



ACTIVE START

FOR COACHES OF U4-U5 YEAR OLDS



Active Start practice plan The Player Development Model – The Station concept

The activities provided illustrate how stations can be used during Grassroots practices. During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and that they are continually challenged.

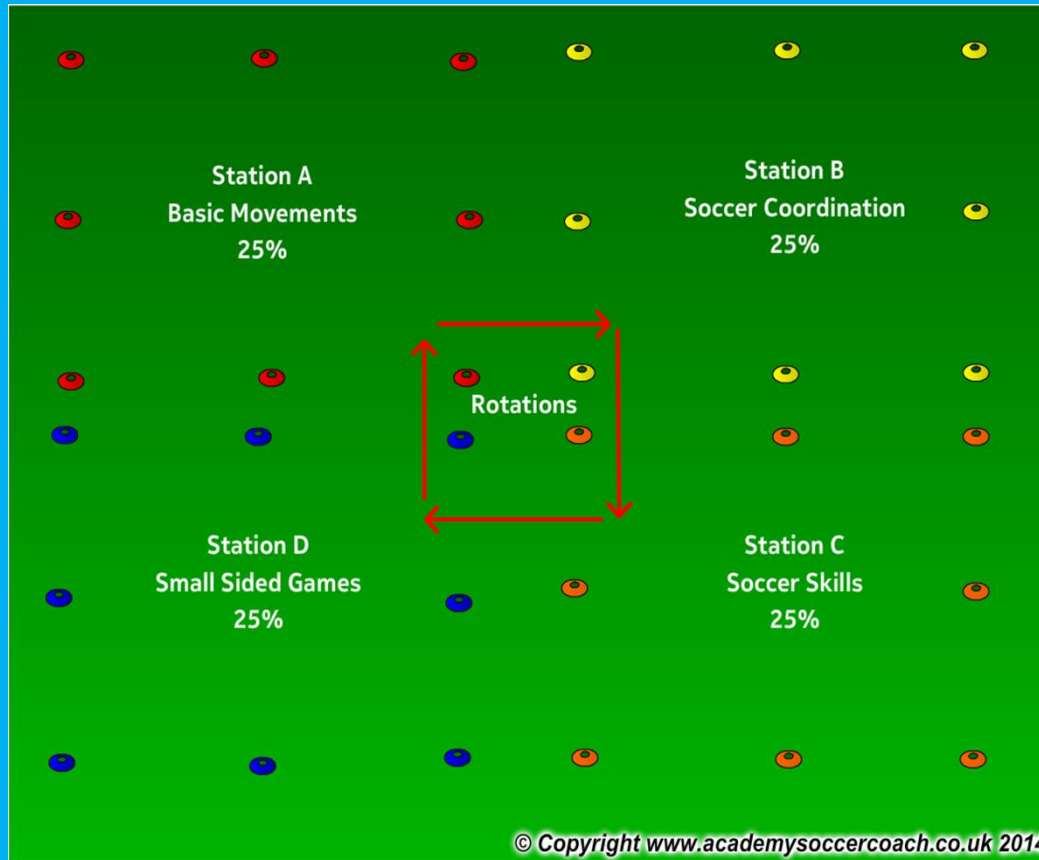
In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 40 minutes as per the Recreational and Development Matrix



Active Start practice plan How The Player Development Model works

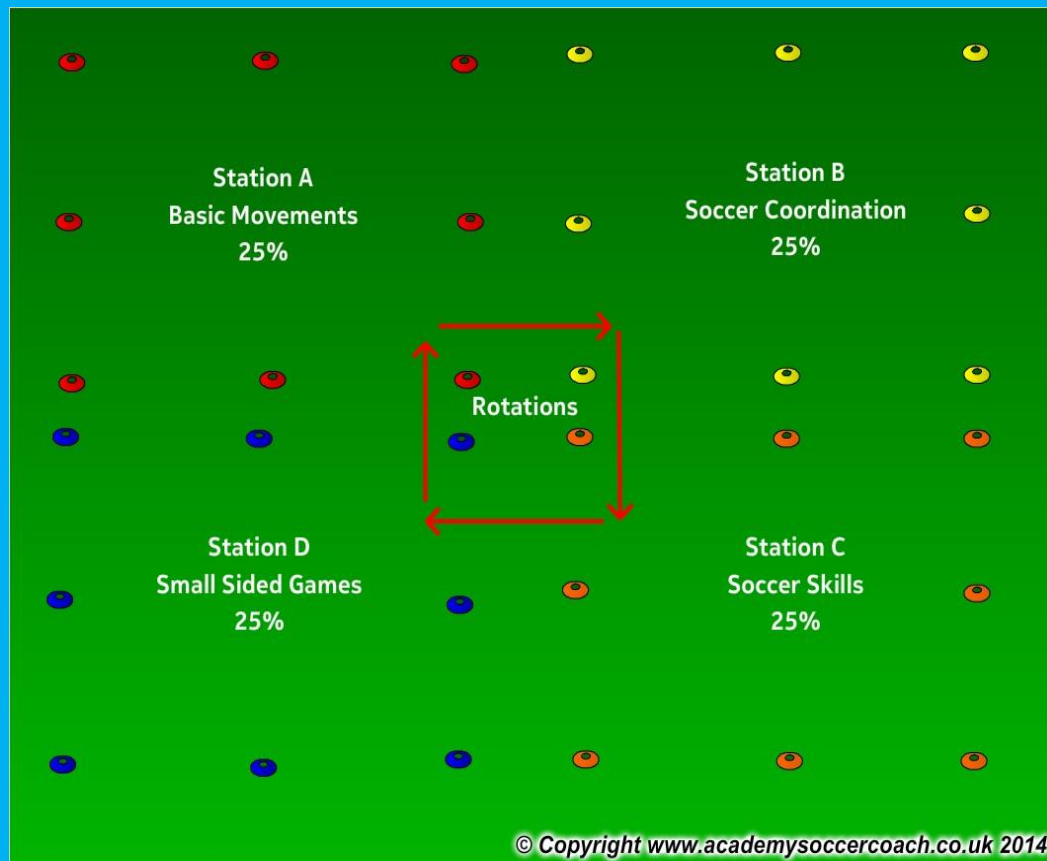


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Active Start practice plan

How the preferred training model works



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Grassroots Development

Active Start practice plan—Week 1 Station A
General movement



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

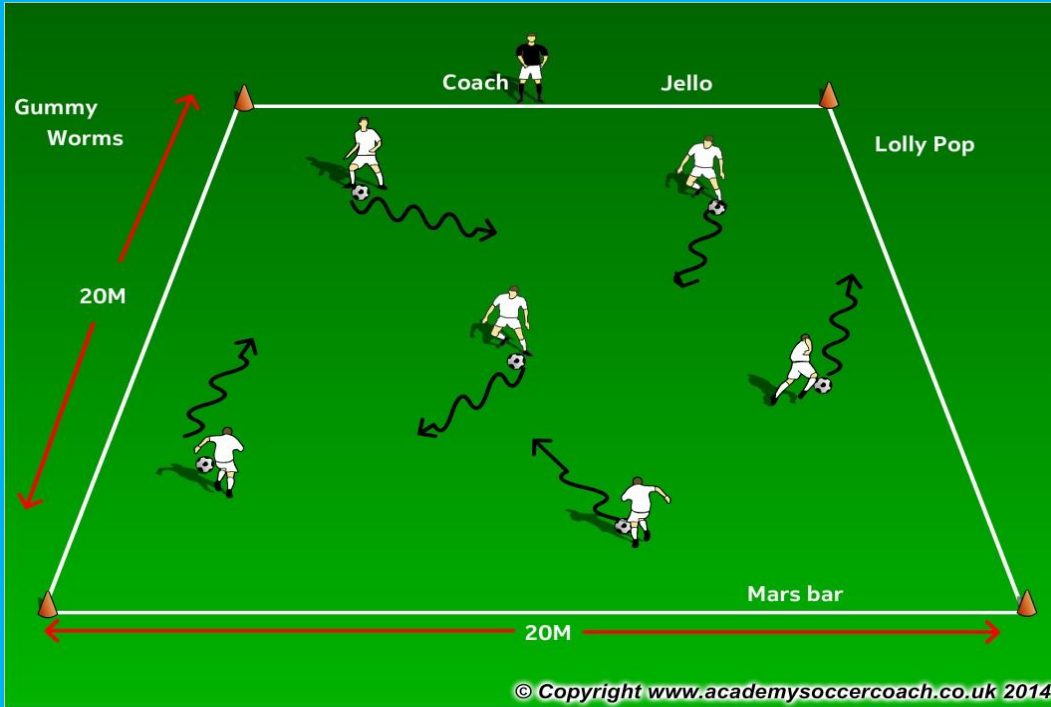
Emphasis: Listening
Different types of running
Changing direction
Agility, Balance, Coordination
FUN!

<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>



Station B

Soccer Technique— Candy store



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Organisation. 20mx20m area. Each player has a soccer ball
Procedure. All players dribble 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)

Time Frame. 8 minutes

Emphasis:

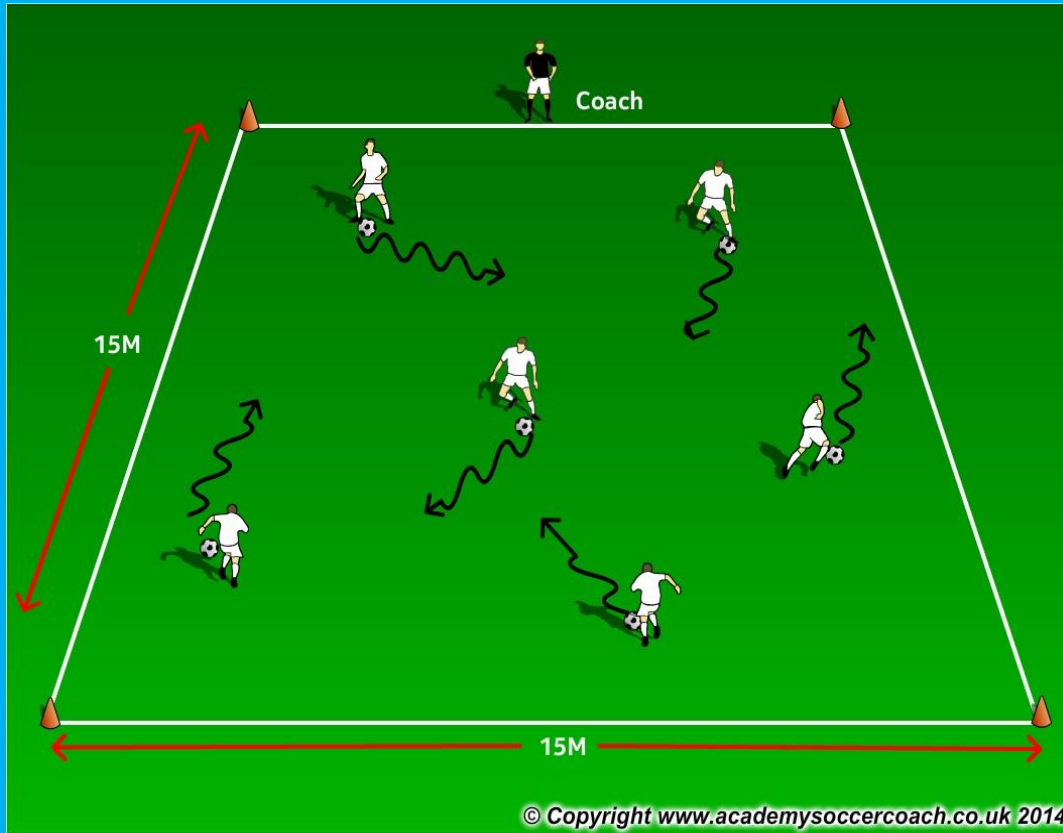
- Listening
- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball</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>

Grassroots Development



Active Start practice plan – Week 1
Station C
Soccer Technique – Body breaks



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.

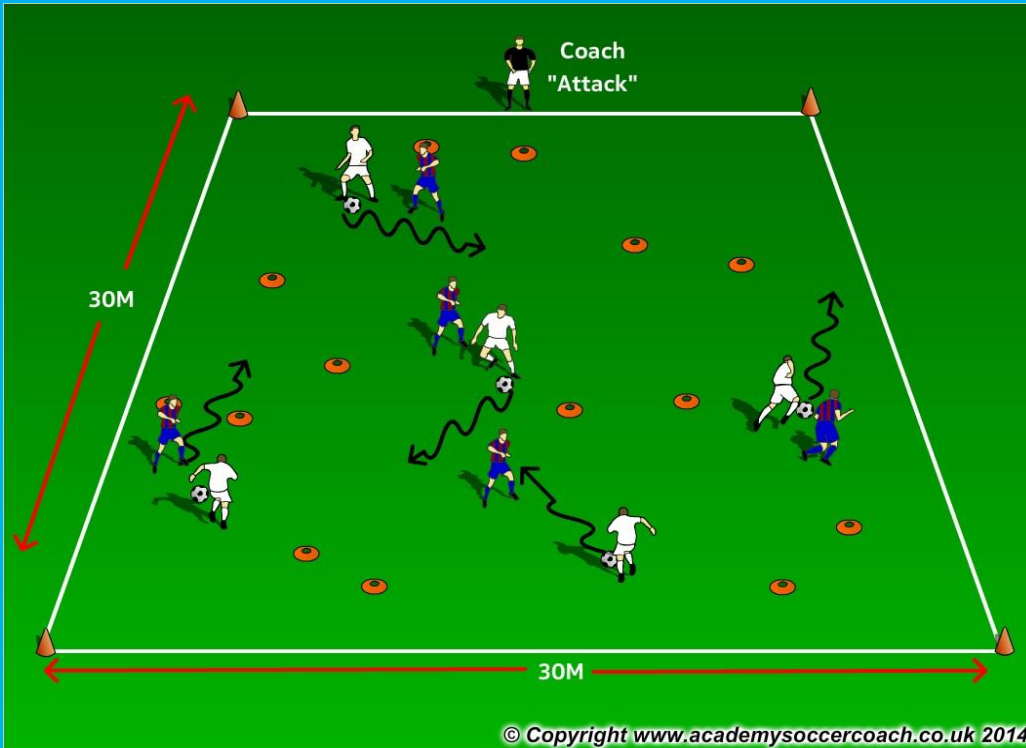
Time Frame. 8 minutes

Emphasis:

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

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball</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>

ActiveStart practice plan- Week 1 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:

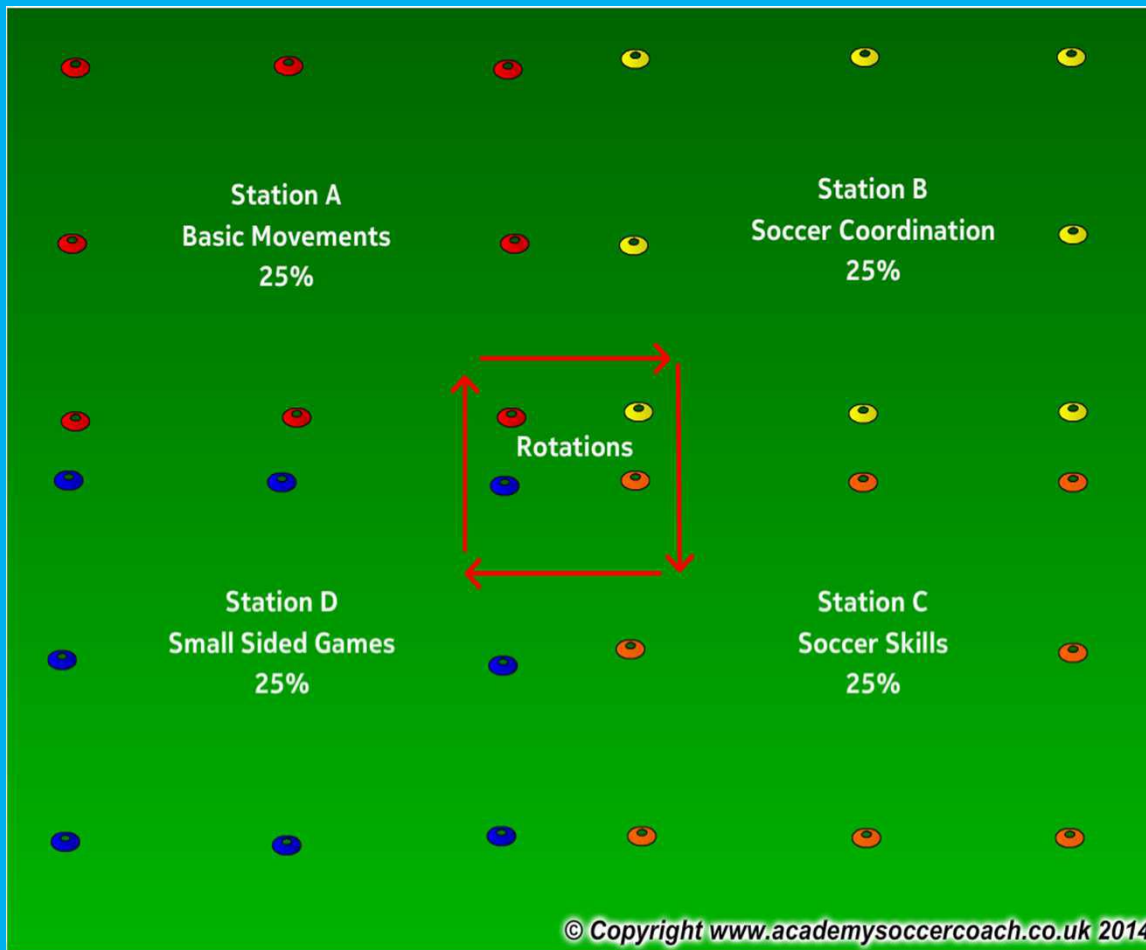
- Listening
- Running with the ball
- Passing Shooting
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball</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

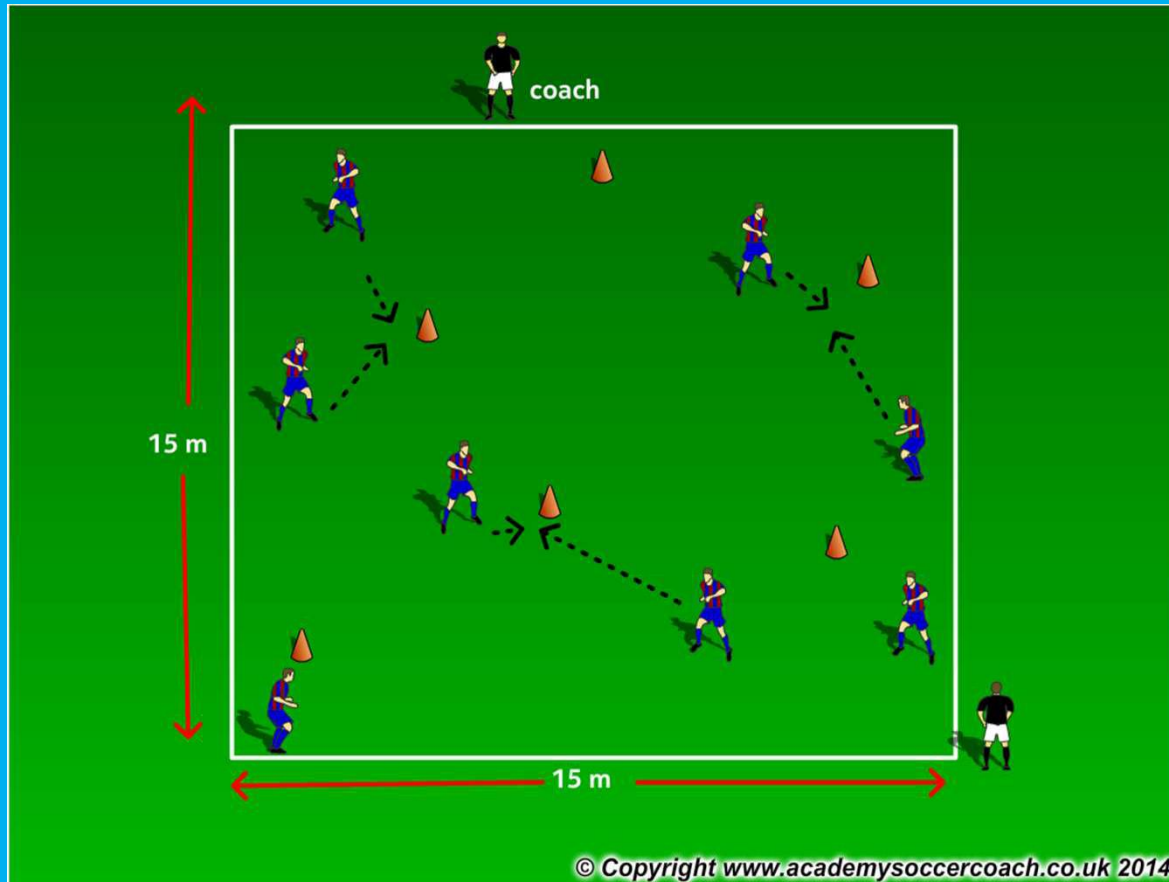
How the preferred training model works



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Active Start practice plan – Week
 2 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 .

