



## Active Start practice plan – Week 1

### Station C

### Soccer Technique – Body breaks



Time Frame. 8 minutes

Emphasis:

Listening

Running with the ball

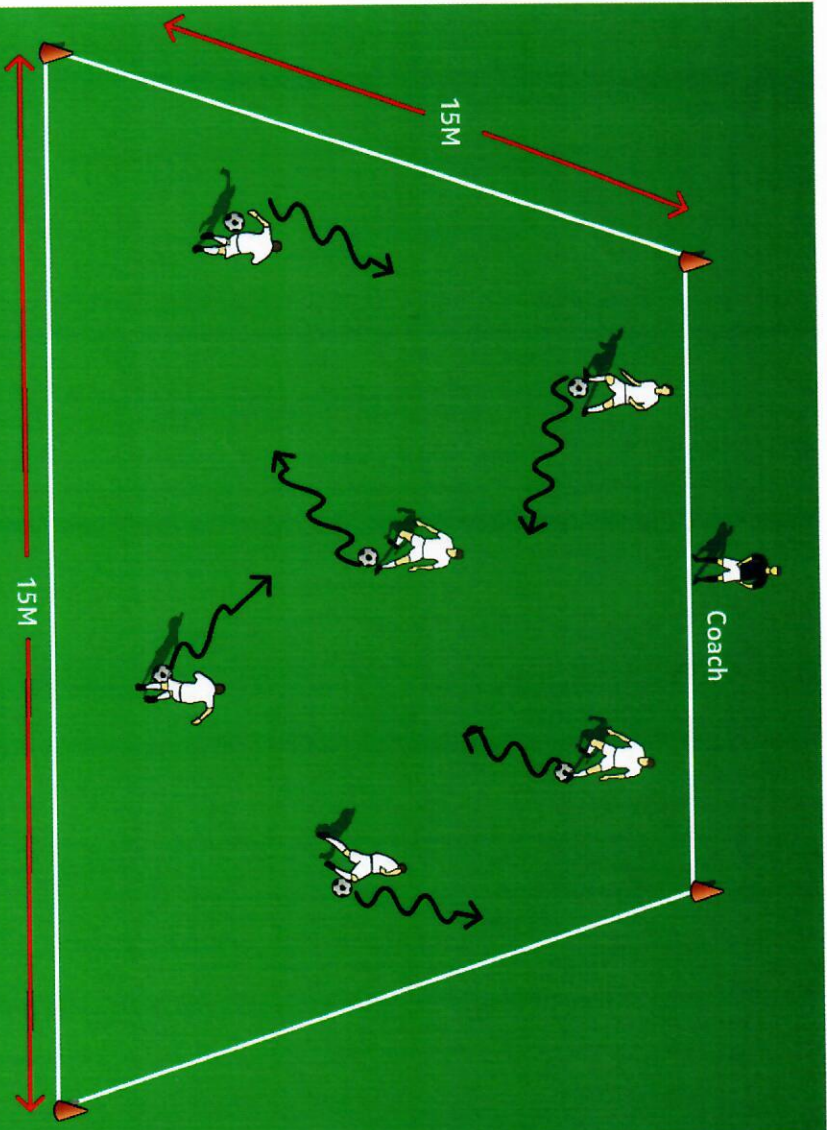
Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!



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**Organisation.** 15mx15m area. Each player has a soccer ball.

**Procedure.** Players dribble inside the area. The coach calls out a body part and the player must stop the ball and place the correct body part on the ball. The coach calls go for the players to dribble again.

**Psychological**

Confidence  
Being safe

**Technical**

Dribbling  
Running with the ball

**Physical**

A,B,C's  
Change of Direction

**Social**

Listening  
Communicating  
Celebrating