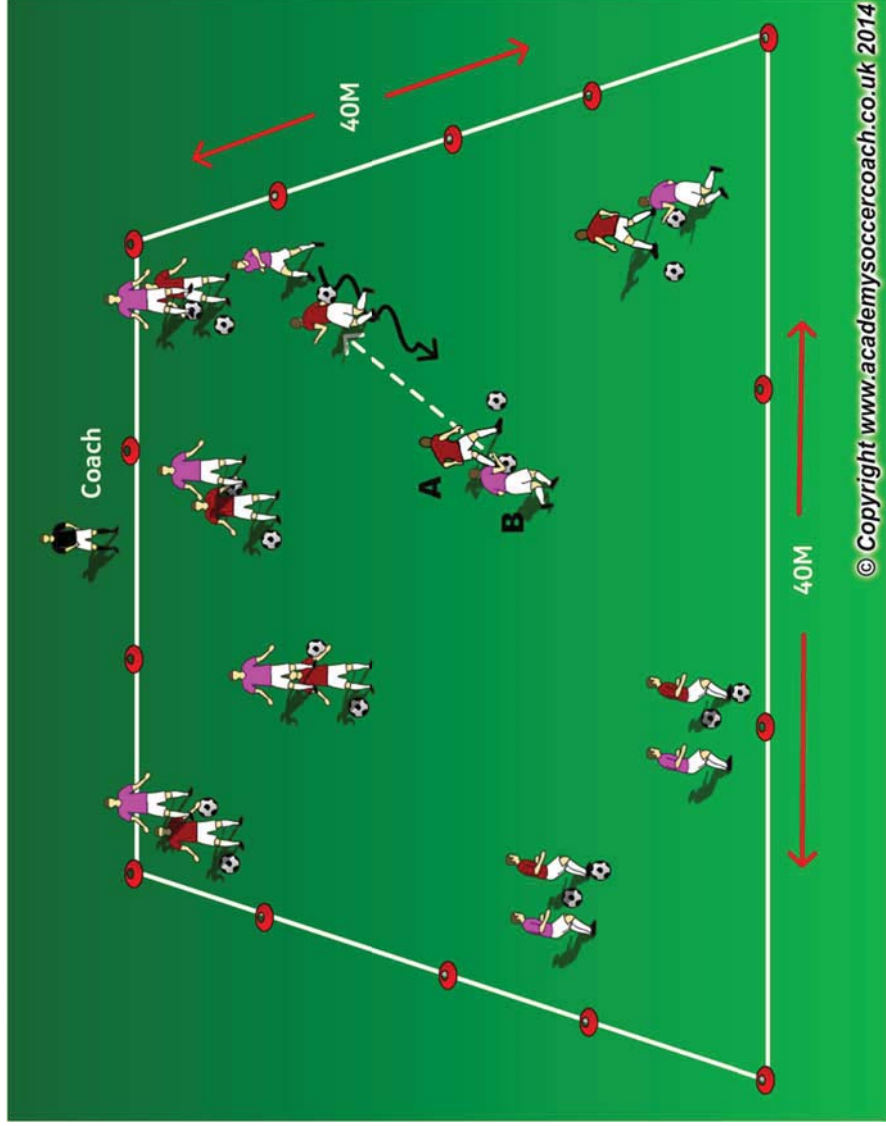
<b><u>Psychological</u></b> Confidence Being safe	<b><u>Technical</u></b> Dribbling Running with the ball
<b><u>Physical</u></b> A,B,C's Change of Direction	<b><u>Social</u></b> Listening Communicating Celebrating



## Active Start practice plan - Week 9

### Station D

### Small sided game – 1v1 beach ball!



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#### **1v1 to a ball:**

Players play 1v1 to a ball. Player B plays a pass through player A's legs. Once the ball is played the game is live and players compete to hit the target ball with the game ball. Players compete for 2 minutes. Once a goal is scored, players switch and restart the game.

### Time Frame. 8 minutes

#### Emphasis:

- Listening
- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!

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





**Active Start practice plan**  
**Station A**  
**General movement –Simon Says**



**Organization:** A field of 25m x 30m. Soccer balls.  
**Procedure:** Everyone has a ball, coach is the “Simon”. Coach says “Simon says the following”  
**Without the ball:** Jumping jacks , stand on one foot, etc.  
**With the ball:** Kick with the right foot, kick with the left foot, dribble with right foot, run with the ball with the left foot, etc.