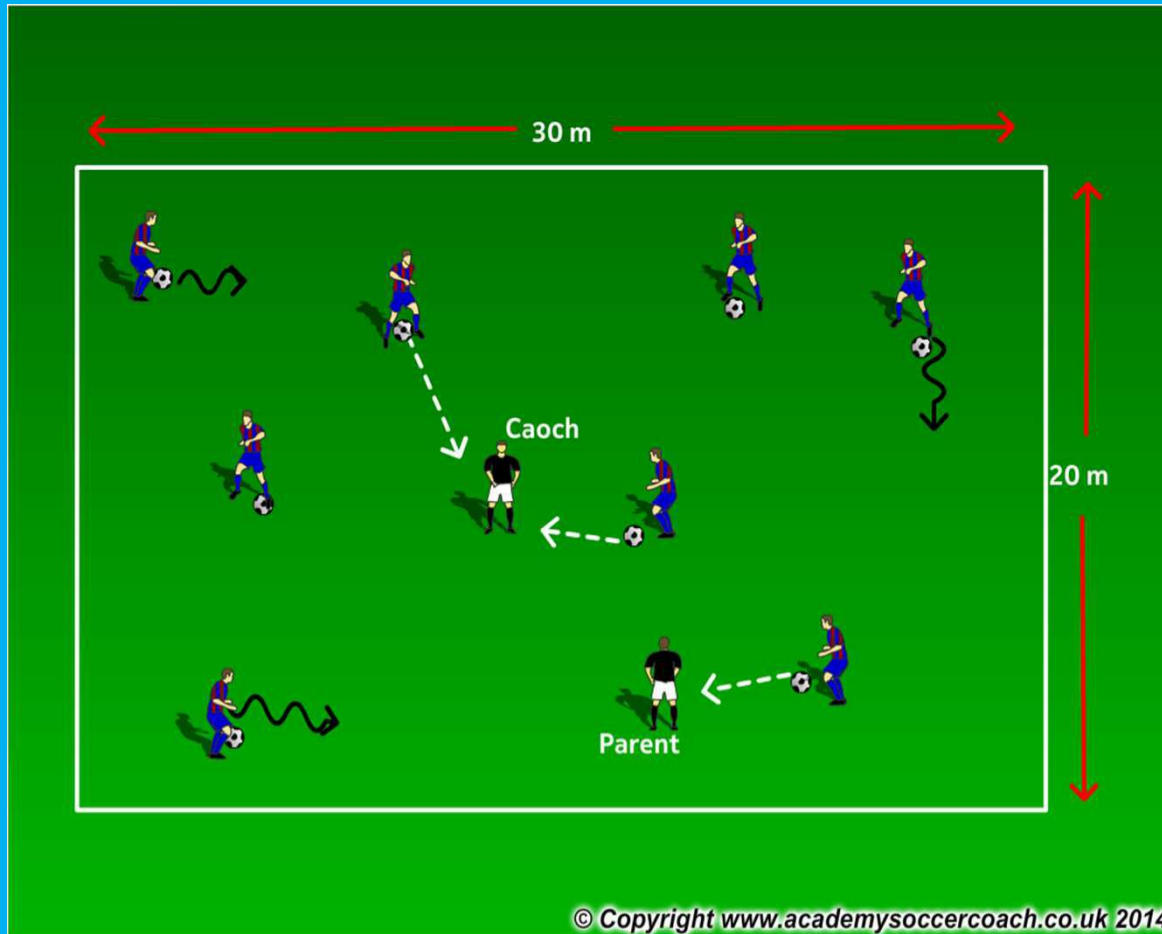
Time frame.6- 8 minutes

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 2
 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.

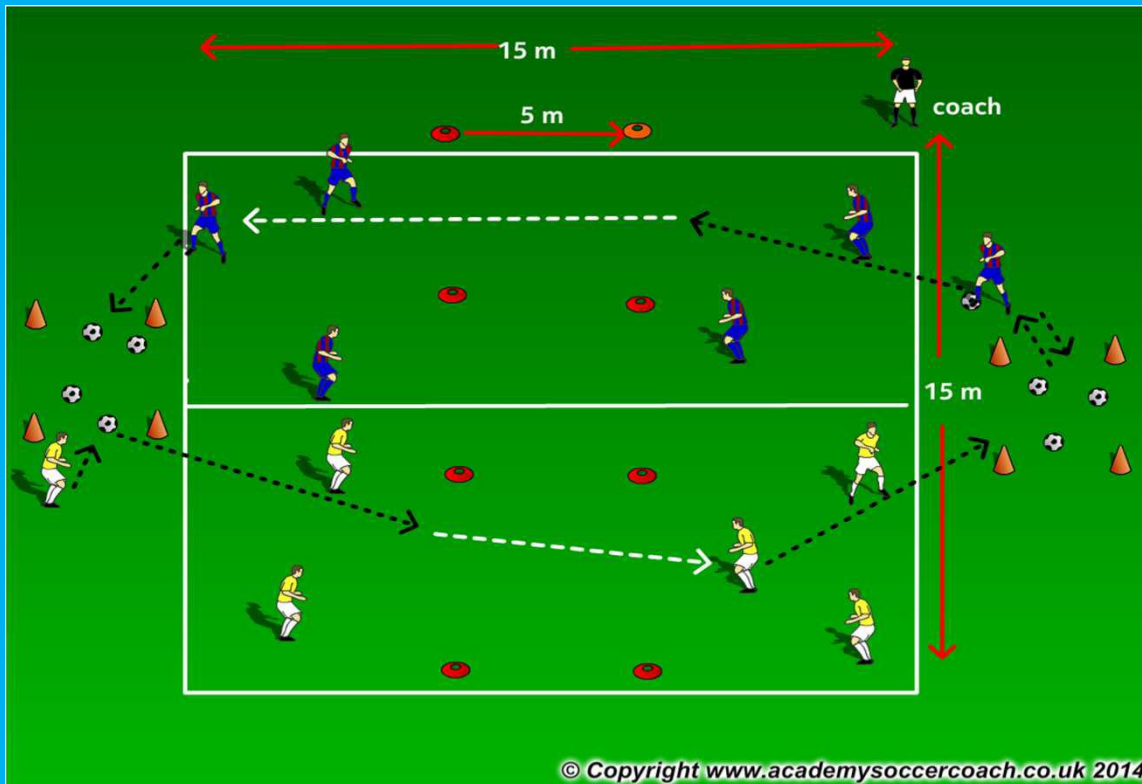
Time frame. 6-8 minutes

Emphasis:

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

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

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:

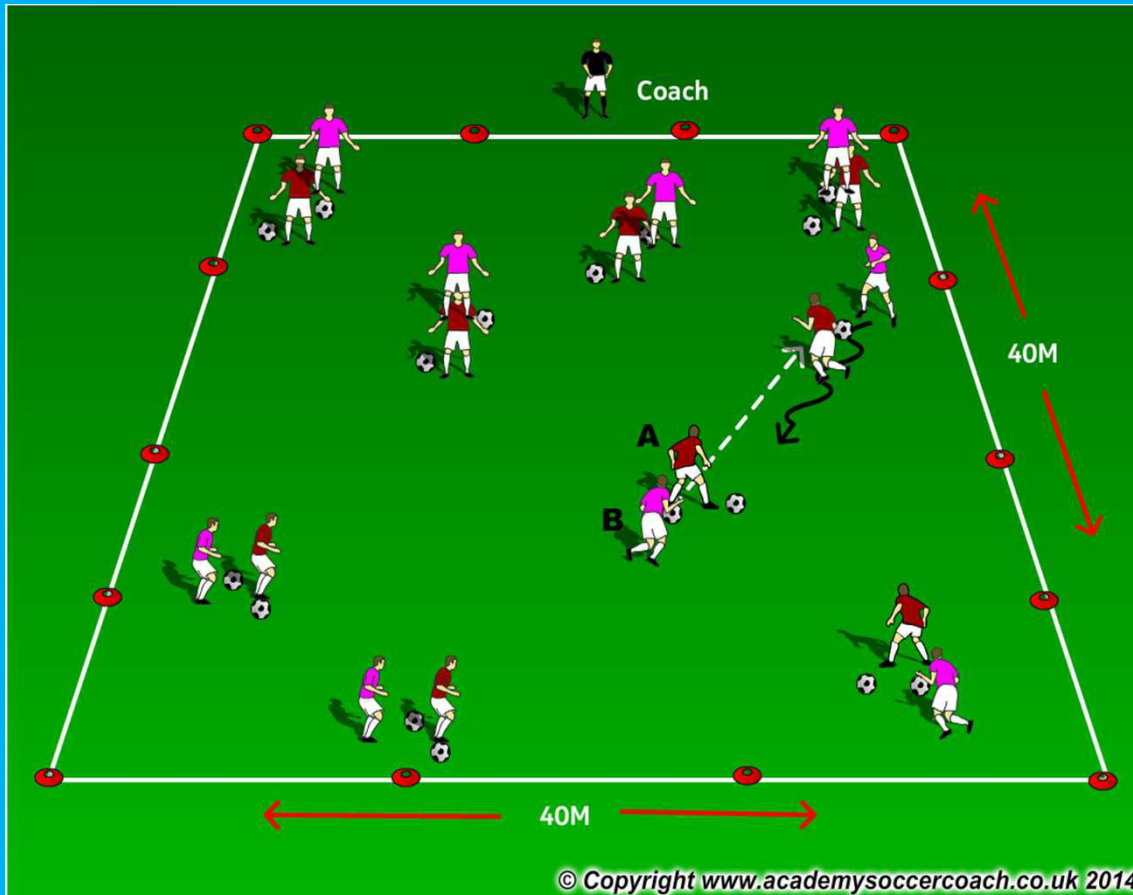
Lots of touches on the ball
Using different technique
Positive feedback
FUN!

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

Active Start practice

plan – Week 2 Station D

Small sided game – 1v1 to a ball



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

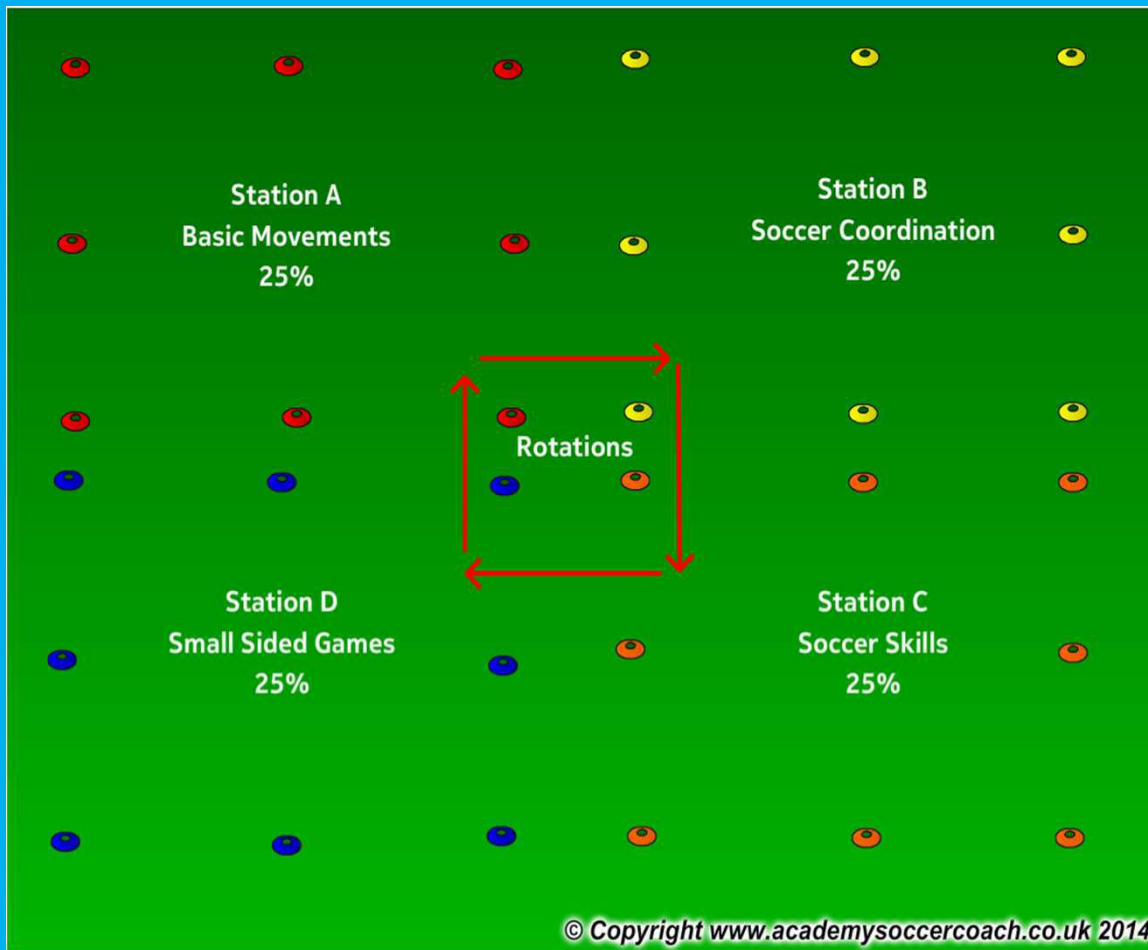
Speed A,B,C's
Change of Direction

Social

Peer interaction
Celebrating
Fun

Active Start practice plan

How the preferred training model works



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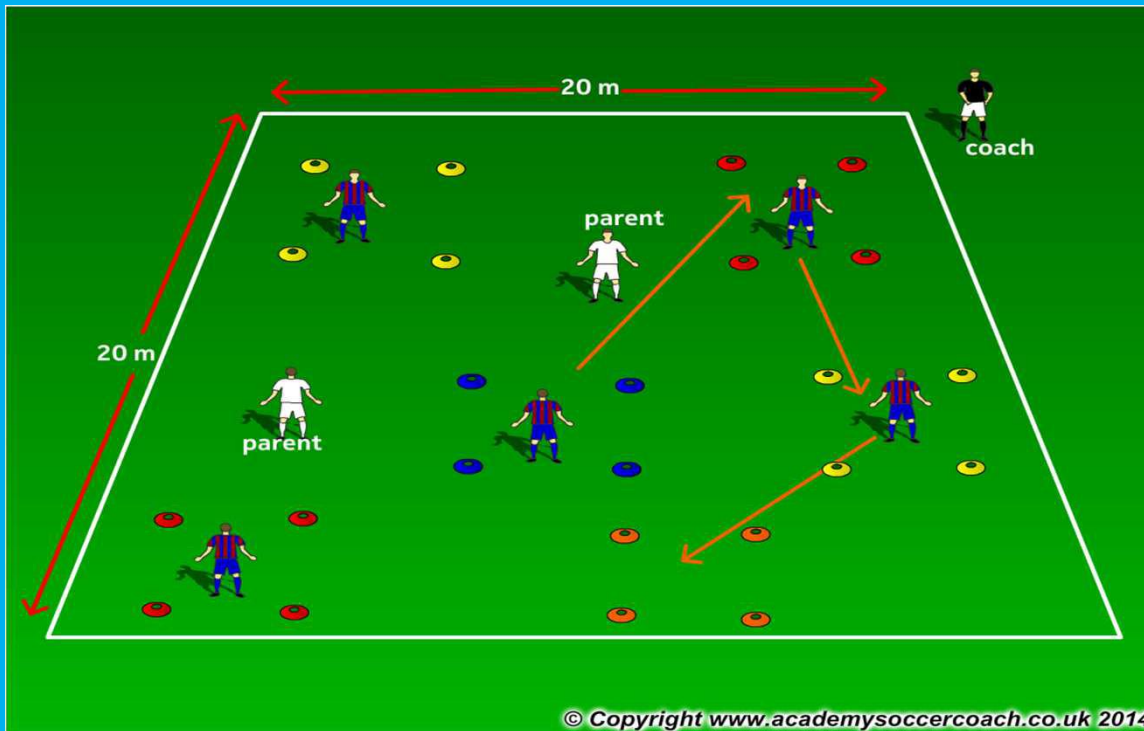
Active Start practice plan – Week
 3 Station A
 General movement - Find an empty cage



Time frame. 8 minutes

Emphasis:

Changing direction
 Running
 FUN!

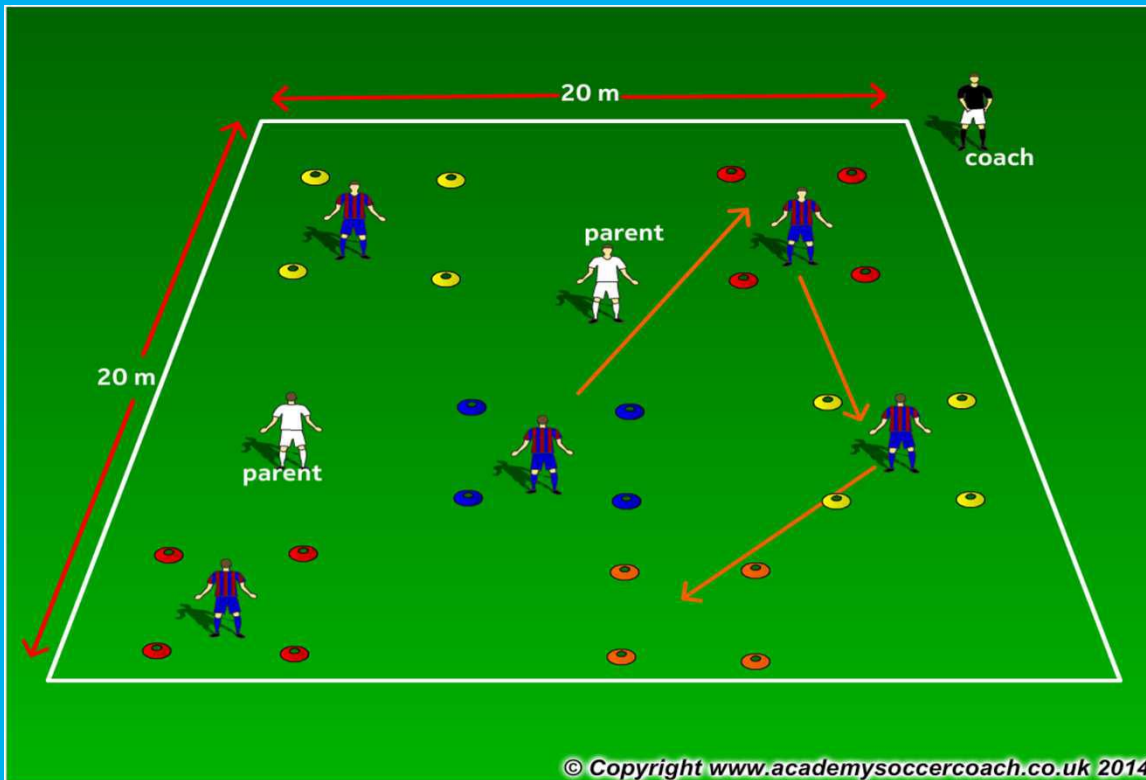


Organization: A 20 mx20 mfield. A few boxes of 1 mx1m within the field. 2 or 3 hunters (parents) .
Procedure: Players pretend to be different animal in the cage making different moves. (skipping, hopping) On coach's call, players must find an empty cage to move into. Only one animal in each cage.
 If a hunter tag a player , he/she become hunter.

<p><u>Psychological</u></p> <p>Confidence Success</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</p>

Active Start practice plan – Week 3 Station B

General movement - Bird in the tree



Organization: A 20 mx20 mfield. A few boxes of 1 mx1m within the field. 2 or 3 hunters (parents) .

Procedure: Players pretend to be different animal in the cage making different moves. (skipping, hopping) On coach's call, players must find an empty cage to move into. Only one animal in each cage.
If a hunter tag a player , he/she become hunter.

Time frame. 8 minutes

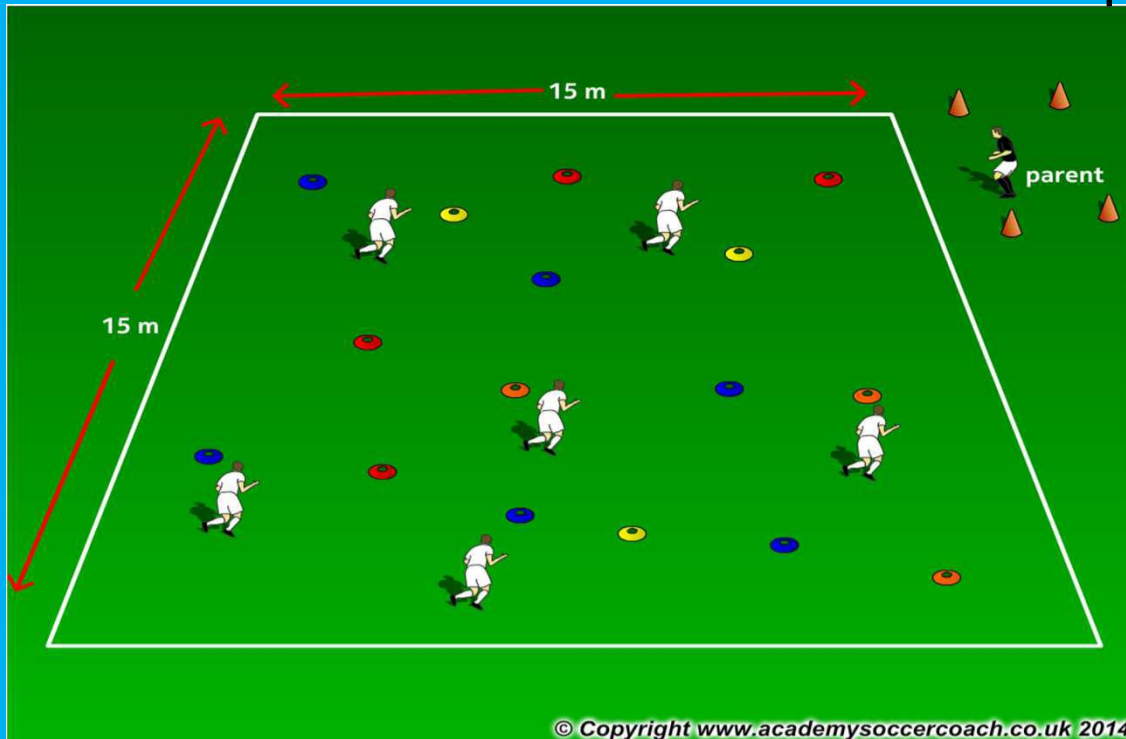
Emphasis:

- Changing direction
- Running
- Spatial awareness
- FUN!

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

Active Start practice plan – Week 3 Station C

Soccer technique



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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 form 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.

Time frame. 8 minutes

Emphasis

Ball familiarity
 Fun
 Basic movements

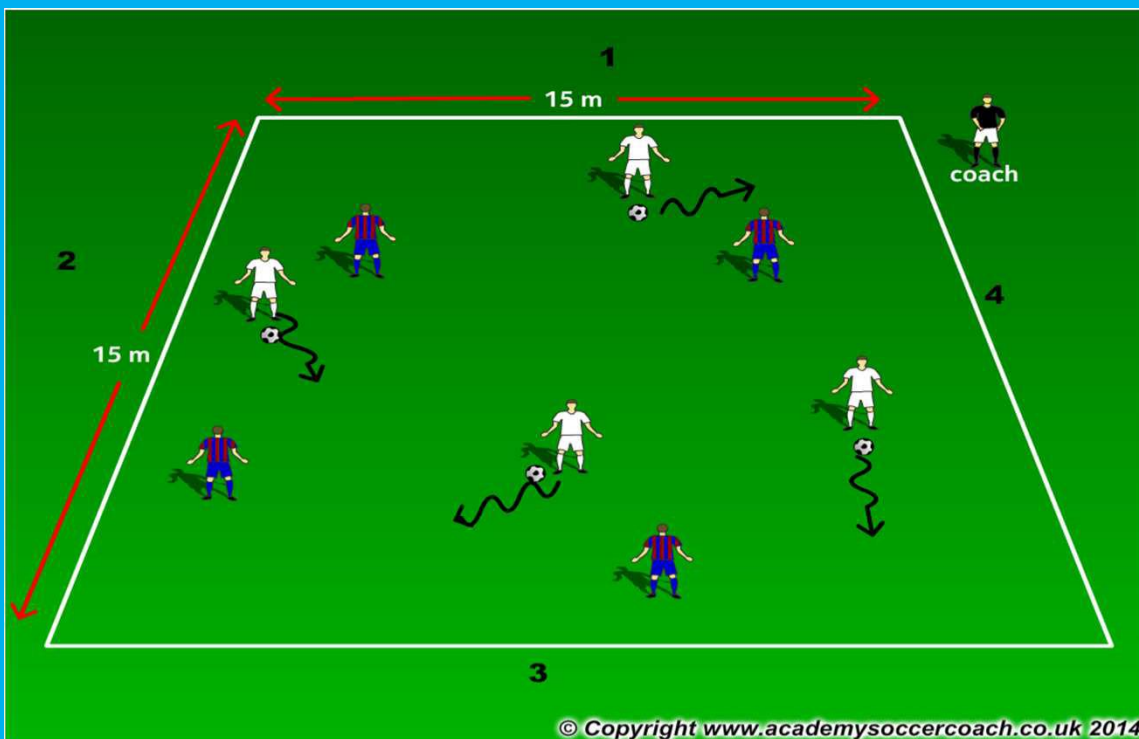
<p><u>Psychological</u> Confidence Feeling safe</p>	<p><u>Technical</u> Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Peer interaction</p>



Grassroots Development

Active Start practice plan – Week 3 Station D

Small Sided game – 1v1 to a line



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Organization: 15 mx15 m field. 8 players (4 children, 4 parents), soccer balls
Procedure: 2 teams of players vs parents divided in to two teams of dolphins and penguins. They all move freely in the ocean. The four shores (side of the fields, have numbers, name of city or etc).
 When the coach calls the number or name of the shore, kids (penguins) run with the ball as fast as they can to that shore before parents (dolphins) touch them.
 The player (penguin) who run out of the ocean first wins.

