



## Active Start practice plan – Week 1

### Station A

#### General movement



Time Frame. 8 minutes

Emphasis:

Listening

Different types of running

Changing direction

Agility, Balance, Coordination

FUN!



**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 and then sprints straight back to the start, give their partner a high 5 and then the next player goes. Players waiting perform jumping jacks

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