**Time Frame 6-8 minutes**

**Emphasis:**

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

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



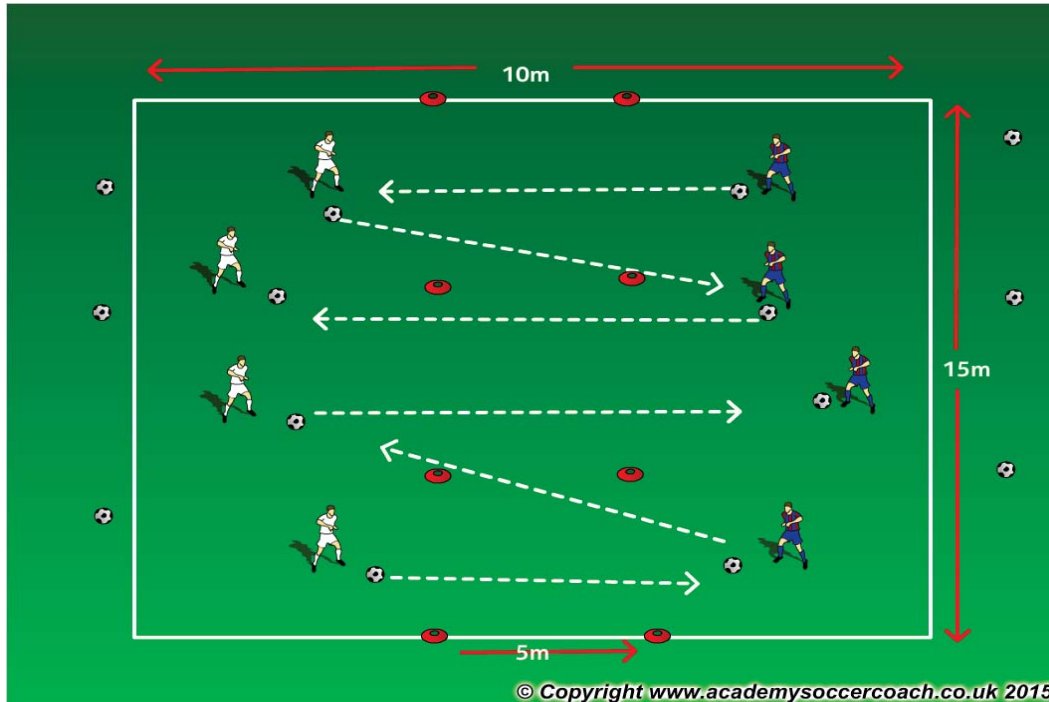
**Active Start practice plan**  
**Station B**  
**Soccer Technique – Clean your room**



**Time Frame 6- 8 minutes**

**Emphasis:**

Agility, Balance, Coordination  
 Passing with both feet  
 Shooting  
 Heads up  
 Ball touches  
 FUN!



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**Organization:** 2 grids of 10mx15m with 5m natural zone in the middle, soccer balls and 8 players.  
**Procedure:** Divide players to two groups of 4 in each grid with ball at their feet. Players kick the ball out of their area (their room) into friend's room. On coach's call when the game stops, team with more balls in their room have to pull funny faces.

<p><b><u>Psychological</u></b>          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Passing          Shooting          Both feet</p>
<p><b><u>Physical</u></b>          Using both feet          A,B,C's</p>	<p><b><u>Social</u></b>          Interaction with others          Communicating          Celebrating</p>



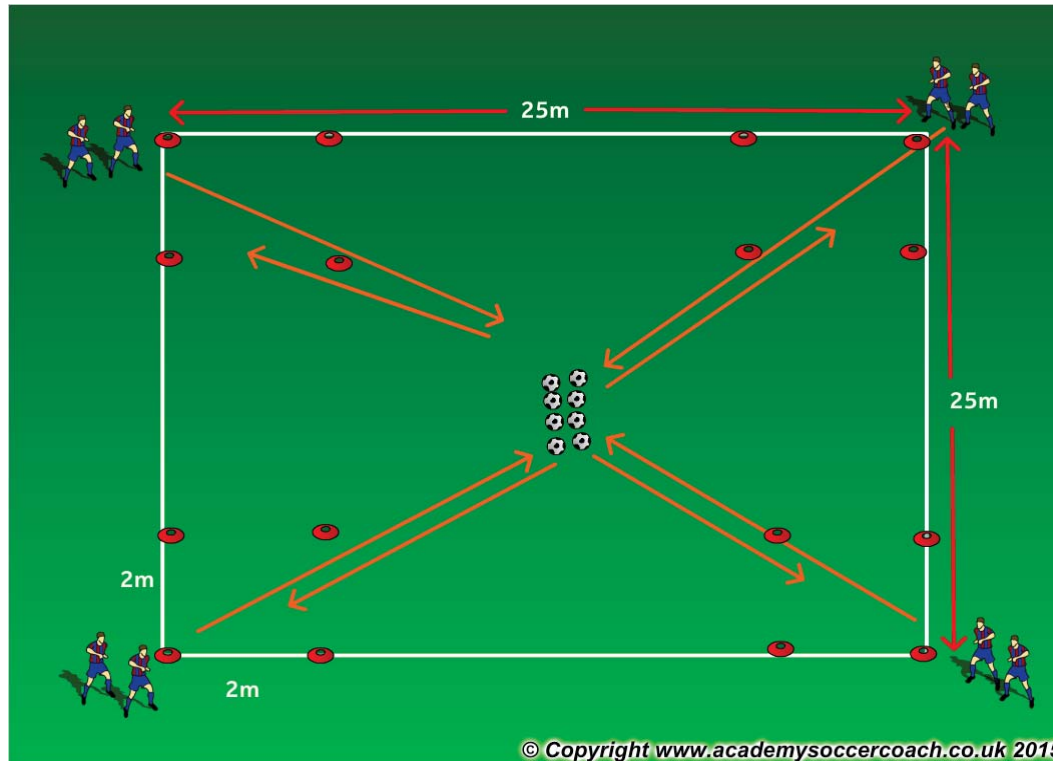
## Active Start practice plan Station C Coordination- Castle