Time frame. 8 minutes

Emphasis:

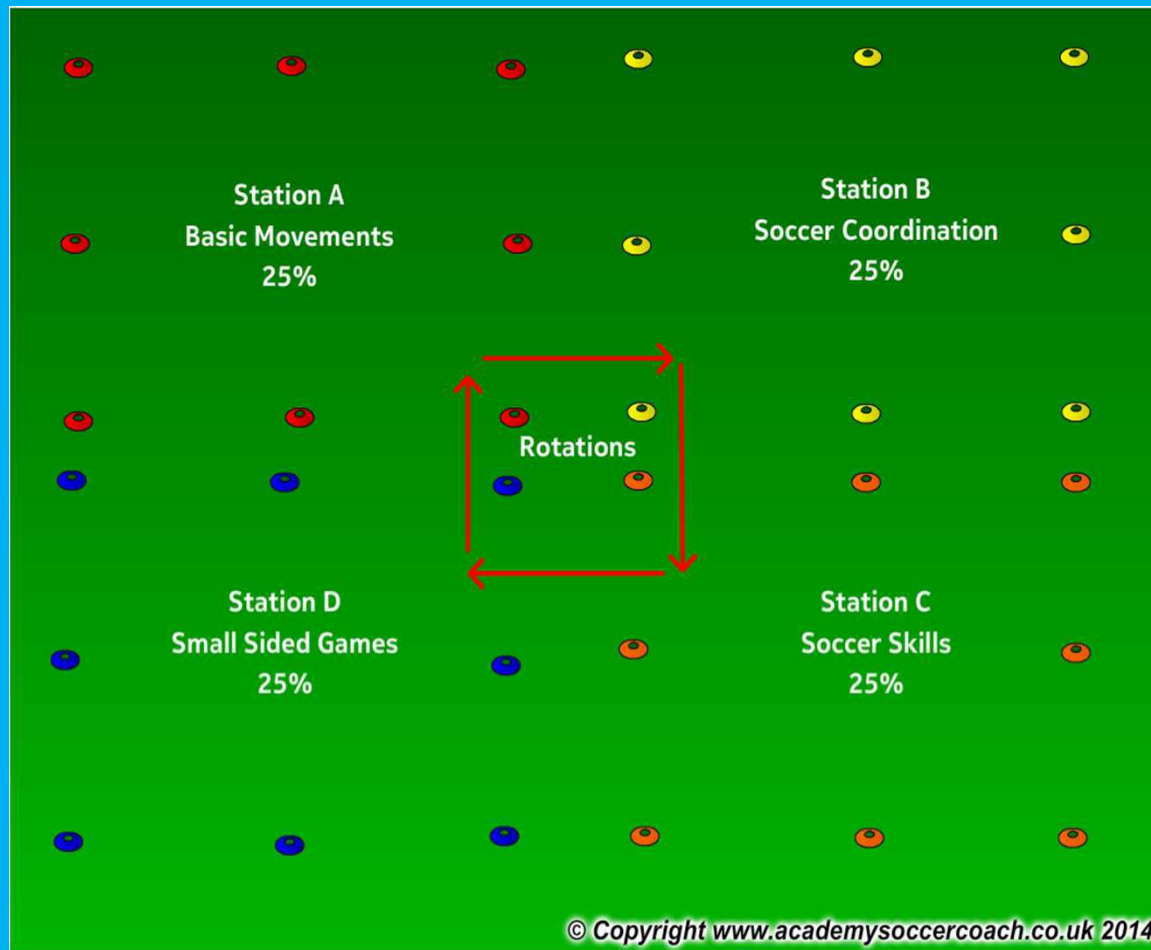
Running with the ball
 Dribbling
 Agility, Balance, Coordination
 FUN!

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

Grassroots Development

Active Start practice plan

How the preferred training model works



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Active Start practice plan – Week 4 Station A

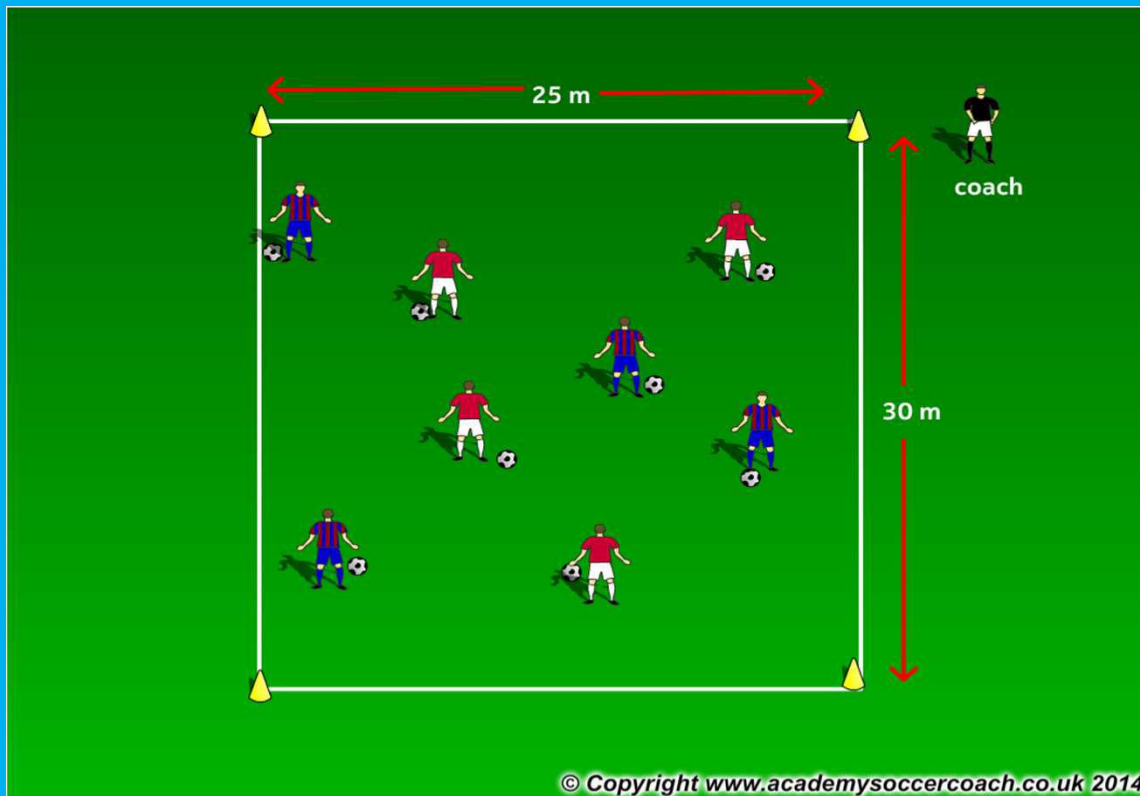
General movement - Race track



Time frame. 8 minutes

Emphasis:

Awareness
Basic movements
Dribbling/races
FUN!



Race Track
Organization: 30 mx25 m field, cones, everyone has a ball.
Procedure: Players dribble around the "race track", and imitates a car on the track : 1st gear = slow, 4th gear = fast, breaks=stop, encourage players to be as animated as they can be, and make car noise.

<p><u>Psychological</u></p> <p>Confidence</p>	<p><u>Technical</u></p> <p>Repetition in ball touches</p>
<p><u>Physical</u></p> <p>A,B,C's Eye-foot coordination</p>	<p><u>Social</u></p> <p>Listening Communicating Fun</p>

Active Start practice plan – Week 4 Station B

Soccer Technique -Tidy up your room



Time frame. 8 minutes

Emphasis:

Coordination
Spatial awareness FUN!

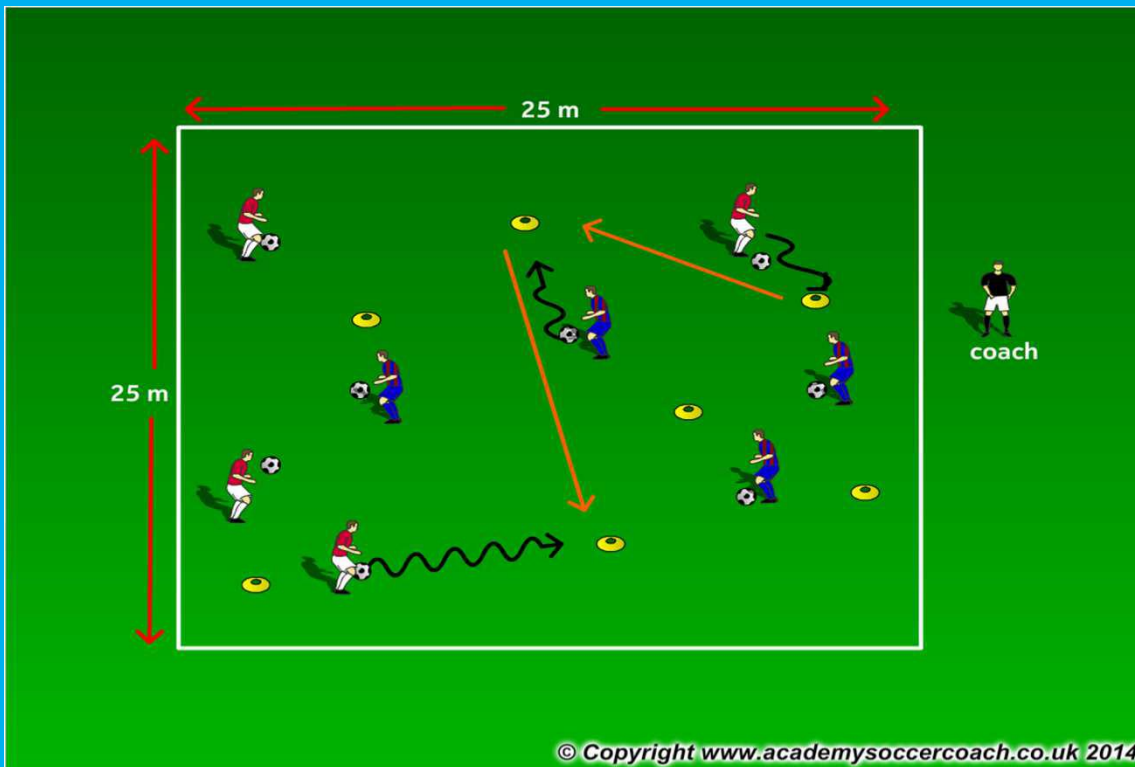


Tidy up your room:
Organization: Two boxes 15 mx15 m field and a 5 m neutral zone between them, cones, everyone has a ball.
Procedure: Players shoot the ball out of their room into friends room. When coach stops the game in 6-8 minutes, the team with most balls in their room, has to make funny faces.

<p><u>Psychological</u> Confidence Basic decision making</p>	<p><u>Technical</u> Kicking the ball</p>
<p><u>Physical</u> Eye-foot coordination General movements</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>

Active Start practice plan – Week 4 Station C

Soccer Technique – Ball swap



Ball swap:
Organization: 25mx25m field, cones, everyone has a ball.
Procedure: Players dribble around the field, on coach's call, players pick up their balls, and run to the cone, leave their ball, and go to take another ball and continue to dribble.
Progression: Player ask to touch the cone or jumping on the spot, before running to get the ball.

Time frame. 8 minutes

Emphasis

- Ball familiarity
- Fun
- Basic movements

<p><u>Psychological</u></p> <p>Confidence Feeling safe</p>	<p><u>Technical</u></p> <p>Running with the ball</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Peer interaction Fun with friends</p>



Active Start practice plan – Week 4 Station

D

Small sided game – 1v1 (Player vs Parent)



Time frame. 8 minutes

Emphasis:

Running with the ball
Dribbling
Agility, Balance, Coordination
FUN!



Organization: A 15 mx15 m field divided to 4 equal fields.

Procedure: 1v1 game . players vs parents.

Psychological

Confidence
Being safe

Technical

Running with the ball
Dribbling

Physical

A,B,C's
Change of Direction

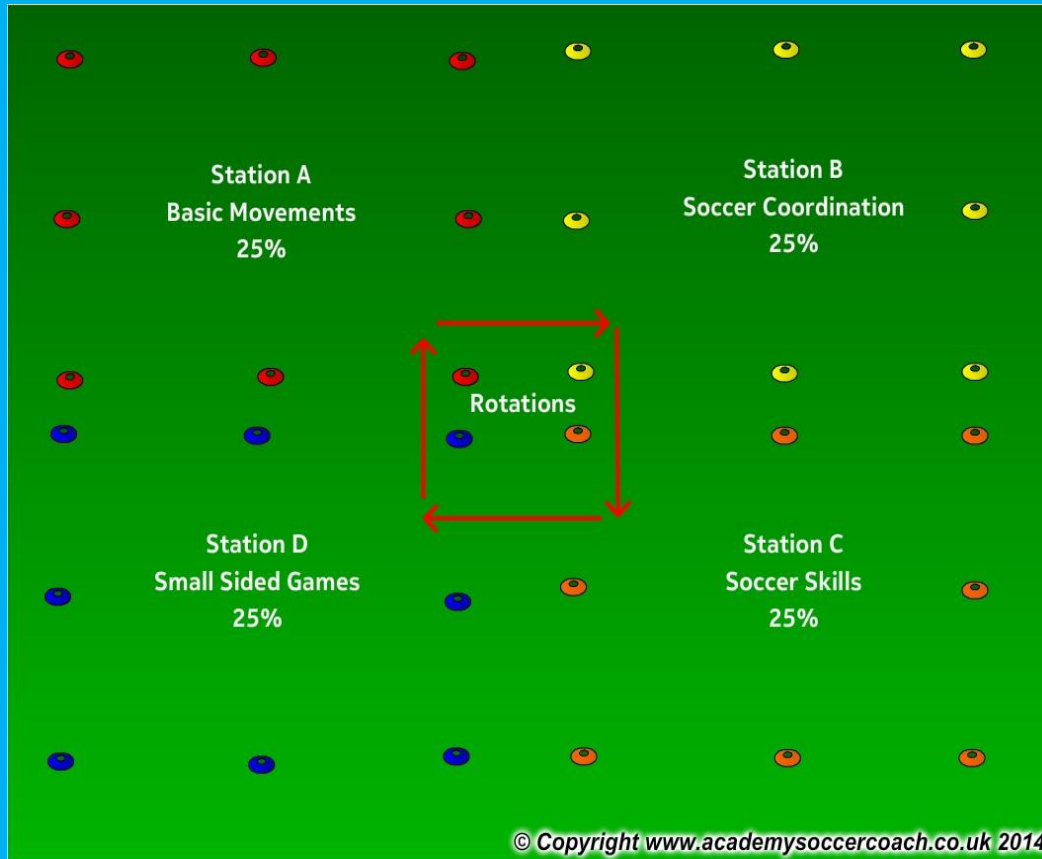
Social

Listening
Peer interaction Fun
with friends

Grassroots Development

Active Start practice plan

How the preferred training model works

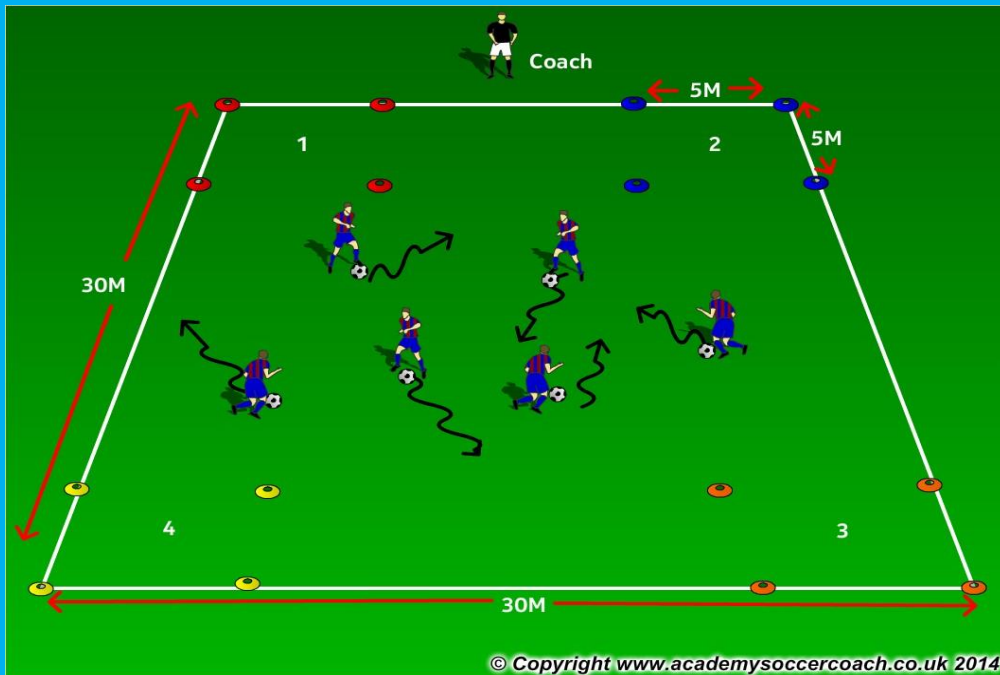


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Grassroots Development

ActiveStart practice plan—Week5 Station A
General movement



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Organisation. Each player has a ball in a 30mx30m area. In each corner there is a 5mx5m area which are numbered as above.

Procedure. Players dribble around inside the middle of the area. When the coach calls out a number the players dribble to that specific corner. The 1st player to stop their ball in the correct corner scores 1 point.

Progression. When the players arrive in the corner instead of stopping they perform 5 toe taps and continue to dribble.

Time frame. 8 minutes

Emphasis:

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

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball Turning</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>

Grassroots Development



Active Start practice plan – Week 5

Station B

Soccer technique - Shooting

Time frame. 8 minutes

Emphasis: Shooting Goalkeeping Coordination
Team work

FUN!



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Organisation. Players are in pairs and stand opposite each other in the goals
They are 8m away from each other in a 3m goal
Procedure. Players look to strike the ball past their partner. Each time a player scores they score 1 point. After 5 shots the players rotate positions.
Progression. Have players practice shooting with both feet.

<p><u>Psychologi</u> <u>cal</u> Success Confidence Feeling safe</p>	<p><u>Technical</u> Shooting Goalkeeping</p>
<p><u>Physical</u> Agility Balance Coordination</p>	<p><u>Social</u> Celebrating Fun</p>

Grassroots Development





Active Start practice plan – Week 5

Station C

Soccer Technique - Shooting

Time frame. 8 minutes

Emphasis: Shooting Goalkeeping Coordination
Team work

FUN!



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Organisation. Players are in pairs and stand opposite each other in the goals. They are 8m away from each other in a 3m goal.

Procedure. Players look to strike the ball past their partner. Each time a player scores they score 2 points. If the players can strike the ball sitting on the cone and score a goal they score 3 points. After 5 shots the players rotate positions.

Progression. Have players practice shooting with both feet.

<p><u>Psychological</u> Success Confidence Feeling safe</p>	<p><u>Technical</u> Shooting Goalkeeping</p>
<p><u>Physical</u> Agility balance Coordination</p>	<p><u>Social</u> Celebrating Fun</p>

Grassroots Development



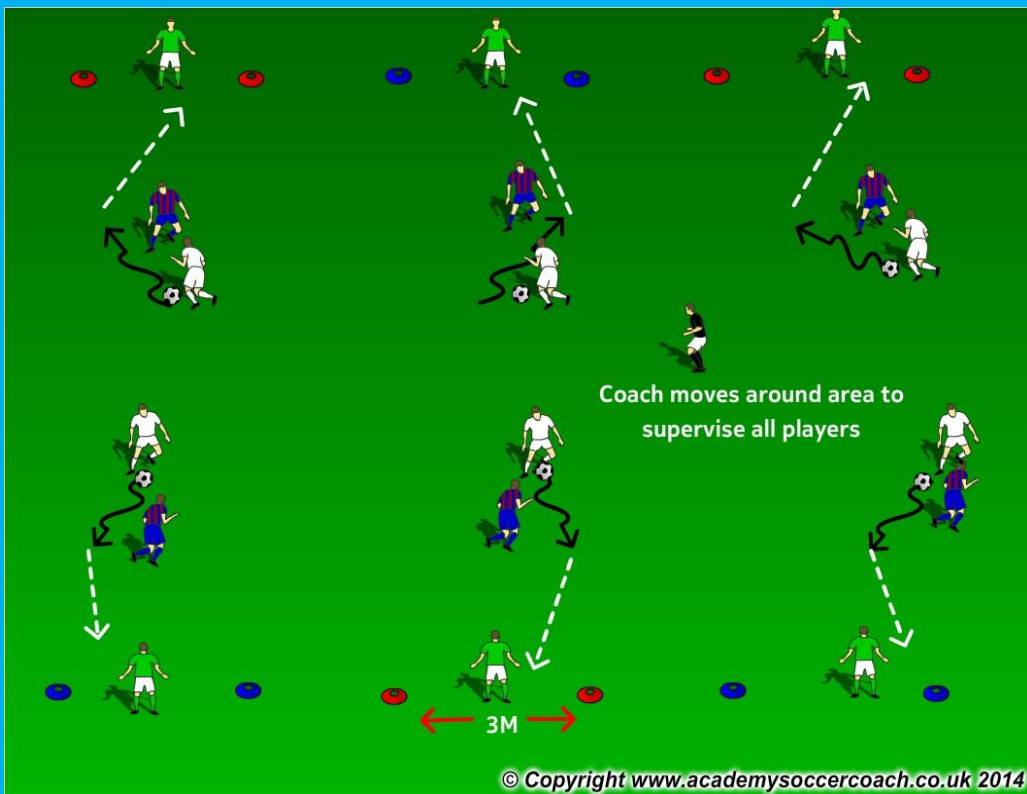
Active Start practice plan – Week 5
Station D
Small sided game - 1v1 to goal

Time frame. 8 minutes

Emphasis: Shooting Dribbling

Agility, Balance, Coordination

FUN!



