



Active Start practice plan – Week 1

Station B

Soccer Technique – Candy store



Time Frame. 8 minutes

Emphasis:

Listening

Running with the ball

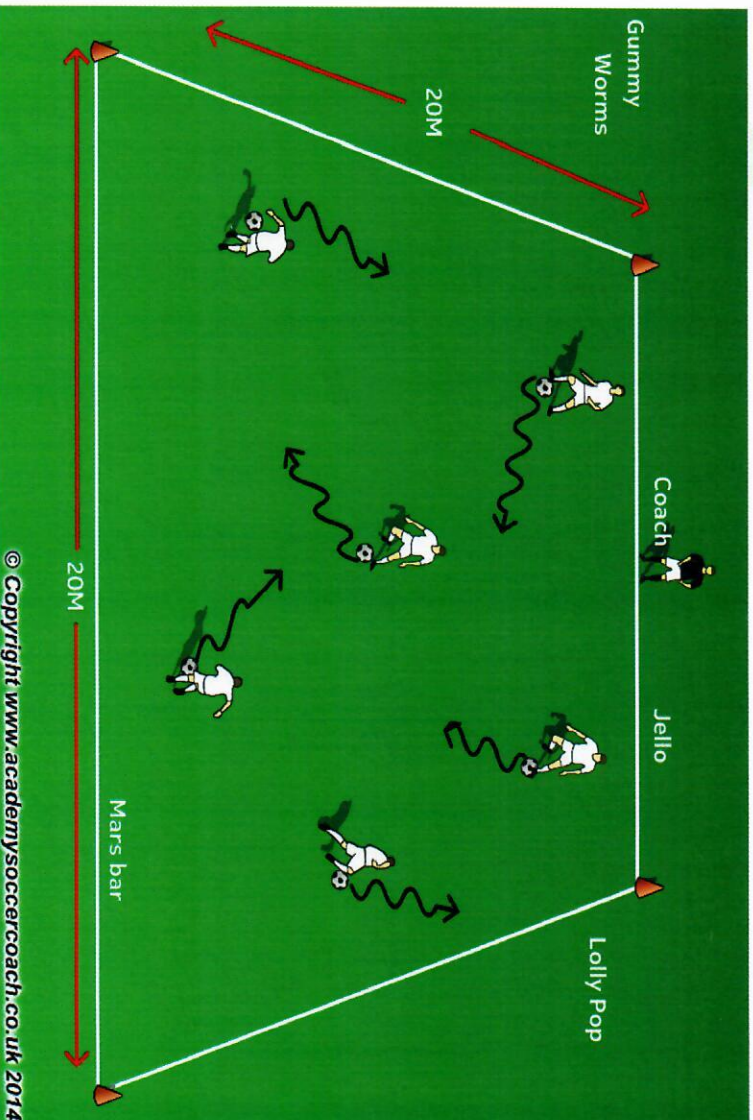
Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!



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Organisation. 20mx20m area. Each player has a soccer ball

Procedure. All players explore inside the area. The area now becomes a candy store and the players explore by shouting out their favourite candies. The coach names each side of the area after a different candy and when the coach calls out that specific candy the players dribble to the correct side and perform a specific challenge. I.e. toe taps, (players touch ball 1 foot at the time using their sole) inside inside etc. (Players use the inside of their feet to knock the ball back and forth between each foot)

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