Time Frame 6-8 minutes

Emphasis:

Dribbling  
Changing direction  
Agility, Balance, Coordination  
FUN!



**Organization:** A grid of 25mx25m, 8 soccer balls, and 8 players.  
**Procedure:** place 4 boxes of 2mx2m in each corner. Divide players to 4 groups of 2 at each corner.  
On coach's call, first player from each group runs to get one ball and take it back to their castle. This continues until all the balls are gone.  
Team with more balls in their castle win.

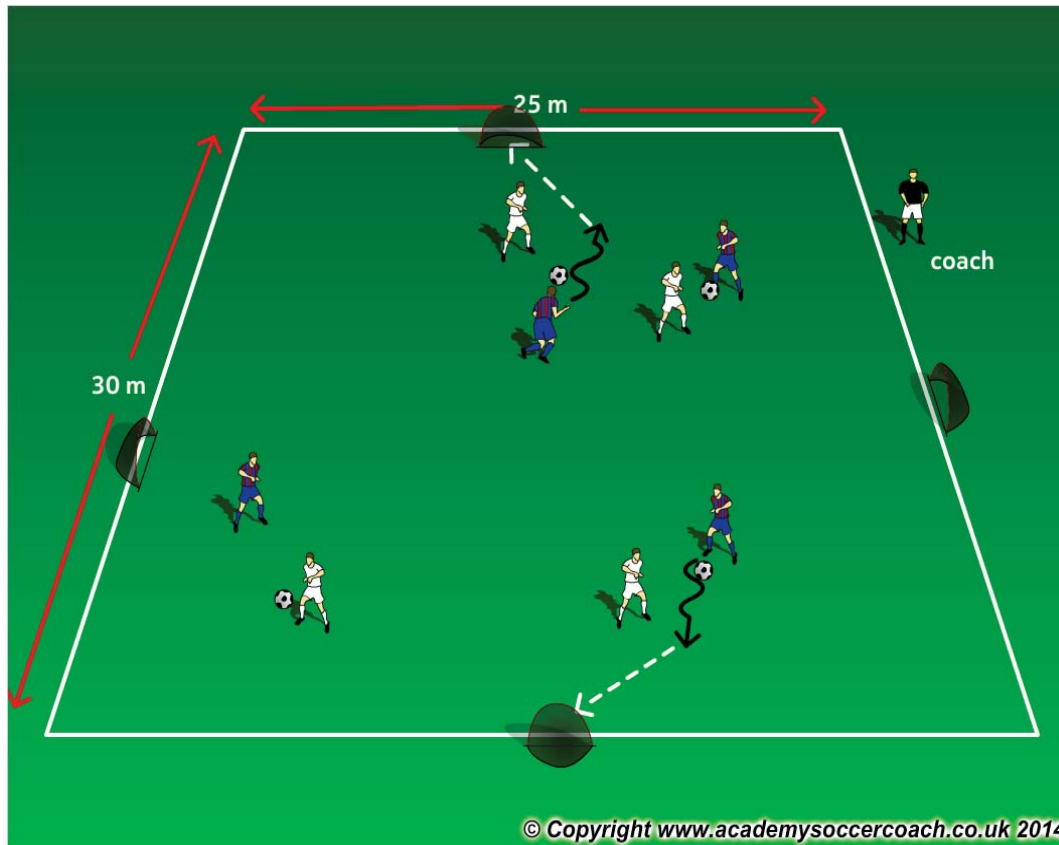
<b><u>Psychological</u></b> Learning new skill Confidence Positive encouragement	<b><u>Technical</u></b> Dribbling Running with the ball
<b><u>Physical</u></b> A,B,C's Change of Direction Eye-foot coordination	<b><u>Social</u></b> Listening Interaction with others Celebrating



## Active Start practice plan – Week 6

### Station D

#### Small sided game – 1v1 (Player vs Parent)



**Organization:** A field of 25m x 30m. Soccer balls.  
**Procedure:** Players play 1v1 vs their parents, and try to score.