Organisation. Player placed into groups of 3. They play 1v1 to goal.
Procedure. Goalkeeper rolls ball out and the 2 players play 1v1. After a goal is scored they player who scored the goal goes in goal.

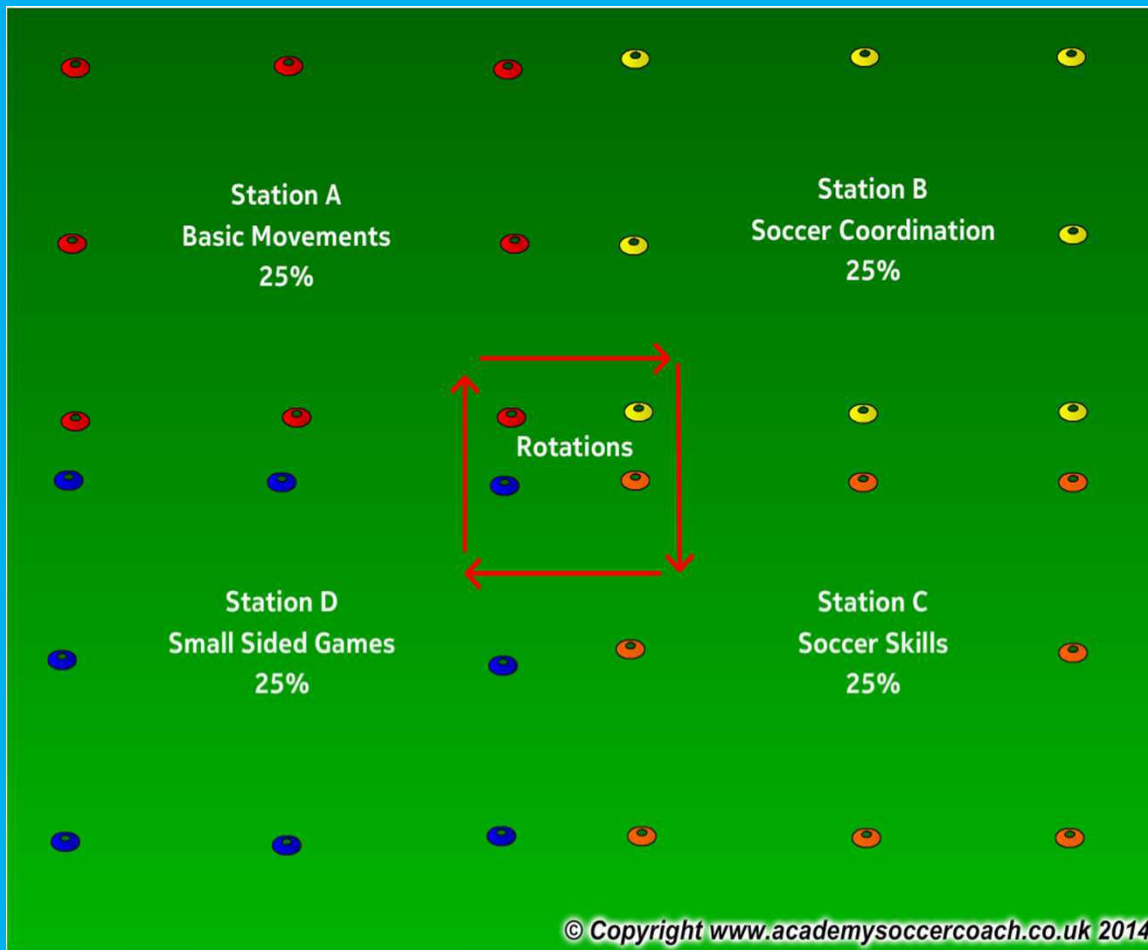
<p><u>Psychologi</u> <u>cal</u> Success Confidence Being safe</p>	<p><u>Technical</u> Shooting Dribbling Goalkeeping</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Peer interaction Communicating</p>



Grassroots Development

Active Start practice plan

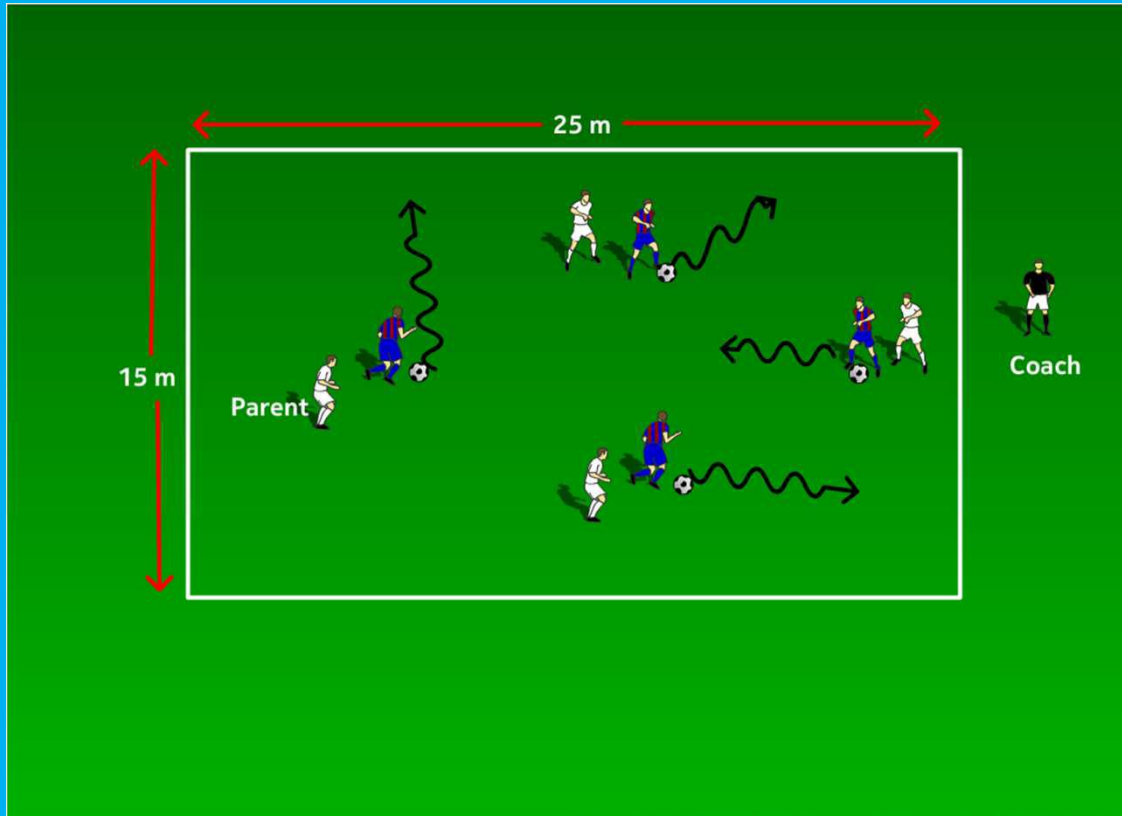
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Active Start practice plan – Week
6 Station A
General movement -Follow the leaders



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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

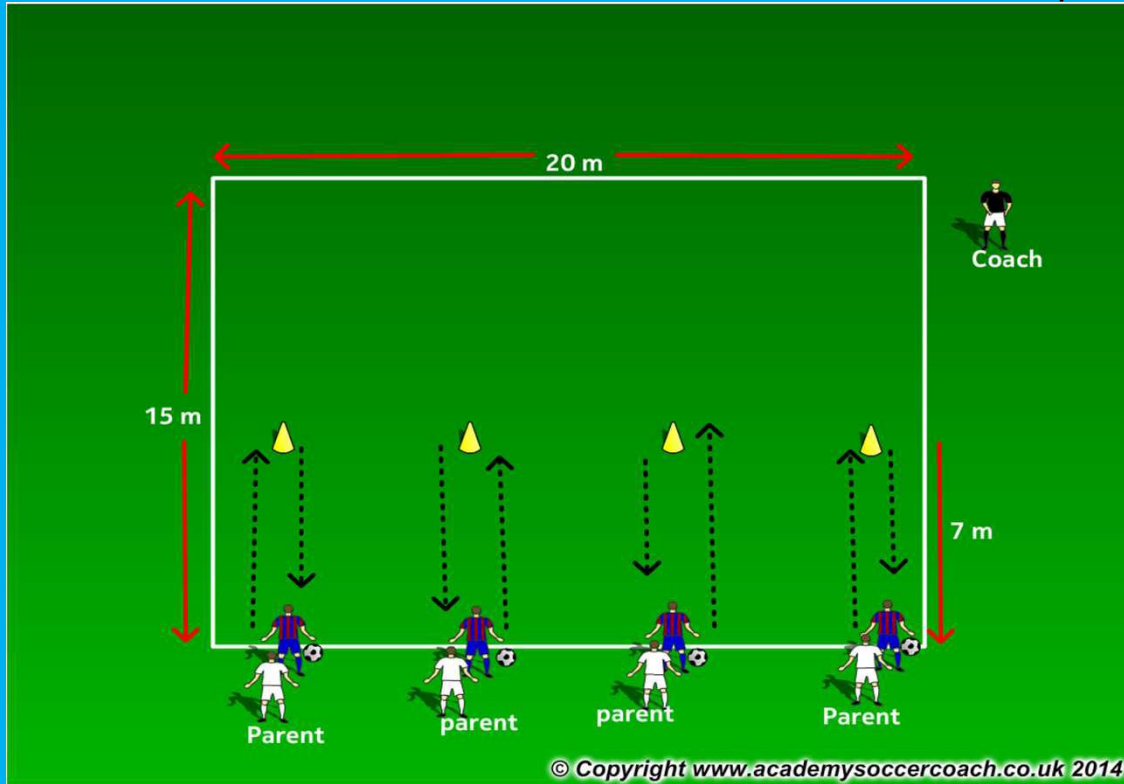
Agility, Balance, Coordination

FUN!

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



Active Start practice plan – Week 6
 Station B
 Soccer Technique - Catch me



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. Precedure repeats on the way back to start line.
Progression: Players are encouraged to use opposite foot, and different part of foot.

Time Frame6- 8 minutes

Emphasis:

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

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

Active Start practice plan – Week 6

Station C Coordination



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.

Time Frame 6-8 minutes

Emphasis: Listening

Dribbling

Changing direction

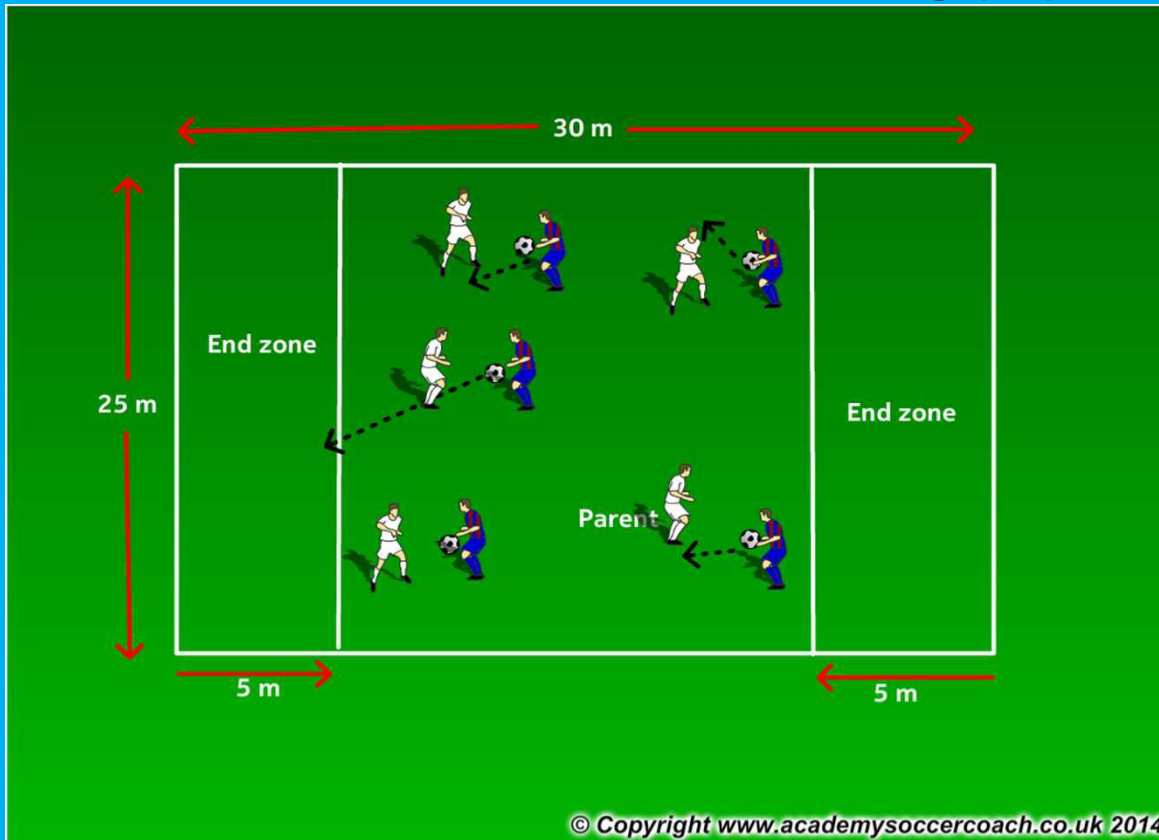
Agility, Balance, Coordination

Imagination

FUN!

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

Station D



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.

Time Frame. 8 minutes

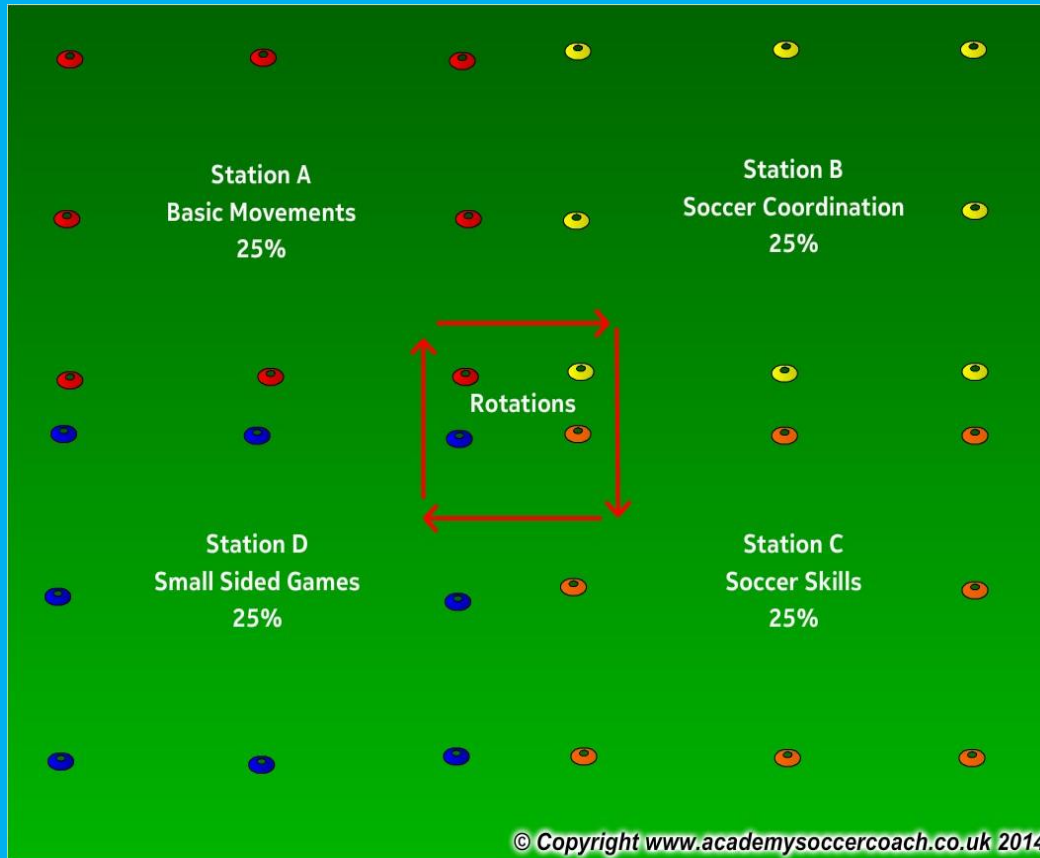
Emphasis:

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

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

Active Start practice plan

How the preferred training model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

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



Active Start practice plan
 Station B
 Soccer Technique - Animals



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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.

Time Frame 6- 8 minutes

Emphasis:

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

<u>Psychologi</u> cal Confidence Being safe	<u>Technical</u> Dribbling Running with the ball
<u>Physical</u> Using both feet A,B,C's Change of Direction	<u>Social</u> 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!



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.

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





Small sided game – 1v1 (Player vs Parent)

Time Frame 6-8 minutes

Running with the ball

Changing direction

Imagination



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

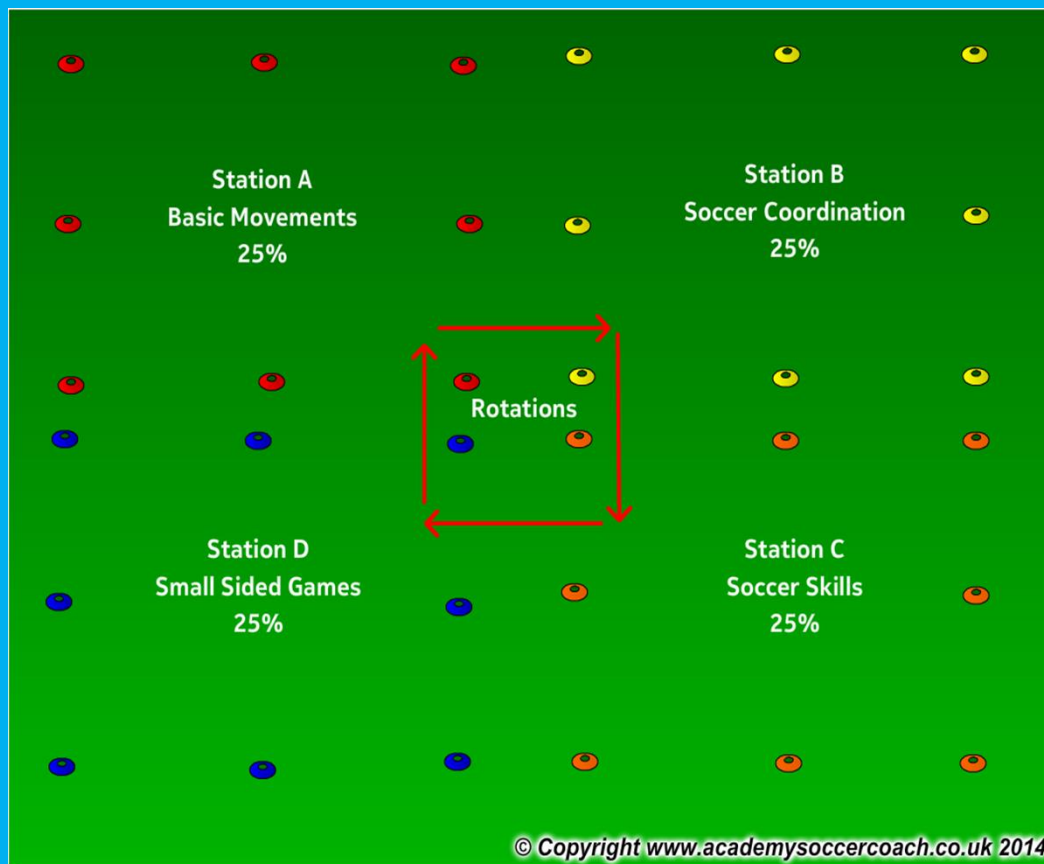
Procedure: Players play 1v1 vs their parents, and try to score.

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





Active Start practice plan How the preferred training model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Grassroots Development



Active Start practice plan –Station A

General movement



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!

Psychological

Technical

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

Active Start practice plan –

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!

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball

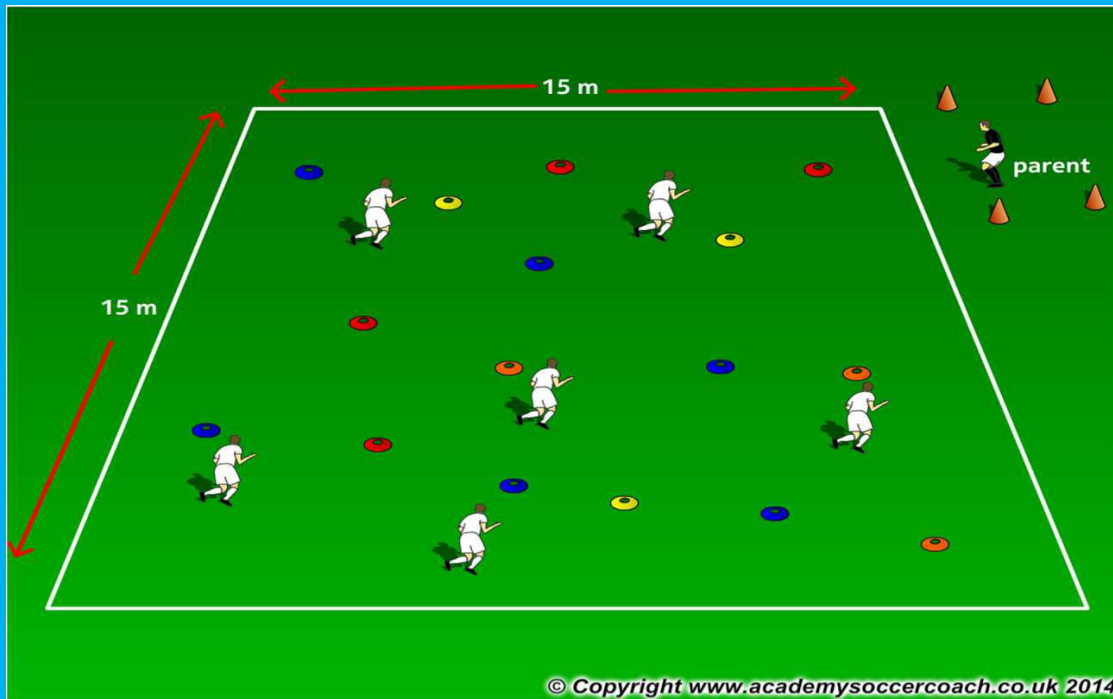
Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

Active Start practice plan – Station C Soccer Technique



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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 form 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.

