



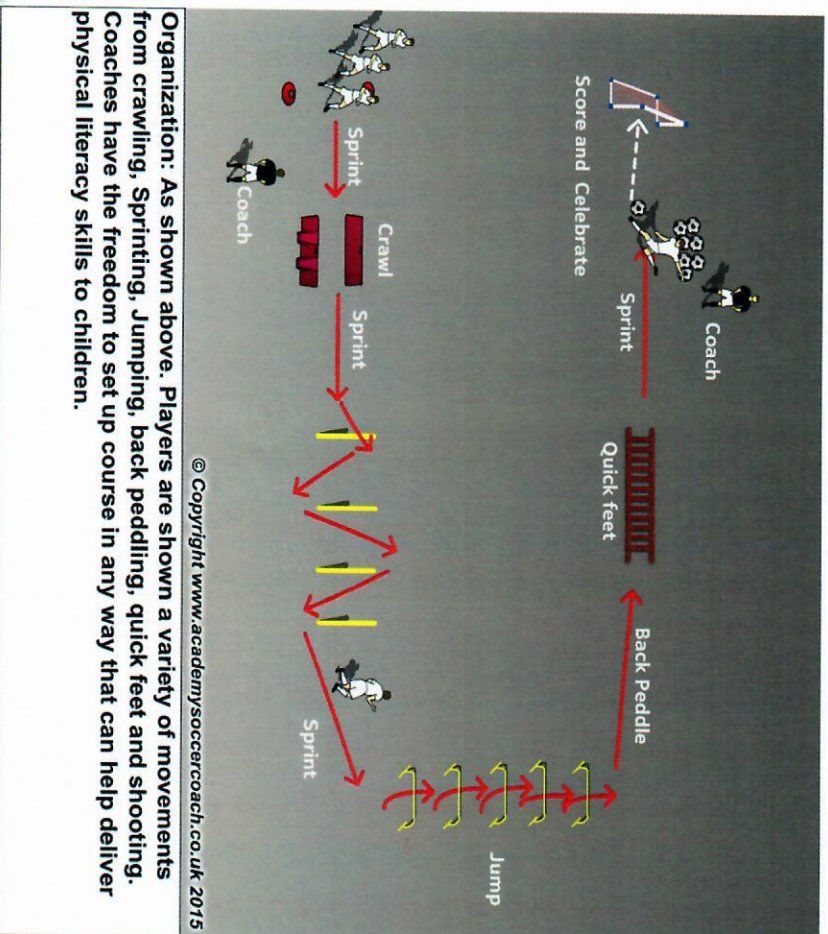
**Active Start practice plan – Week 16**  
**Station A**  
**General movement – Assault course**



**Time Frame. 8 minutes**

**Emphasis:**

- Listening
- Changing direction
- Agility, Balance, Coordination
- Different movements
- FUN!



**Organization:** As shown above. Players are shown a variety of movements from crawling, Sprinting, Jumping, back peddling, quick feet and shooting. Coaches have the freedom to set up course in any way that can help deliver physical literacy skills to children.

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