#### Time Frame 6-8 minutes

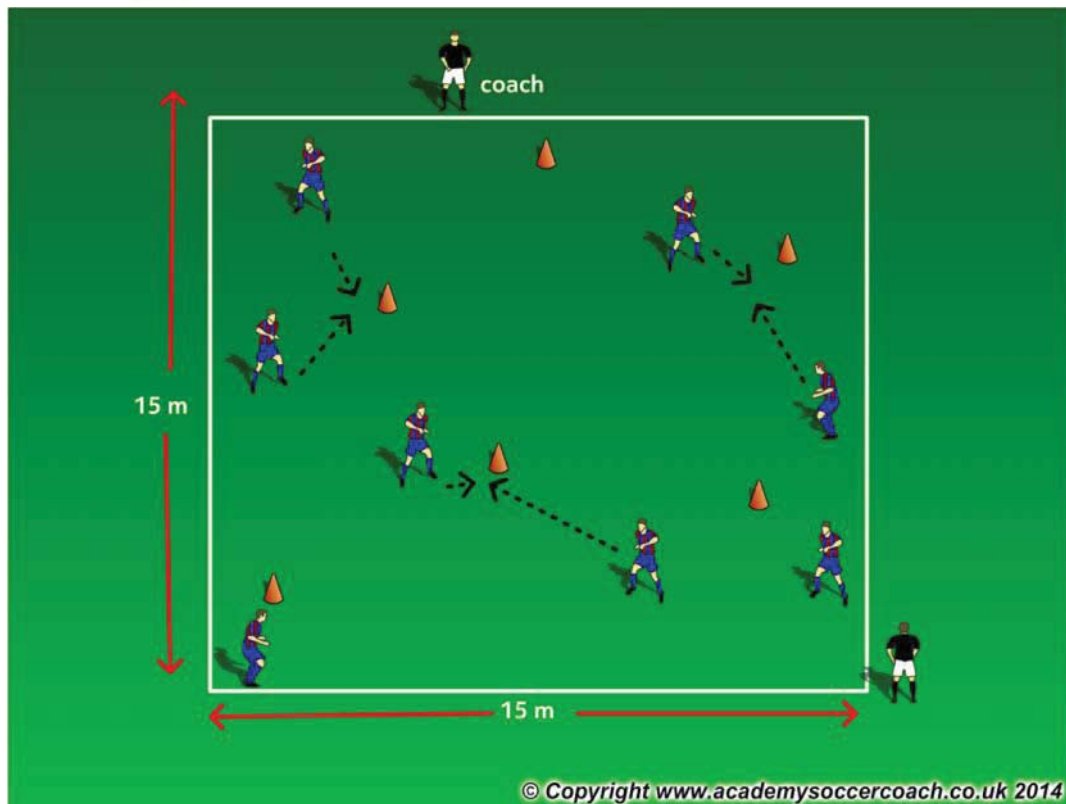
##### Emphasis:

Running with the ball  
Passing  
Dribbling  
Changing direction  
Agility, Balance, Coordination  
Imagination  
FUN!

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



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



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

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



**Active Start practice plan – Week 12**  
**Station B**  
**Coordination - Catch the robber!**



**Organization:** Using cones, mark out a 30 mx20 m. field.  
**8-10 players, each has a ball.**  
**Sequence:** Each player ( Officer ) move the ball around, and trying to arrest the Robber ( parent or coach) by shooting the ball at them.

**Time frame. 6-8 minutes**

**Emphasis:**

Eye – foot coordination  
 Lots of touches on the ball  
 Different parts of the foot  
**FUN!**