Time Frame. 8 minutes

Emphasis: Listening

Running with the ball

Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

Active Start practice plan - Station D

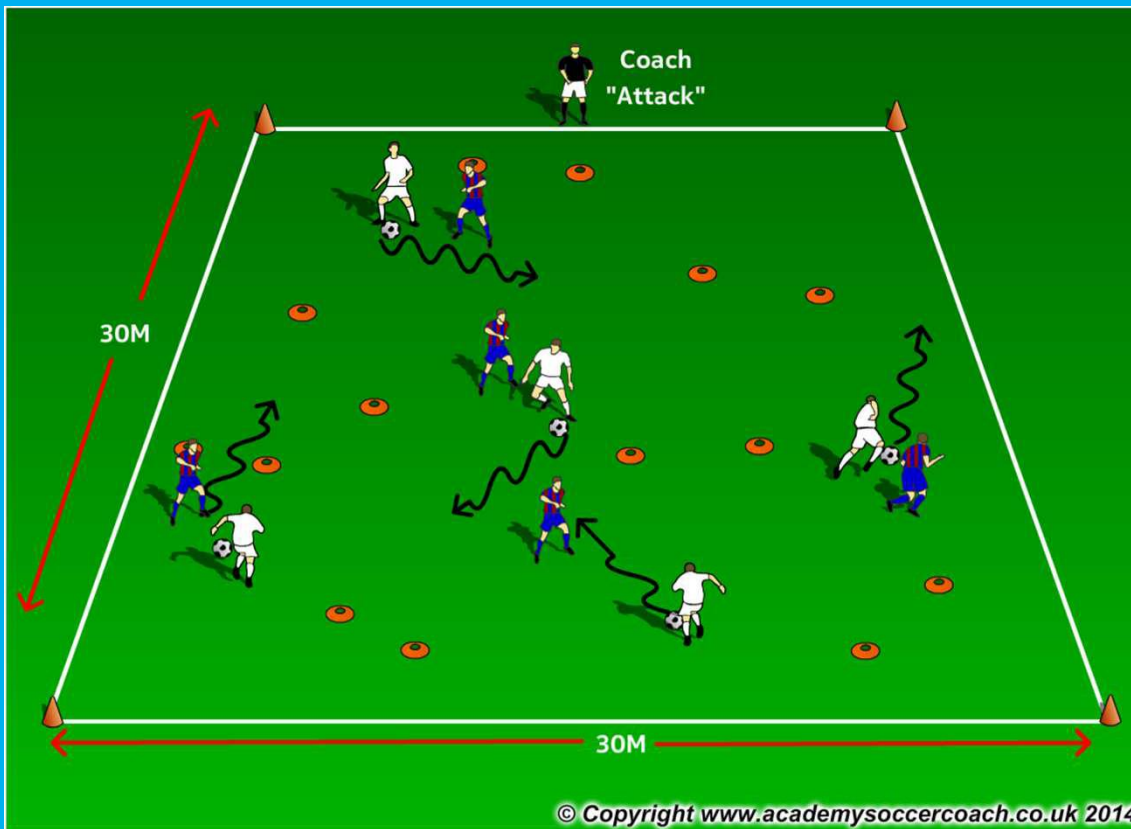
Small sided game – 1v1



Time Frame. 8 minutes

Emphasis:

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



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.

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball

Physical

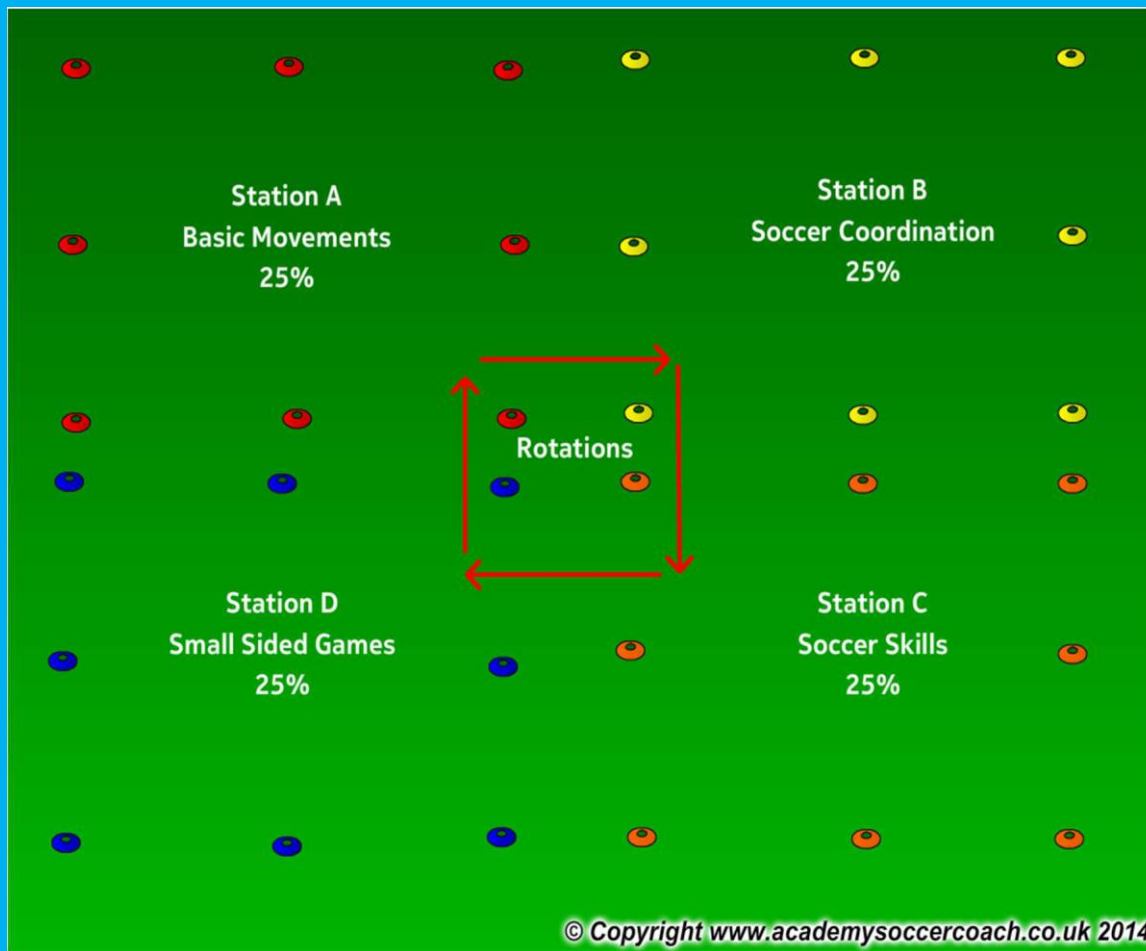
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

Active Start practice plan

How the preferred training model works



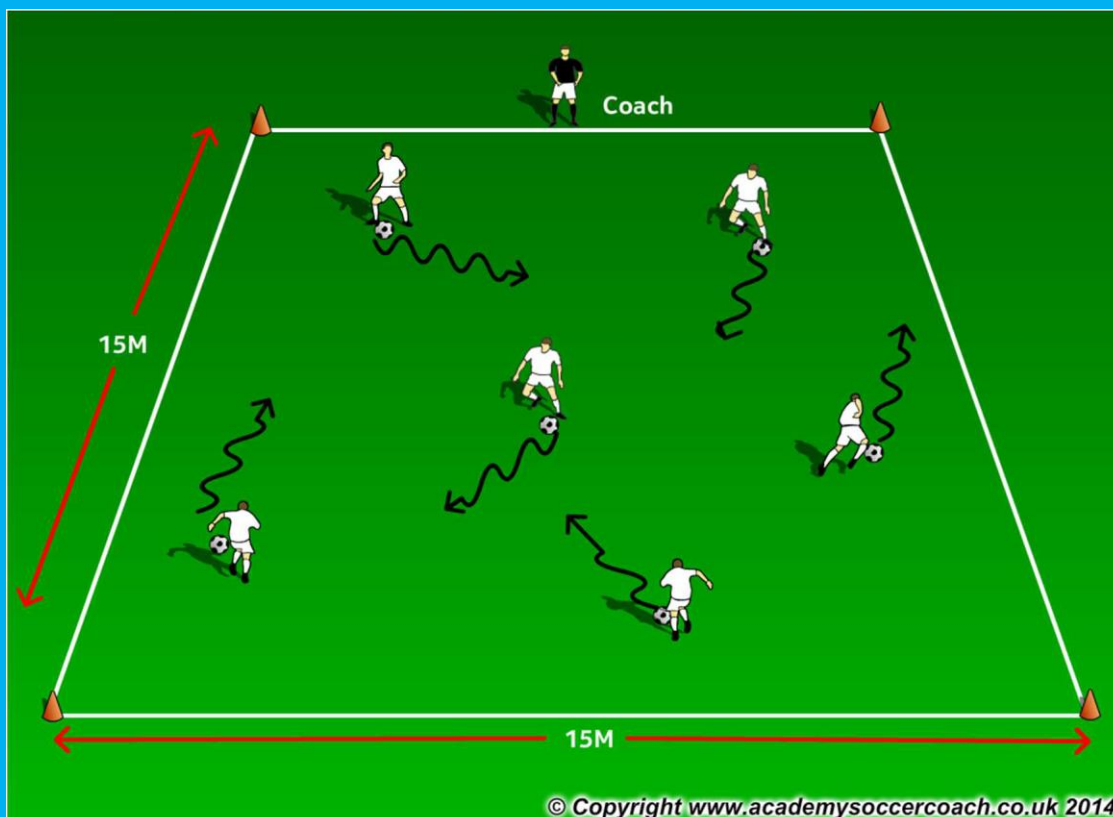
If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Active Start practice plan – Station A

General movement – Think fast



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!

Psychological

Confidence
Being safe

Technical

Dribbling

Physical

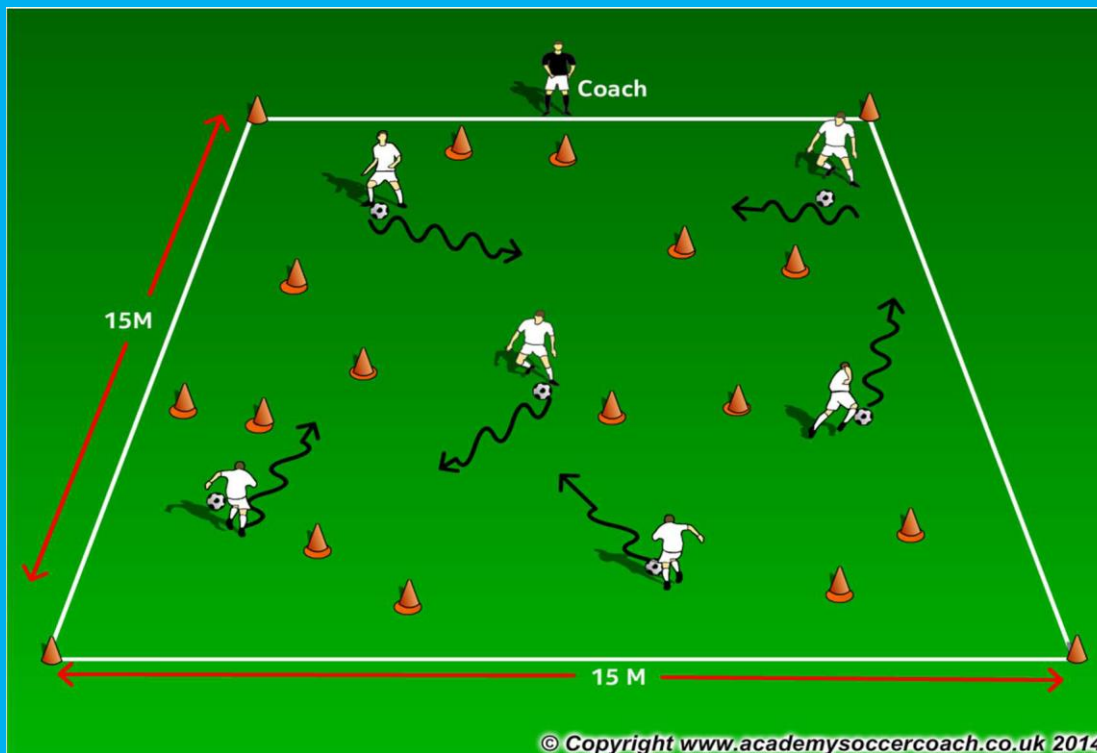
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

Active Start practice plan – Station B

Soccer Technique – Beach soccer



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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!

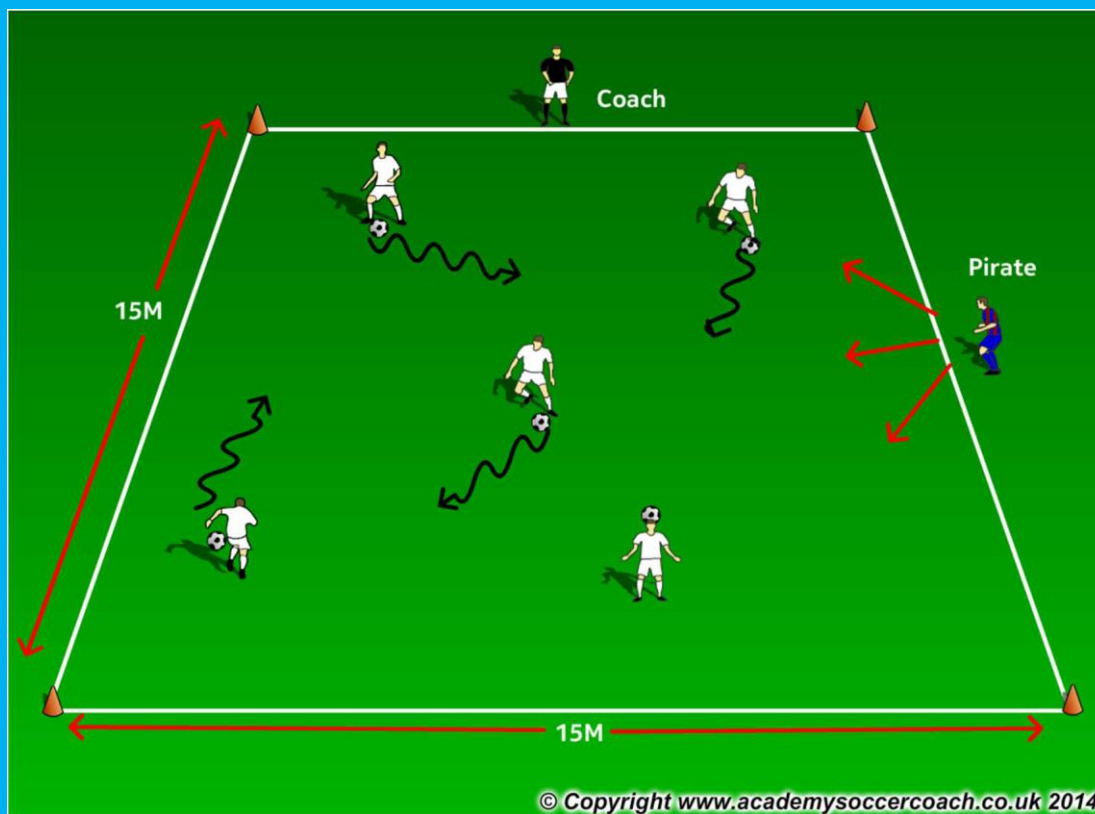
<p><u>Psychological</u> Confidence Being safe Imagination</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction Jumping/landing</p>	<p><u>Social</u> Listening Communicating Celebrating</p>



Time Frame. 8 minutes

Emphasis:

- Listening
- Running with the ball
- 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.

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball

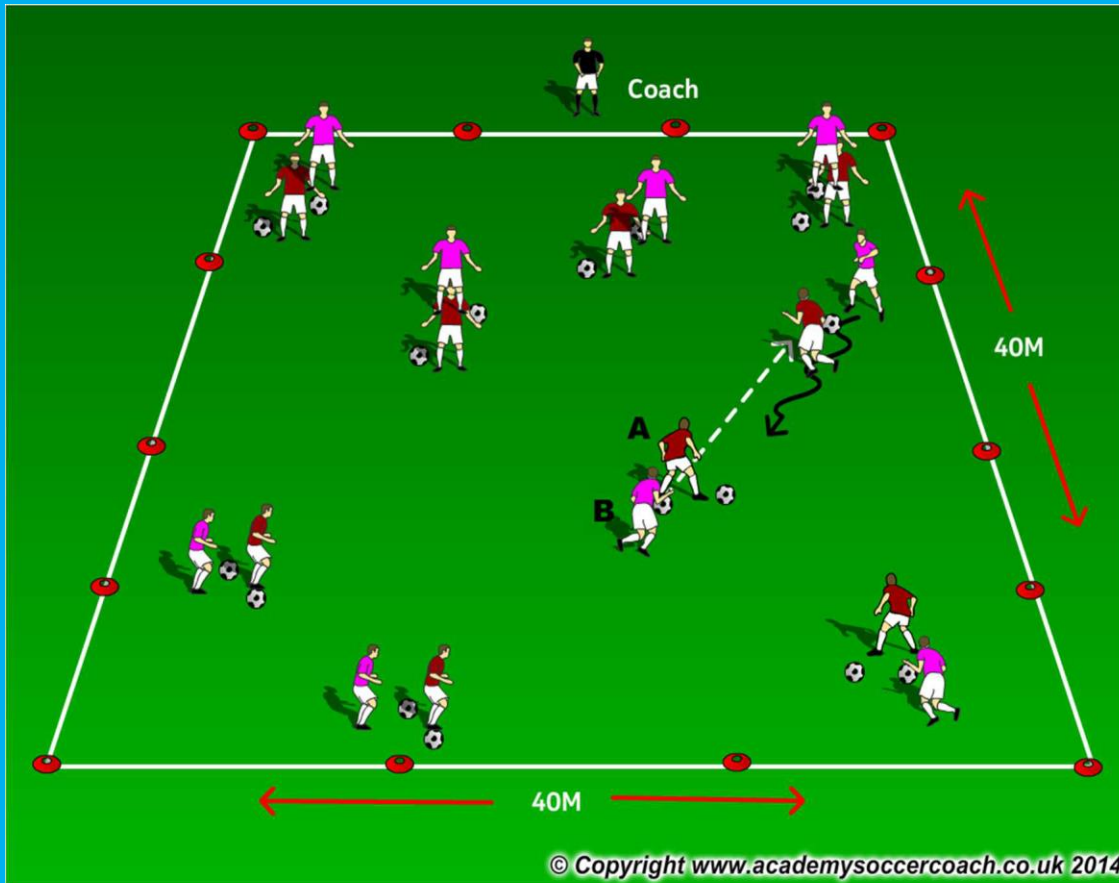
Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

Active Start practice plan -
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

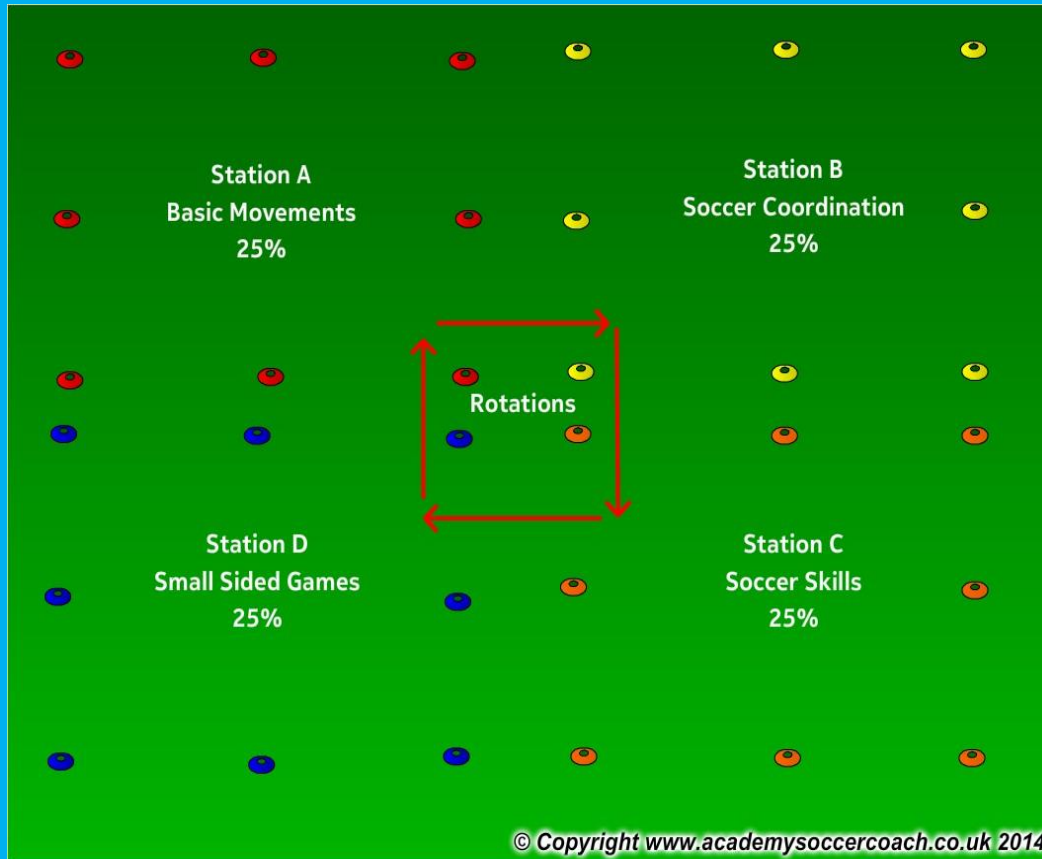
Emphasis:

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

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

Active Start practice plan

How the preferred training model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Grassroots Development

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

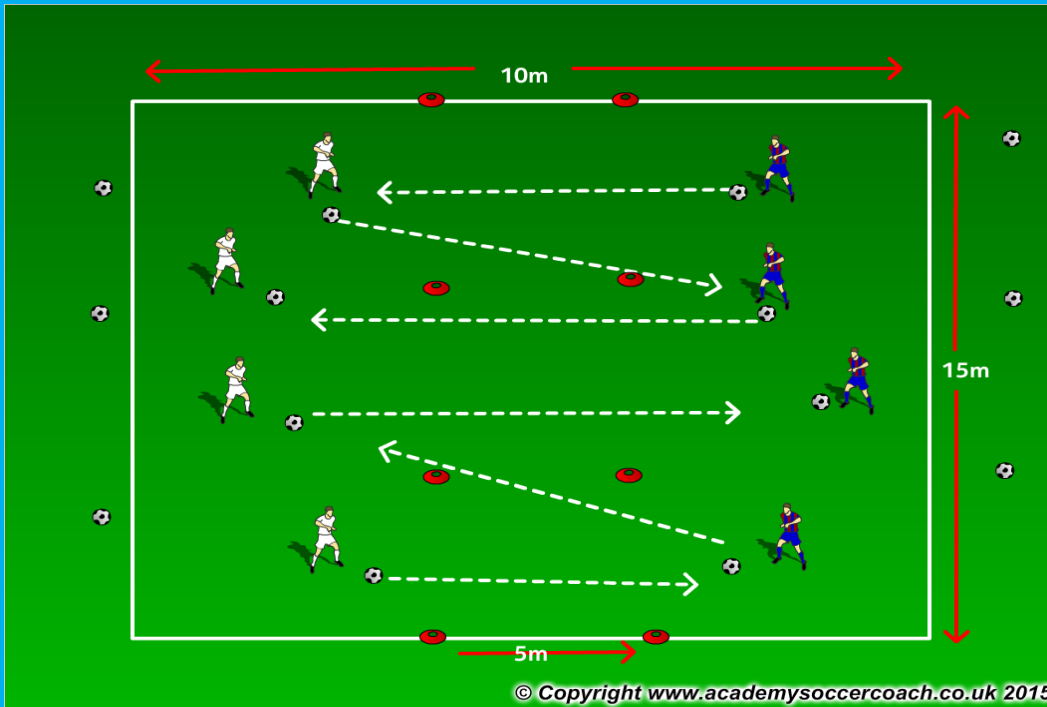
Emphasis: Listening
 Different types of movements
 Changing direction
 Agility, Balance, Coordination
FUN!

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



Grassroots Development

Active Start practice plan
 Station B
 Soccer Technique—Clean your room



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.

Time Frame 6- 8 minutes

Emphasis:

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

<p><u>Psychologi</u> <u>cal</u> Confidence Being safe</p>	<p><u>Technic</u> <u>al</u> Passing Shooting Both feet</p>
<p><u>Physical</u> Using both feet A,B,C's</p>	<p><u>Social</u> Interaction with others Communicating Celebrating</p>



Grassroots Development



Active Start practice plan
Station C
Coordination- Castle

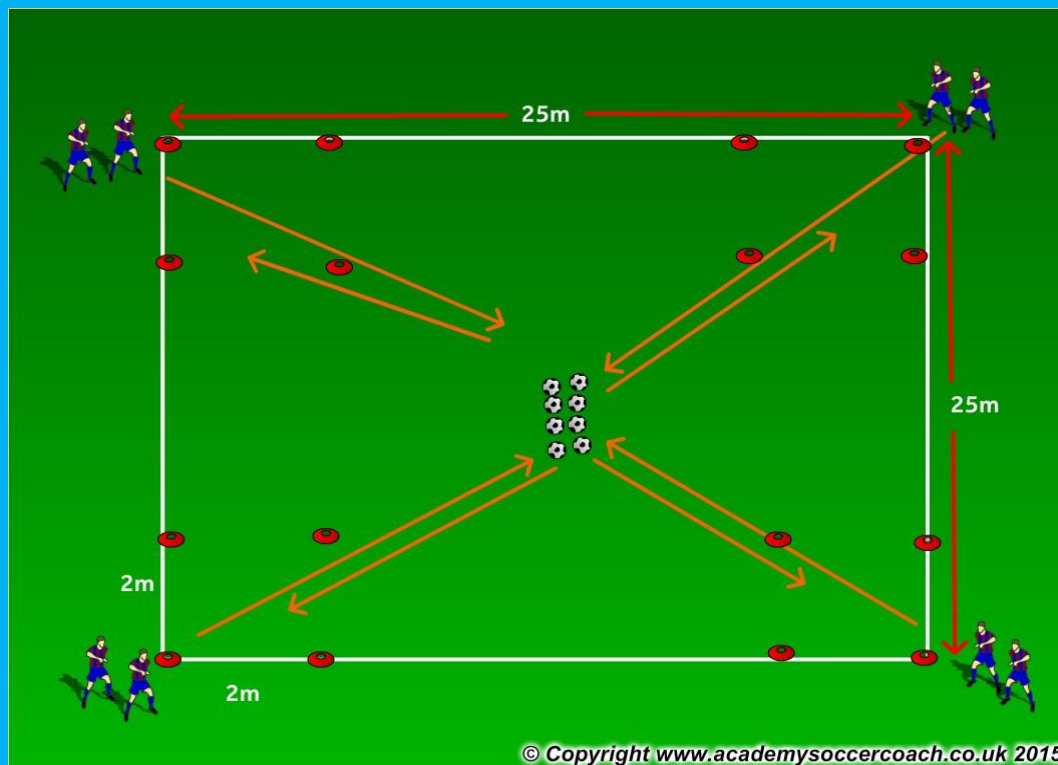
Time Frame 6-8 minutes

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.

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



ActiveStart practice plan—
Station D



Small sided game – 1v1 (Player vs Parent)

Time Frame 6-8 minutes

Running with the ball

Changing direction

Imagination



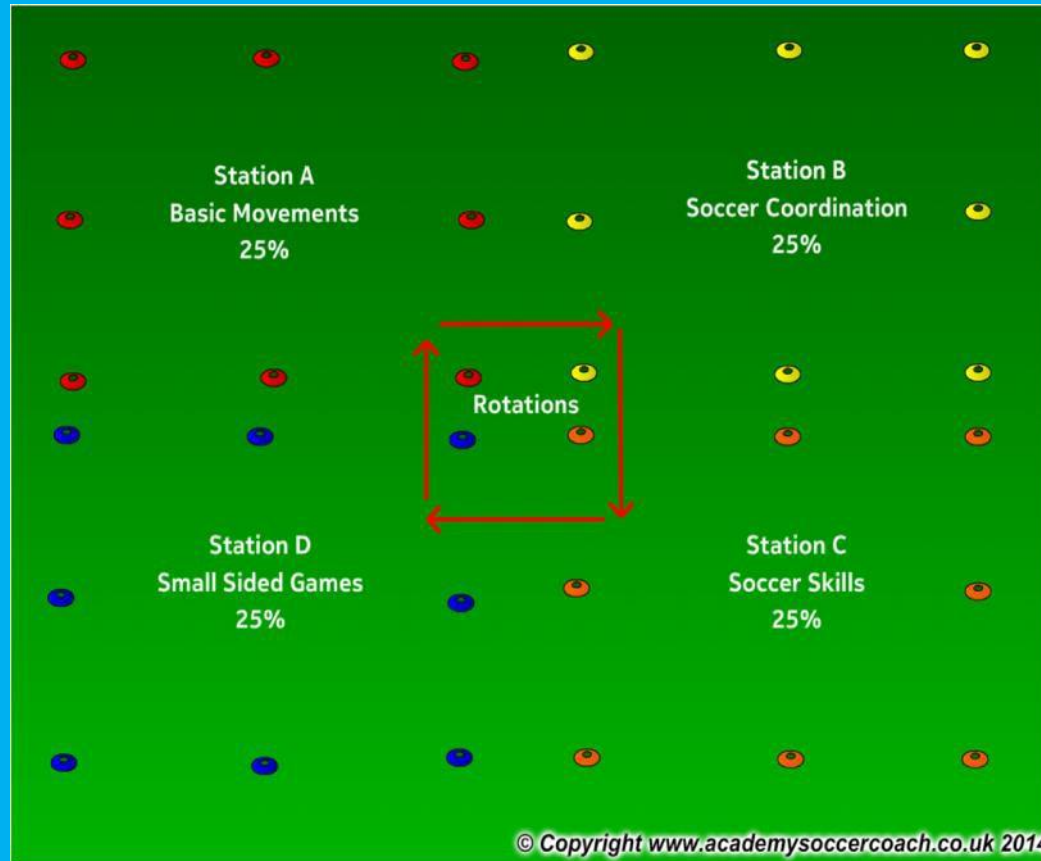
Organization: A field of 25m x 30m. Soccer balls.

Procedure: Players play 1v1 vs their parents, and try to score.

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



Active Start practice plan How the preferred training model works

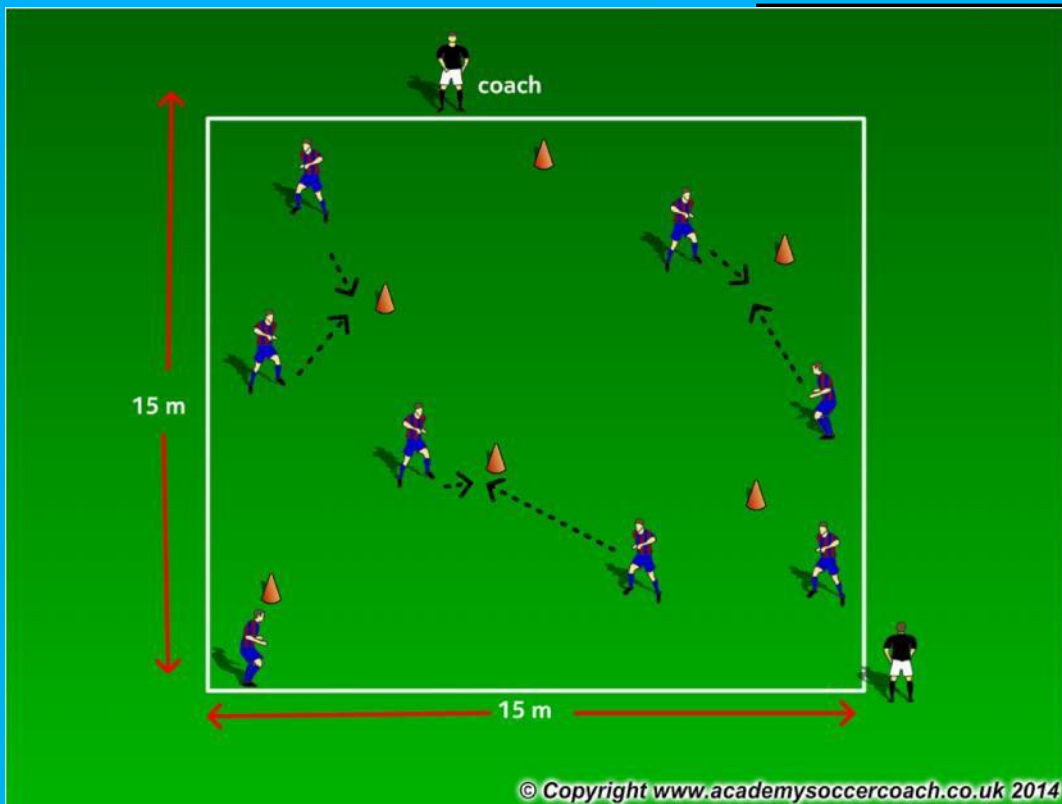


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



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

Psychological

Confidence Being safe Positive feedback

Technical

Running with the ball

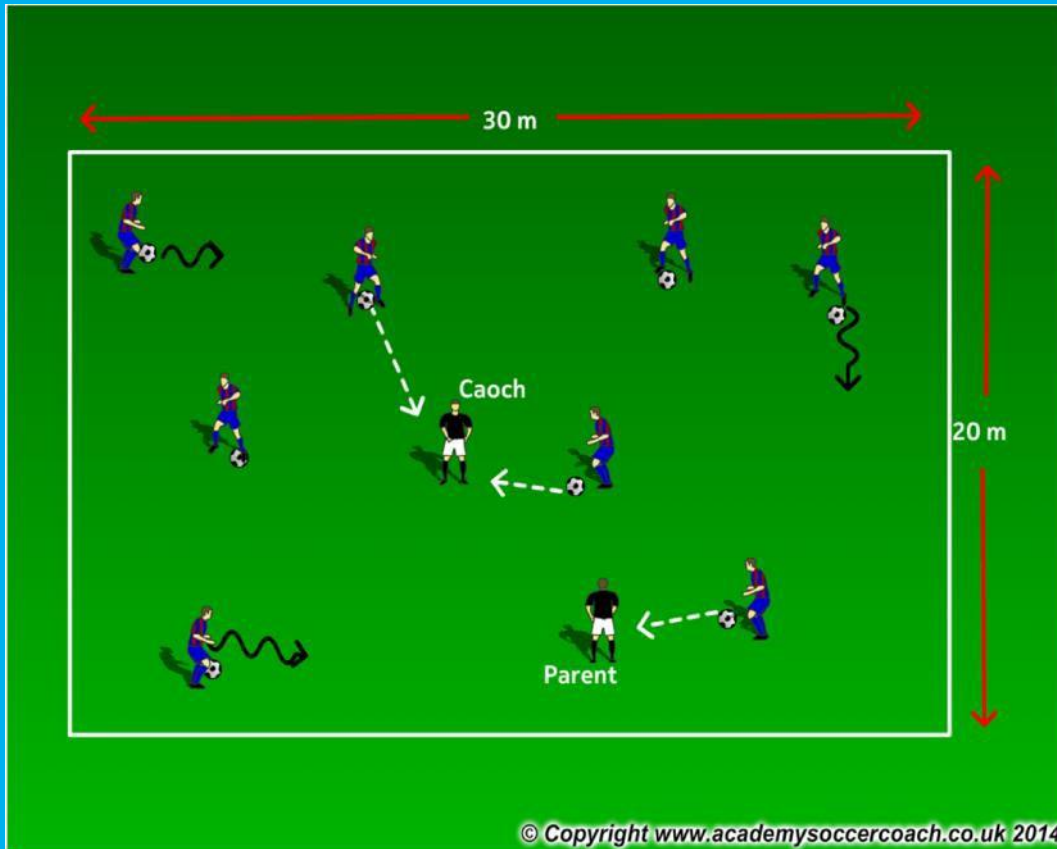
Physical

A,B,C's
Change of Direction

Social

Peer interaction
Communicating
Celebrating

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



Active Start practice plan - Week 12 Station C Soccer technique - Passing

Time frame.6- 8 minutes Emphasis:

Lots of touches on the ball Using
different technique Positive feedback
FUN!



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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.

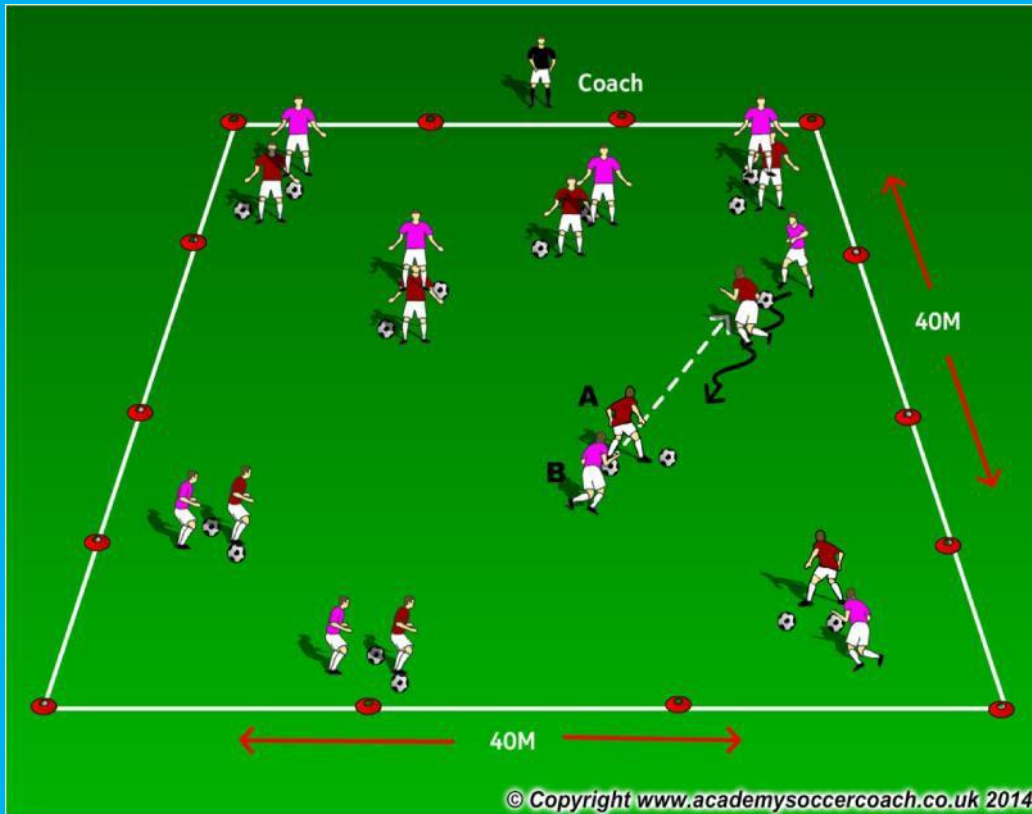
Procedure: Each team stands in its own half, with children evenly divided on both side of the river. Players on the same side as their ball castle get balls from there and running with the ball close to the river, and thn pass the ball across the river to their teammates, who quickly running with the ball to put them in the opposite castle.

Team with fewer balls in their castle wins. (duration 1 minute)

<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>

Grassroots Development

Active Start practice plan - Week 12 Station D
 Small sided game - 1v1 to a ball



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:

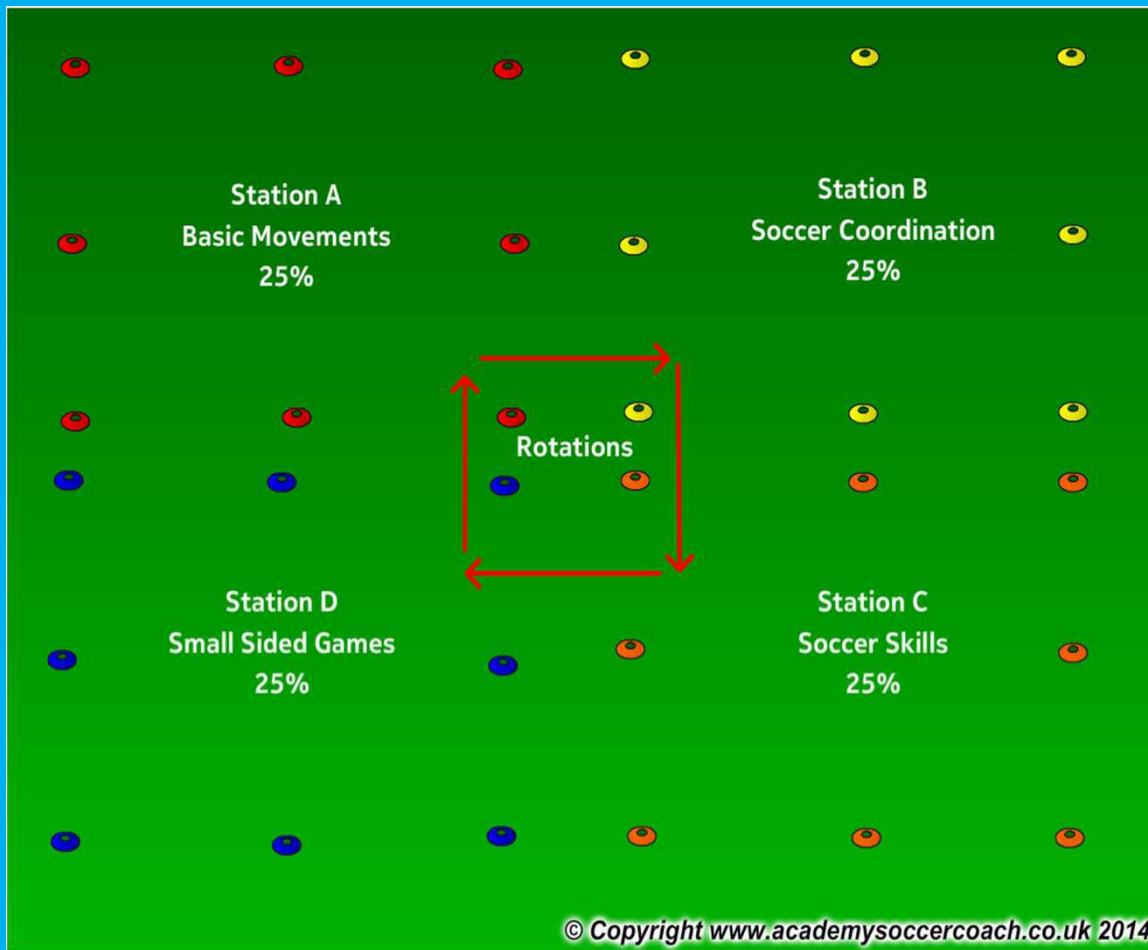
- Running with the ball
- Dribbling
- 1v1
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- Passing
- Fun

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

Grassroots Development

Active Start practice plan

How the preferred training model works

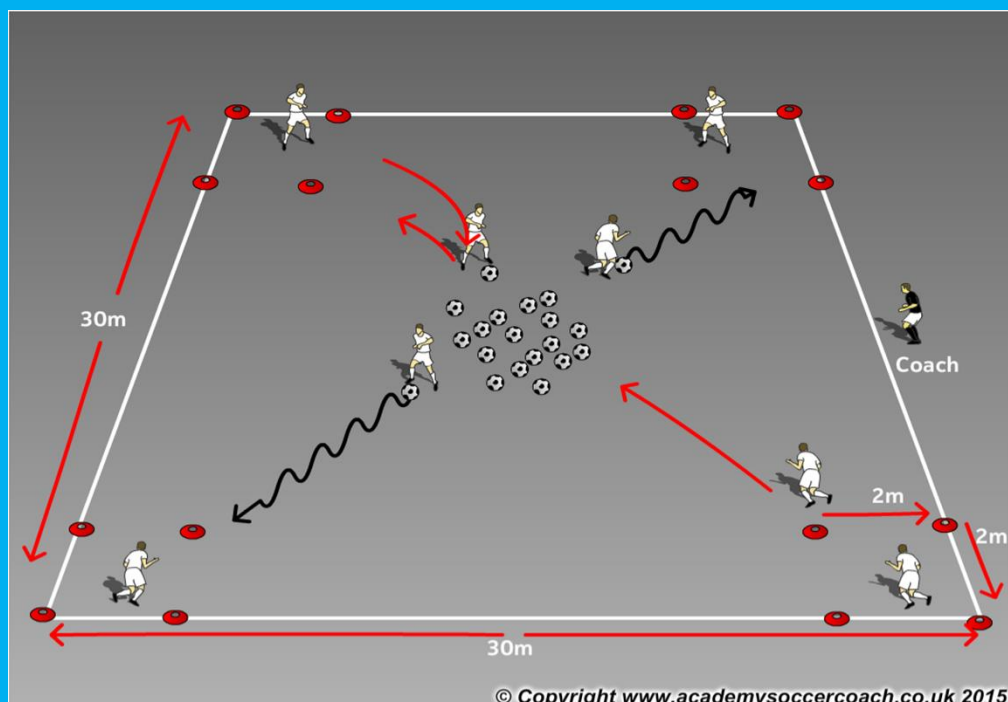


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



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. 8 minutes

Emphasis:

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

Psychological

Confidence Being safe Positive feedback

Technical

Running with the ball

Physical

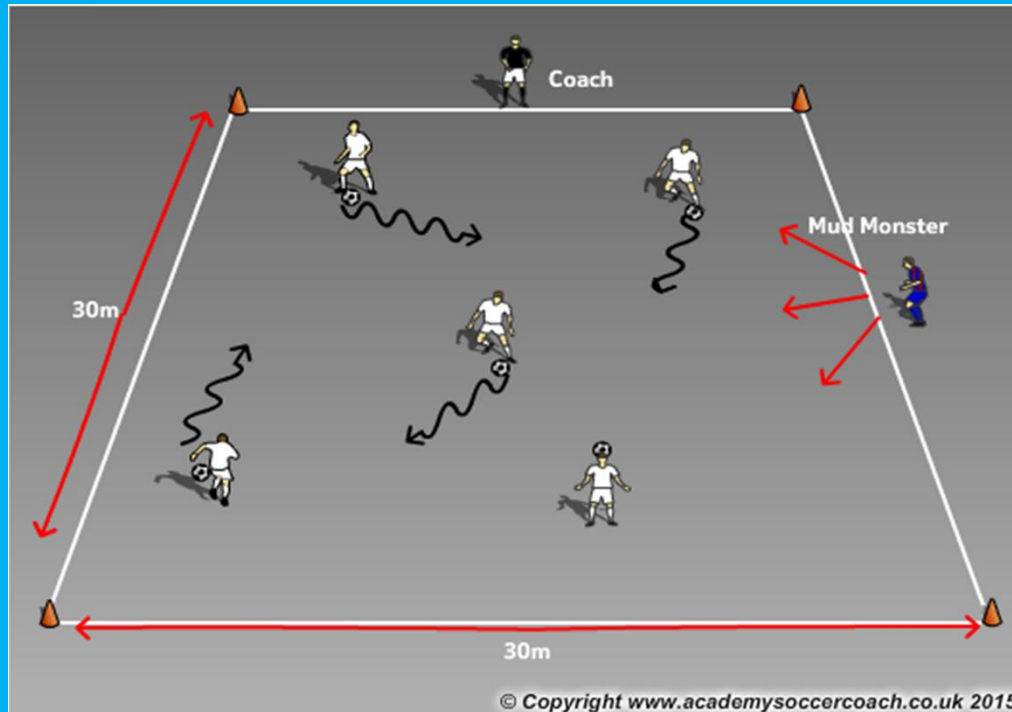
A,B,C's
Change of Direction

Social

Peer interaction
Communicating
Celebrating

Grassroots Development

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

Grassroots Development



Active Start practice plan – Week 12

Station C

Soccer technique – 1v1 to goal

Time frame.6- 8 minutes

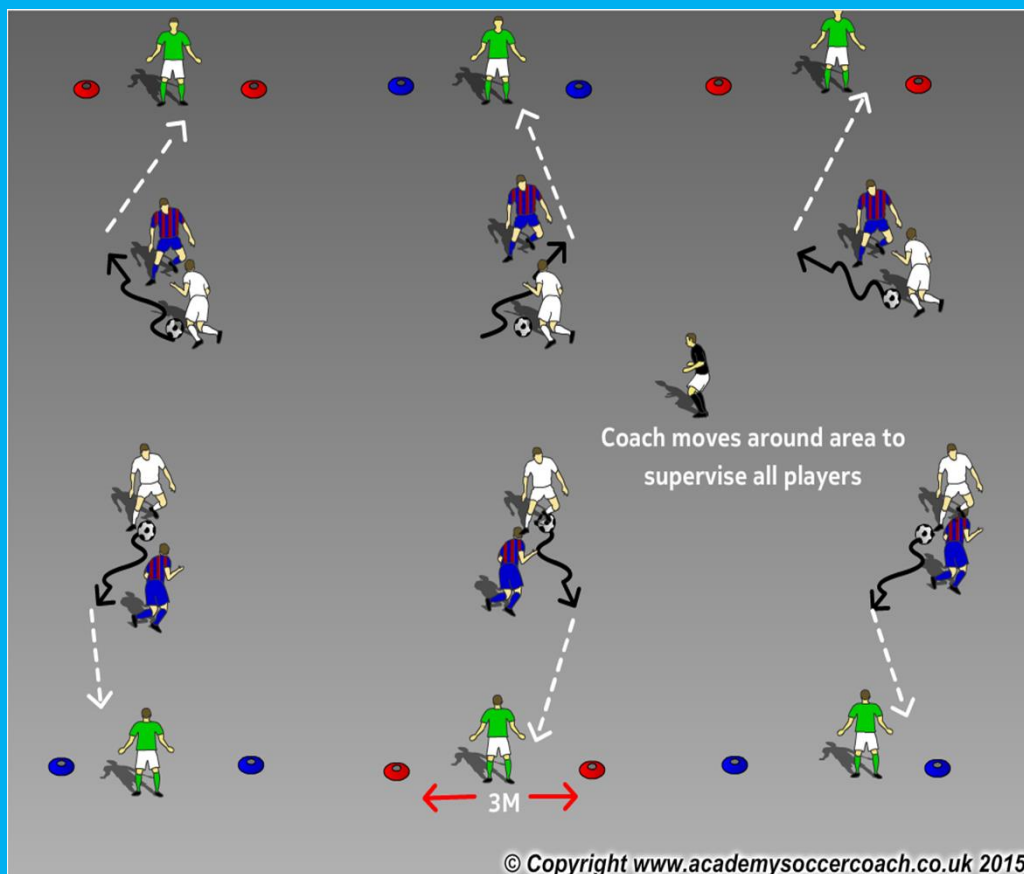
Emphasis:

Lots of touches on the ball

Scoring/stopping goals Using different technique

Positive feedback

FUN!



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.

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

Grassroots Development



Active Start practice plan—Week 12 Station D
Small sided game—1v1 through gates



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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

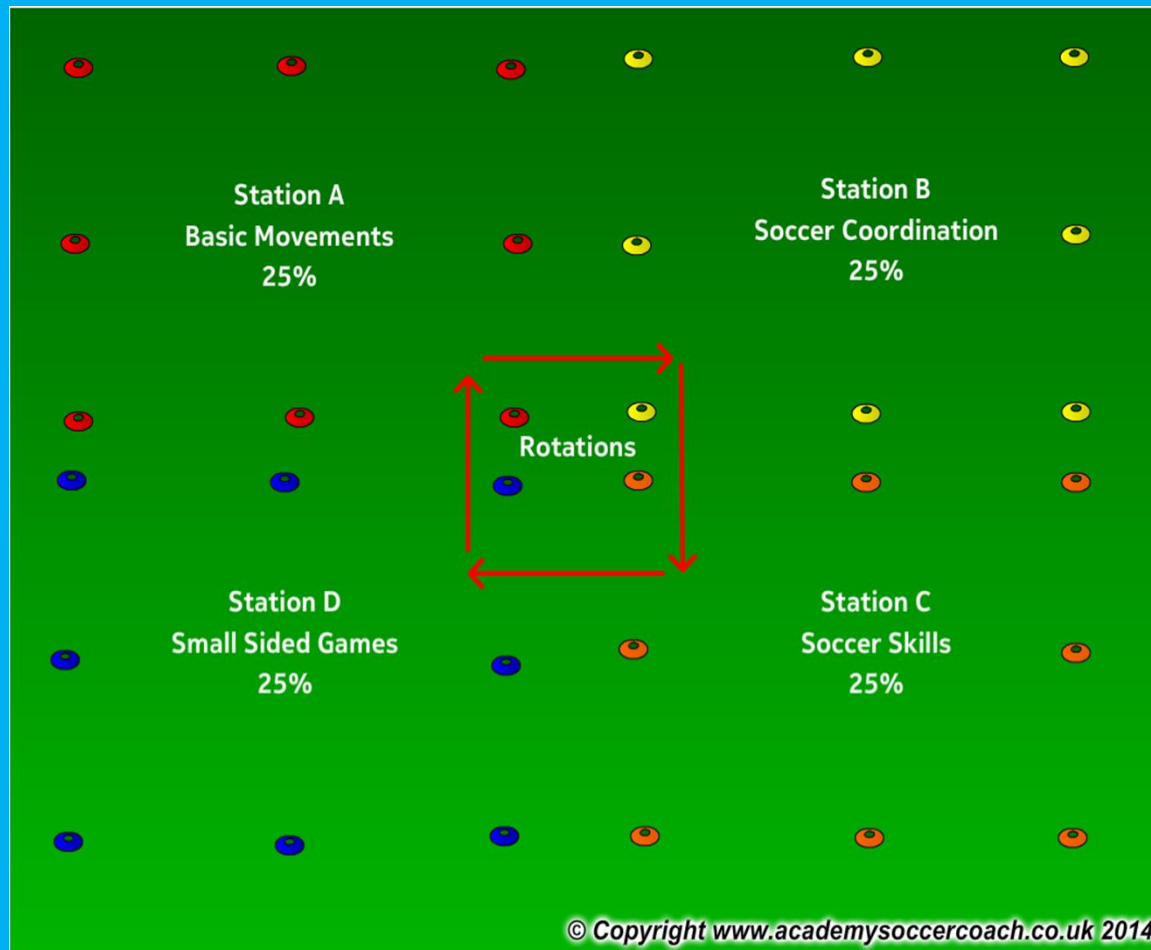
Fun

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

Grassroots Development

Active Start practice plan

How the preferred training model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

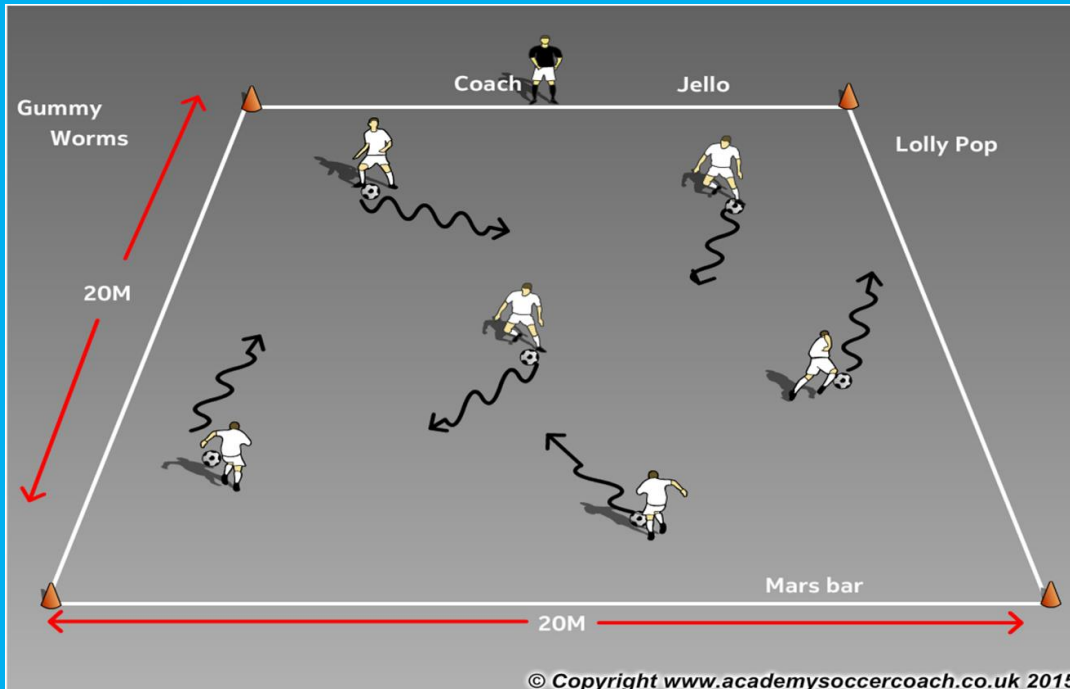
Active Start practice plan – Week 13 Station A

General movement – Candy Store



Time Frame. 8 minutes

Emphasis: Listening
 Dribbling
 Changing direction
 Agility, Balance, Coordination
FUN!



Organization: 20m x 20m area. Each player has a soccer ball.
Procedure: All players dribble 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).

Psychological

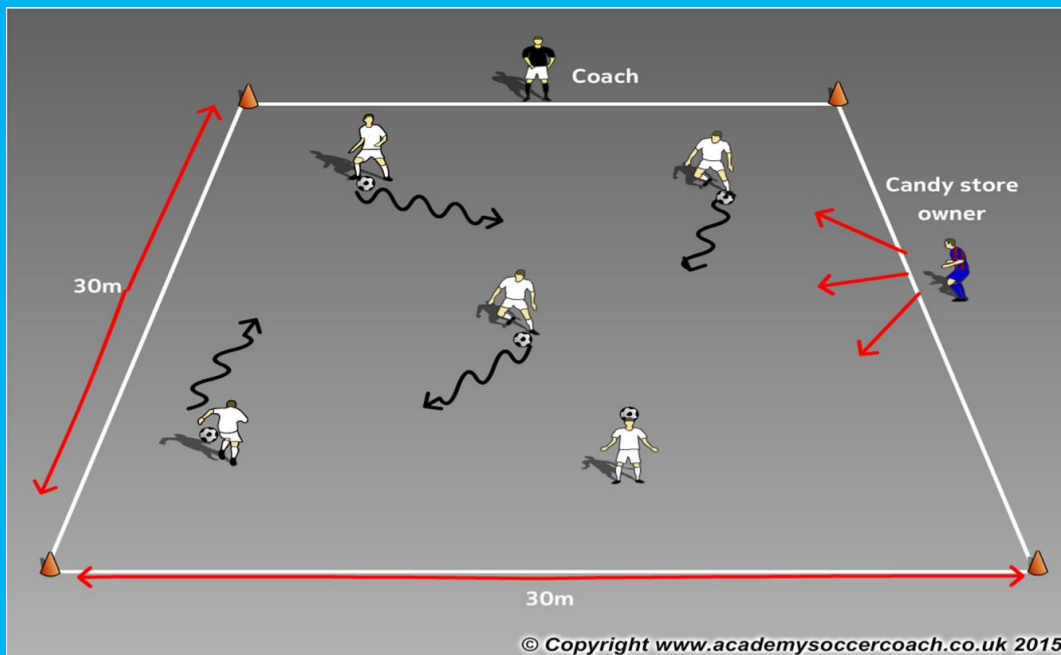
Technical

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

Active Start practice plan – Week 13 **Station B**



Soccer Technique – Candy store owner!



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Organization: 30m x 30m area set up. Every player has a soccer ball apart from the "Candy store owner"

Procedure: All players dribble around inside the area. 1 player at a time is selected to become the "Candy store owner". When the coach calls "go" the candy store owner 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 candy store" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the candy store owner for 1 minute.

Time Frame. 8 minutes

Emphasis:

Lots of touches on the ball
Different parts of the foot

Changing direction

FUN!

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

Active Start practice plan – Week 13



Station C

Soccer Technique – 1v1 through gates



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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. 8 minutes

Emphasis:

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

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball

Physical

A,B,C's
 Change of Direction

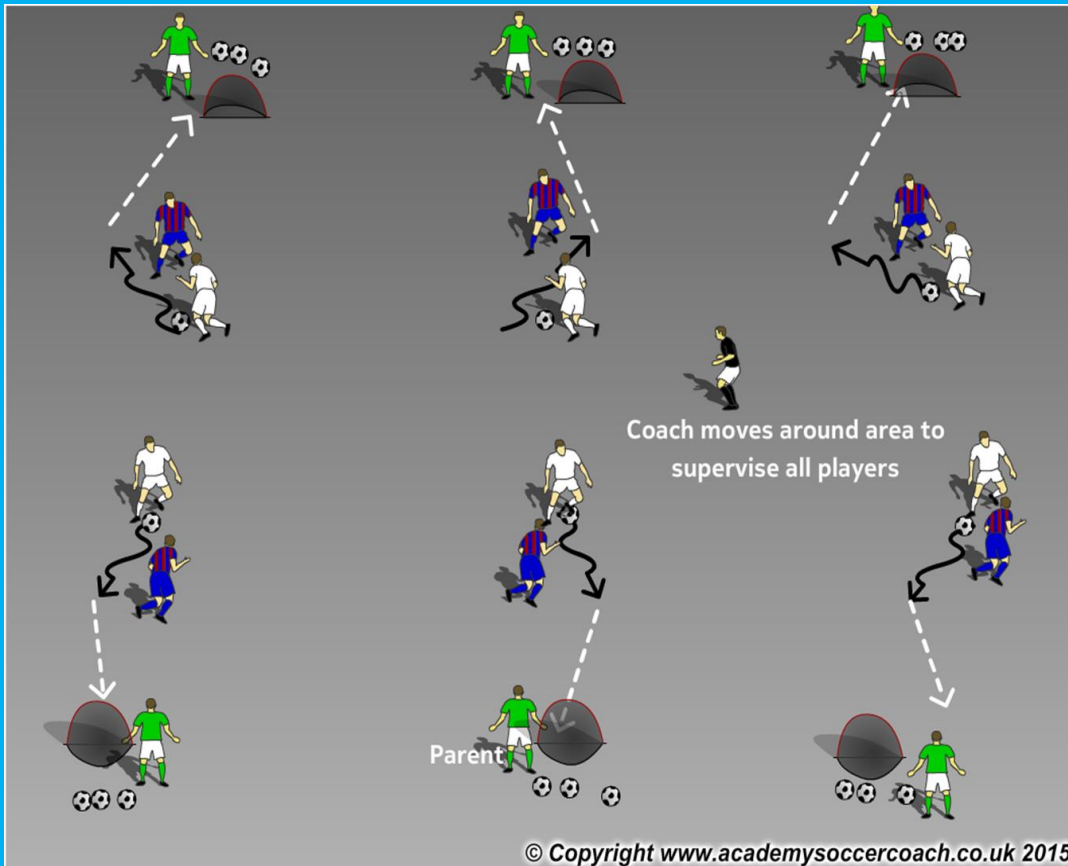
Social

Listening
 Communicating
 Celebrating

Active Start practice plan - Week 13

Station D

Small sided game – 1v1 TO GOAL



Organization: Player placed into groups of 2. They play 1v1 to goal.
Procedure: Parent rolls the ball out and the 2 players play 1v1. Players look to score in the pug goal. After 90 seconds rotate partners.

Time Frame. 8 minutes

Emphasis:

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

Psychological
 Confidence Being safe FUN

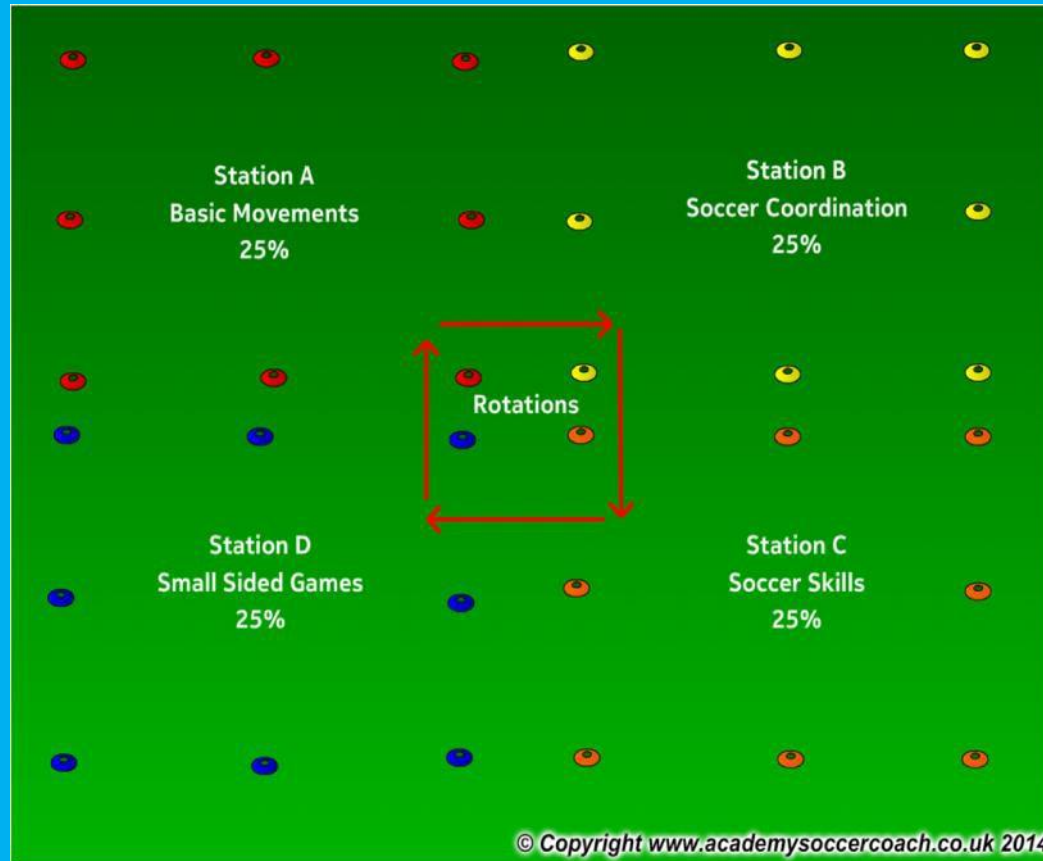
Technical
 Dribbling
 Running with the ball
 Shooting

Physical
 A,B,C's
 Change of Direction

Social
 Listening
 Communicating
 Celebrating



Active Start practice plan How The Player Development Model works



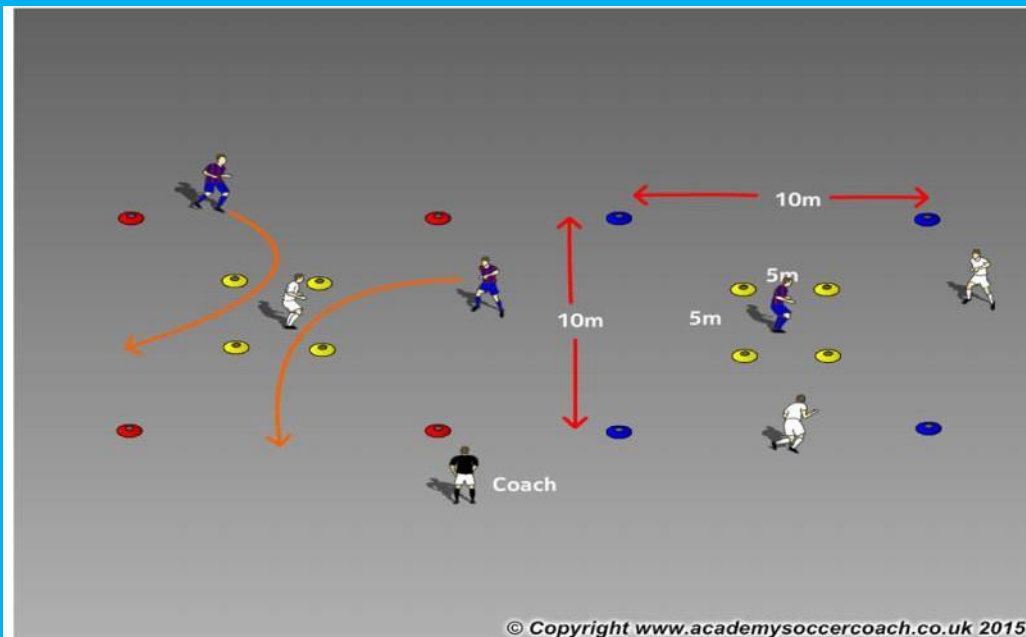
If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



Active Start practice plan- Week 14 Station A
 General movement- Can you catch me?