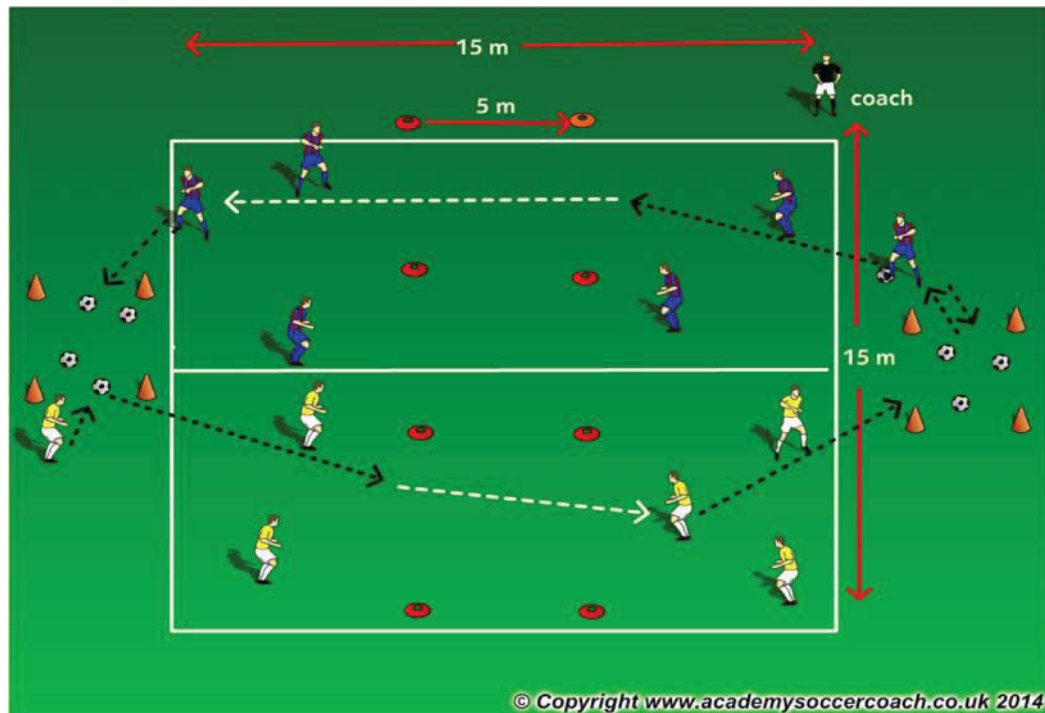
<p><b><u>Psychological</u></b>          Positive reinforcement          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Running with the ball          Part of the ball,          Part of the foot</p>
<p><b><u>Physical</u></b>          Eye-hand coordination          Agility, Balance          Change of Direction</p>	<p><b><u>Social</u></b>          Listening          Communicating          Celebrating</p>



## Active Start practice plan – Week 12

### Station C

### Soccer technique - Passing



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**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!

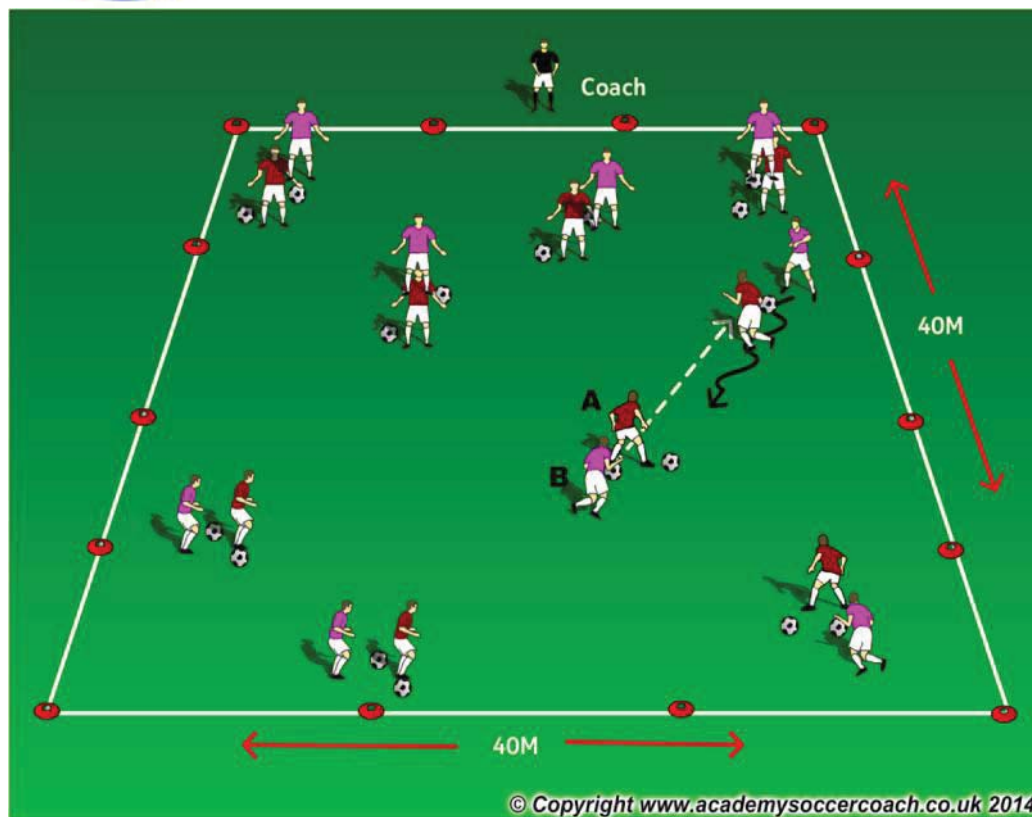
<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Passing Running with the ball</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Celebrating Fun</p>



## Active Start practice plan – Week 12

### Station D

### Small sided game – 1v1 to a ball



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#### **1v1 to a ball:**

Players play 1v1 to a ball. Player B plays a pass through player A's legs. Once the ball is played the game is live and players compete to hit the target ball with the game ball. Players compete for 2 minutes. Once a goal is scored players switch and restart the game.

### Time frame. 6-8 minutes

#### Emphasis:

Running with the ball

Dribbling

1v1

Changing direction

Change of speed

Agility, Balance, Coordination

Imagination

Passing

Fun

#### Psychological

Fun

Confidence

Being safe

#### Technical

Passing

Dribbling

1v1

Shooting

#### Physical

Speed

A,B,C's

Change of Direction

#### Social

Peer interaction

Celebrating

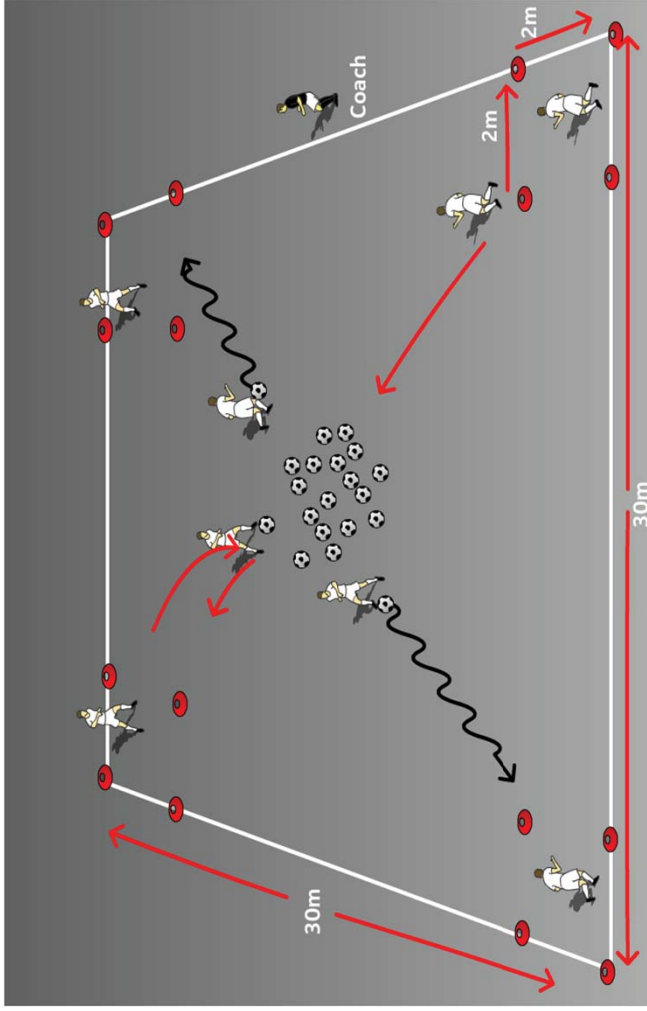
Fun



## Active Start practice plan – Week 12

### Station A

## General Movement – The Golden Egg



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**Organization:** 30m x 30m area is set up with a 2m x 2m box in each corner. 2 players are placed in each corner, (farm).

**Procedure:** When the coach calls "Go" 1 player from each corner (farm) runs towards the middle to collect an "egg" (Soccer ball). They dribble the egg back to their farm, give their partner a high five and then the next player goes to collect an egg. Once all eggs have been removed from the middle the farmers can now go to other farms to collect their eggs. When the coach calls freeze the farmers with the most eggs in their farm score 2 points. Game can be repeated.

Time frame.6- 8 minutes

### Emphasis:

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

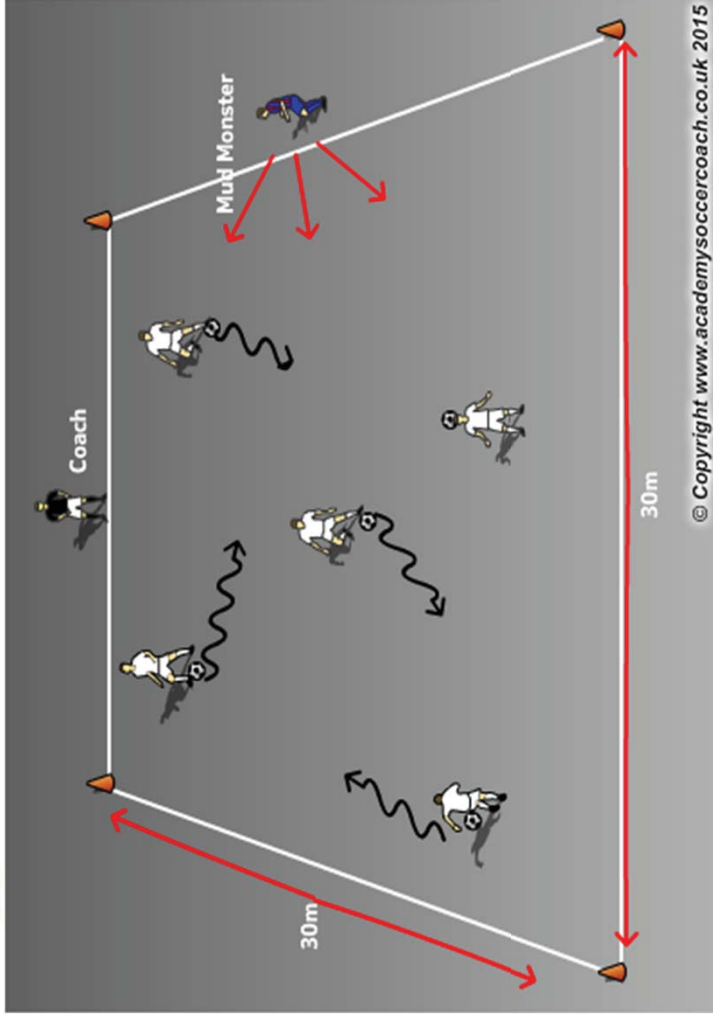
<b><u>Psychological</u></b> Confidence Being safe Positive feedback	<b><u>Technical</u></b> Running with the ball
<b><u>Physical</u></b> A,B,C's Change of Direction	<b><u>Social</u></b> Peer interaction Communicating Celebrating



## Active Start practice plan – Week 12

### Station B

### Coordination – Mud Monsters



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**Organization:** 30m x 30m area set up. Every player has a soccer ball apart from the "Mud monster"

**Procedure:** All players dribble around inside the area. 1 player at a time is selected to become the "Mud monster". When the coach calls "go" the Mud monster comes in and attempts to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball in their head shouting, "help, help I'm stuck in the mud" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the mud monster for 1 minute.

Time frame. 6-8 minutes

### Emphasis:

Dribbling  
Movement  
Team work  
FUN!

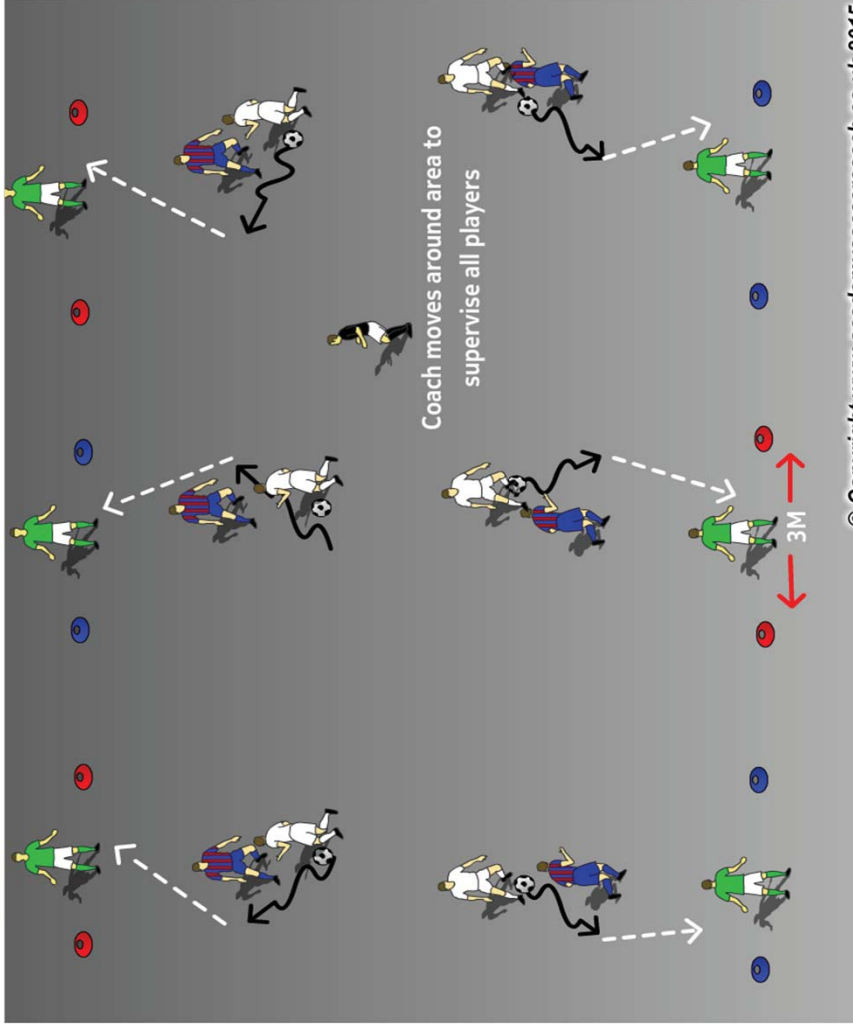
<p><b><u>Psychological</u></b> Positive reinforcement Confidence Being safe</p>	<p><b><u>Technical</u></b> Running with the ball Part of the ball, Part of the foot</p>
<p><b><u>Physical</u></b> Agility, Balance Change of Direction Movement</p>	<p><b><u>Social</u></b> Listening Communicating Celebrating Team work</p>



## Active Start practice plan – Week 12

### Station C

### Soccer technique – 1v1 to goal



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**Organization:** Player placed into groups of 3. They play 1v1 to goal.

**Procedure:** Goalkeeper rolls the ball out and the 2 players play 1v1. After a goal is scored they player who scored the goal goes in goal.

Time frame.6- 8 minutes

Emphasis:

Lots of touches on the ball  
 Scoring/stopping goals  
 Using different technique  
 Positive feedback  
**FUN!**

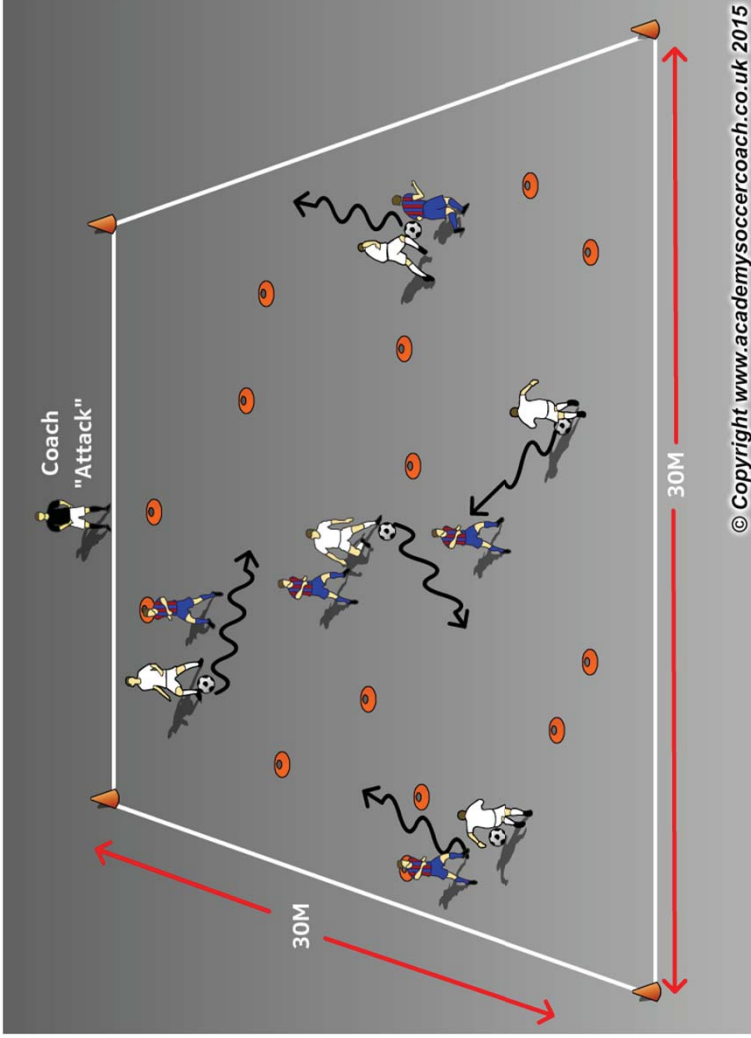
<b><u>Psychological</u></b> Positive reinforcement Confidence Being safe	<b><u>Technical</u></b> 1v1 attack/defend Shooting Goalkeeping
<b><u>Physical</u></b> Speed A,B,C's Change of Direction	<b><u>Social</u></b> Communicating Celebrating Fun



## Active Start practice plan – Week 12

### Station D

### Small sided game – 1v1 through gates



**Organization:** Players are paired inside a 30m x 30m area.  
**Procedure:** When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players change partners.

### Time frame. 6-8 minutes

#### Emphasis:

Running with the ball

Dribbling

1v1

Changing direction

Change of speed

Agility, Balance, Coordination

Imagination

Passing

Fun

<b><u>Psychological</u></b> Fun Confidence Being safe	<b><u>Technical</u></b> Dribbling 1v1 Shooting
<b><u>Physical</u></b> Speed A,B,C's Change of Direction	<b><u>Social</u></b> Peer interaction Celebrating Fun