Organization: Place players in to groups of 3. 1 player has the pinnie and becomes the catcher.
Procedure: The catcher must stay inside the centre 5m x 5m square and try to tag the soccer players as they run through the centre square. The outside players try to make it to a different side of the grid each time, but must travel through the centre grid to get to the other side. Each time a player makes it to a new side they score 1 point. If you get tagged you switch instantly. Instead of running try different movement's such as hopping on one leg, skipping, jumping etc.

Time Frame. 8 minutes

Emphasis: Listening

Changing direction

Agility, Balance, Coordination

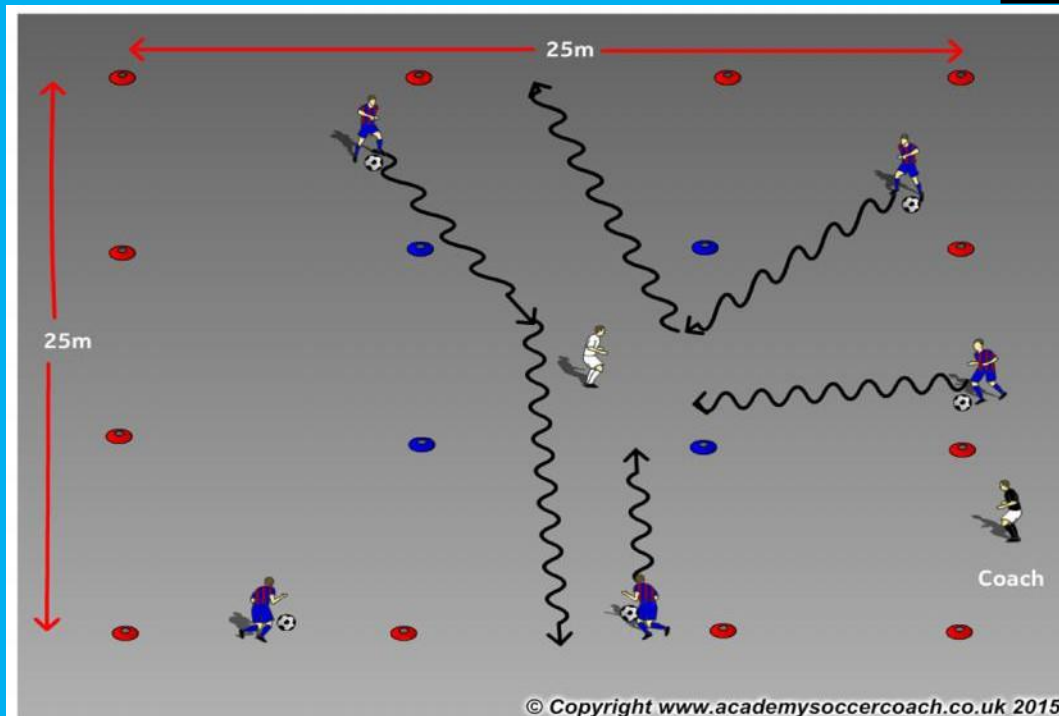
Competition

FUN!

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



Soccer Technique - Can you catch me with a ball?



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Organization: The outside square is 25m x 25m with the inside square being approx. 8m x 8m. Start with 5 players on the outside and 1 player in the centre square. (You can increase to 2 if players are having success)
Procedure: Outside players attempt to dribble to a different side of the square to score a point, they must dribble through the centre square though and avoid being tagged. If Player is tagged they instantly become the catcher. Each time a player makes it to a new side they score 1 point.

Time Frame. 8

minutes Emphasis: Dribbling

Different parts of the foot Changing direction Competition
FUN!

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

Player Development



Active Start practice plan - Week 14

Station C

Soccer Technique- 1v1 ally.

Time Frame. 8 minutes

Emphasis:

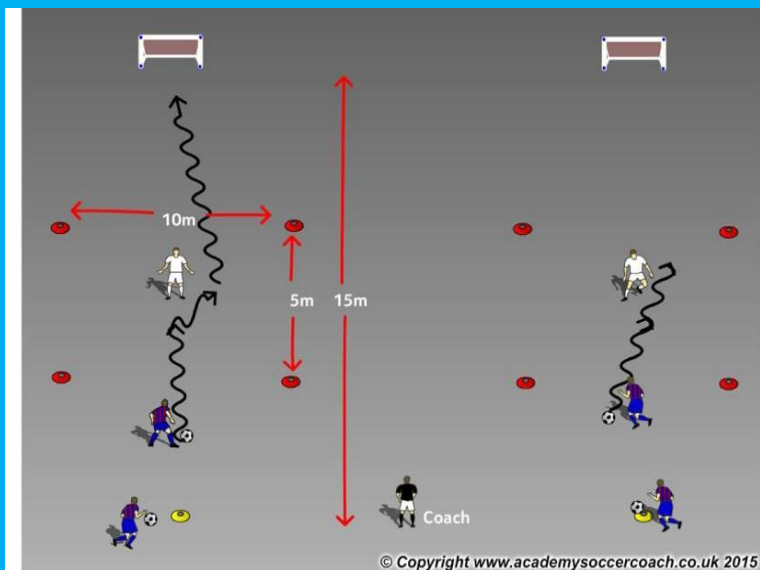
Dribbling
Balance, Coordination

Running with the ball

Changing direction Agility,

Imagination

FUN!



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Organization: Players are placed into groups of 3. 1 defender and 2 attackers. Space is organised as above.

Procedure: Attacker dribbles towards the defender to try to beat him/her. The defender cannot come outside of their area as shown above. Once the attacker beats the defender they go and score in the goal. If the defender stops the attacker the players then switch. Players celebrate when they score and keep a track of how many goals they score.

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



Active Start practice plan - Week 14 Station D
Small sided game- 1v1 to gates

Time Frame. 8 minutes

Emphasis:

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

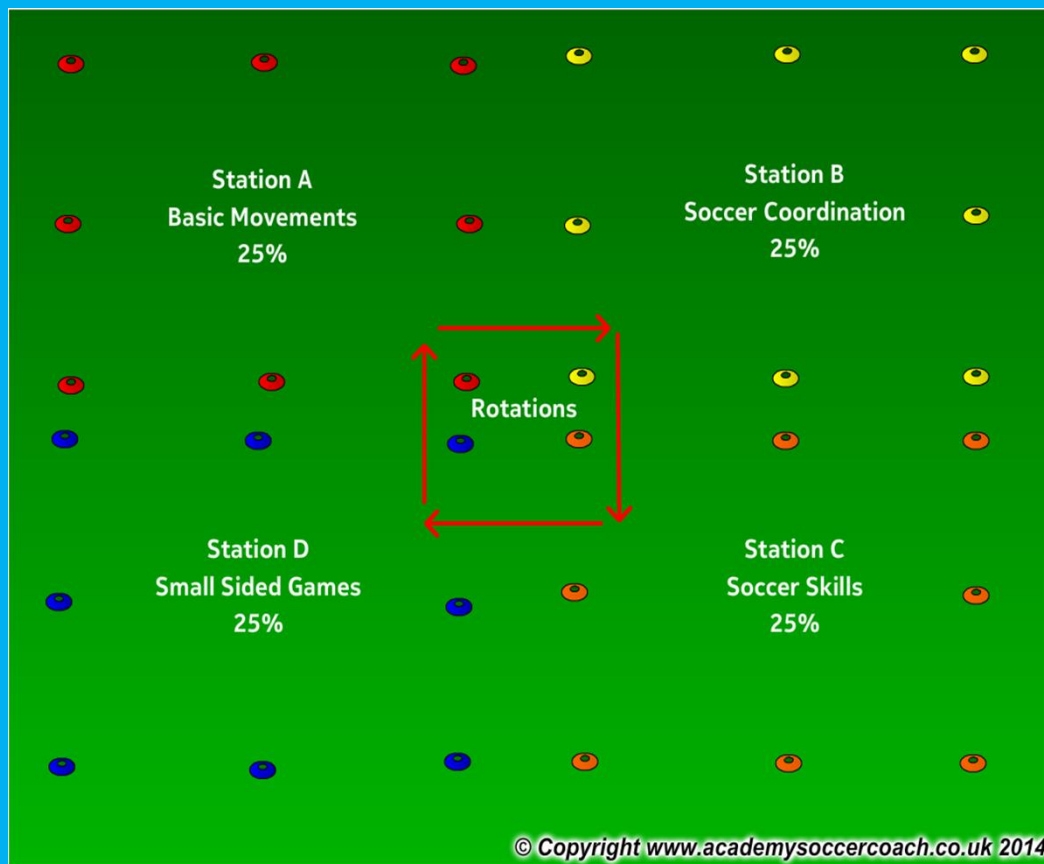


Organization: Players are paired inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play 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.

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



Active Start practice plan How The Player Development Model works



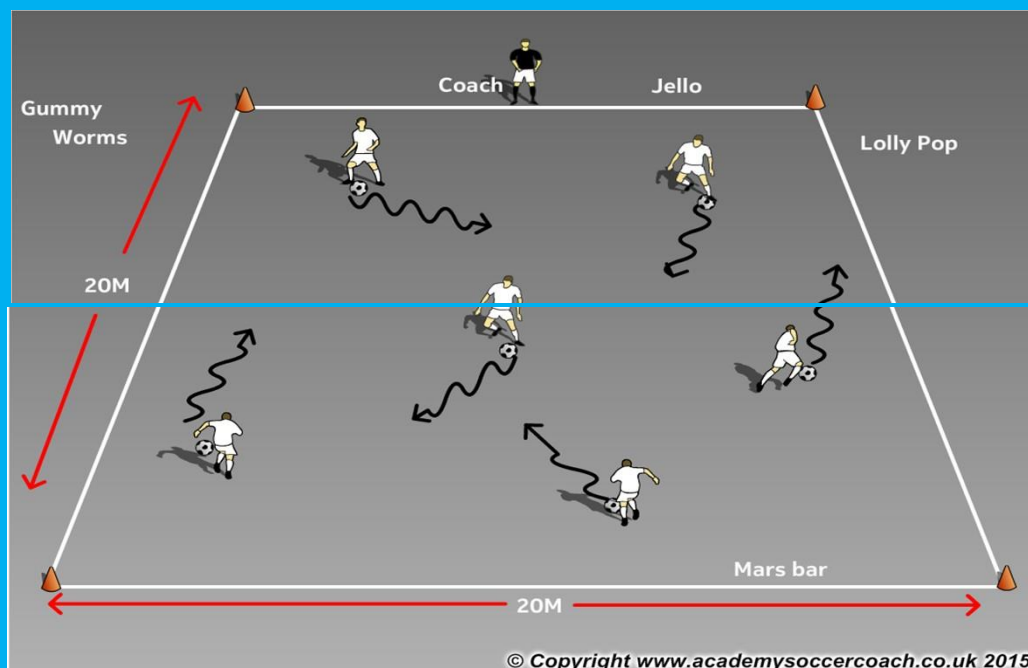
If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



Active Start practice plan—Week 15 Station A
General movement—Candy Store



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Organization: 20m x 20m area. Each player has a soccer ball.
Procedure: All players dribble 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).

Time Frame. 8 minutes

Emphasis: Listening

Changing direction

Agility, Balance, Coordination

Competition

FUN!

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



ActiveStart practice plan—Week 15

Station B

Soccer Technique – Candy store owner

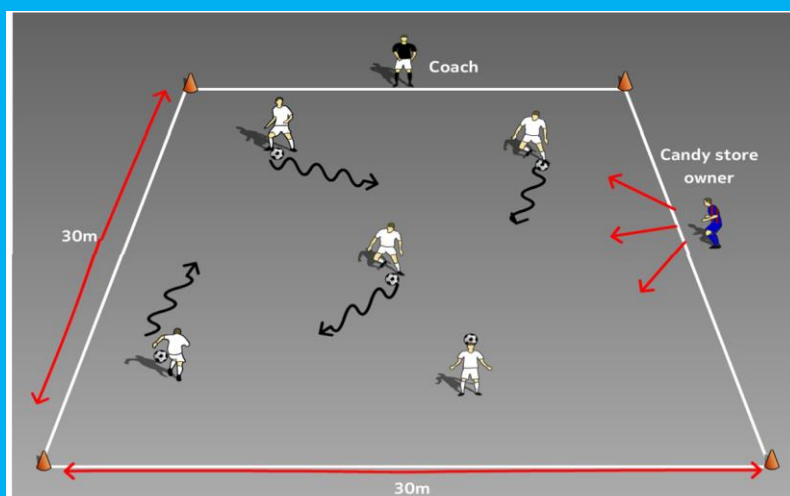
Time Frame. 8 minutes

Emphasis: Dribbling

Different parts of the foot

Changing direction Competition

FUN!



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Organization: 30m x 30m area set up. Every player has a soccer ball apart from the "Candy store owner"

Procedure: All players dribble around inside the area. 1 player at a time is selected to become the "Candy store owner". When the coach calls "go" the candy store owner 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 candy store" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the candy store owner for 1 minute.

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

Player Development





Active Start practice plan – Week 15

Station C

Soccer Technique – 1v1.

Time Frame. 8 minutes

Emphasis:

Dribbling

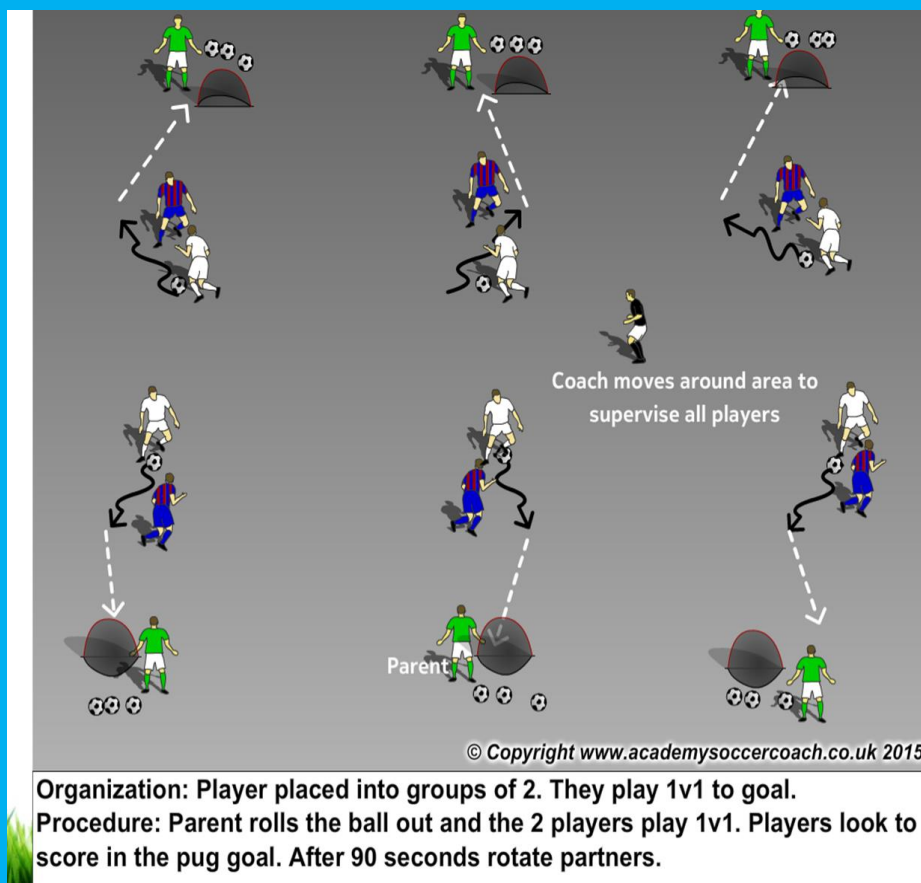
Agility, Balance, Coordination

FUN!

Running with the ball

Changing direction

Imagination

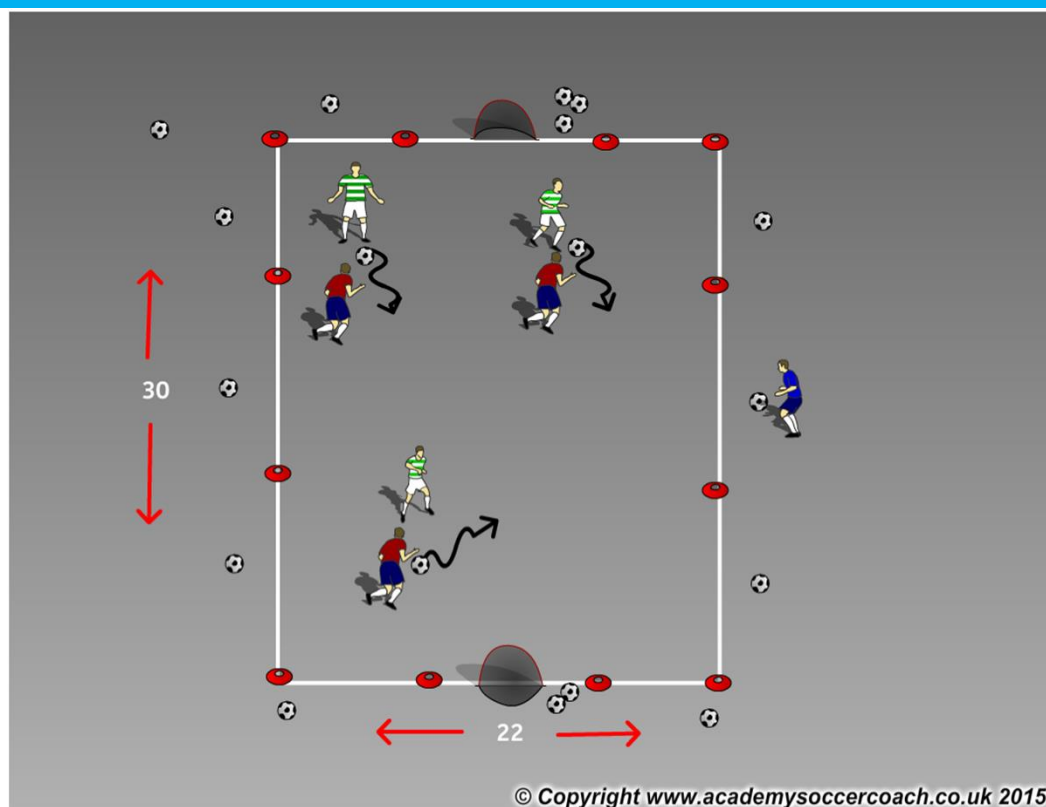


<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball Shooting</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Communicating Celebrating</p>

Player Development



ActiveStart practice plan- Week 15 Station D
Small sided game—1v1 to goal



Organization: 6 children placed inside a 30m x 22m soccer field, 3 on each team.
Procedure: 3 soccer balls are inside the field of play and the children will play 1v1 against a player from the opposing team. If the ball goes out of the field the children get the closest ball and play on.

Time Frame. 8 minutes

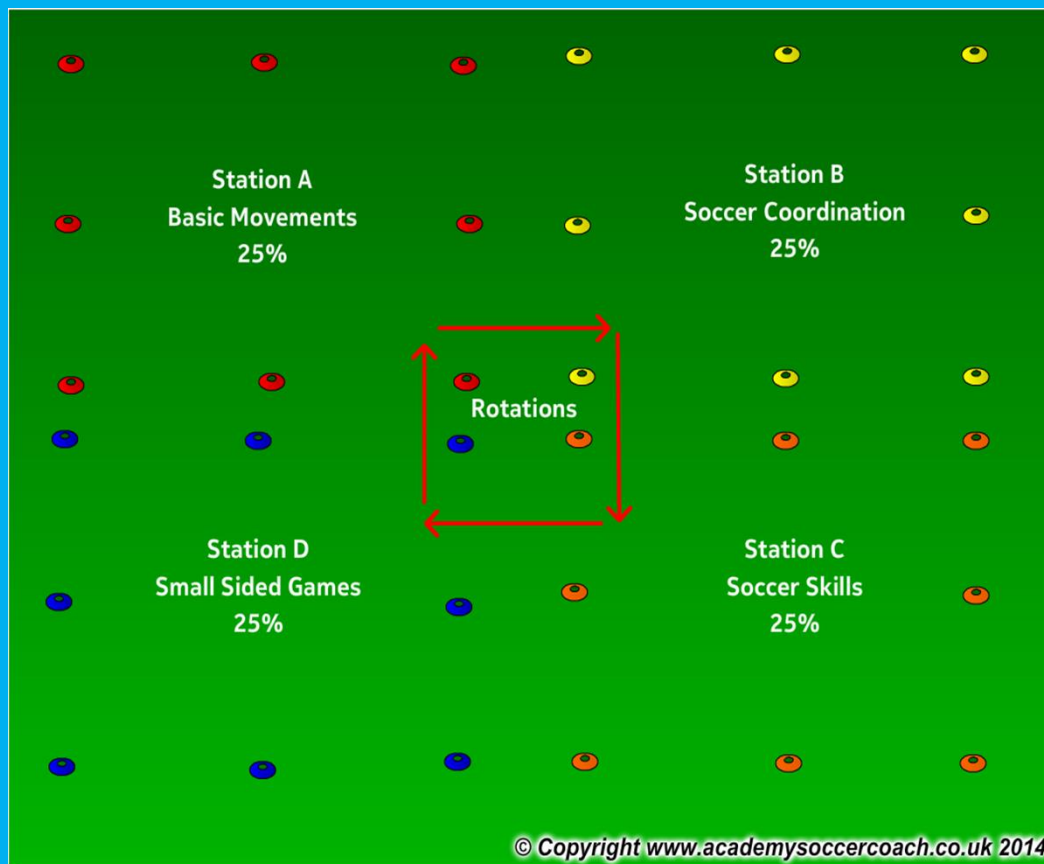
Emphasis:

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

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



Active Start practice plan How The Player Development Model works



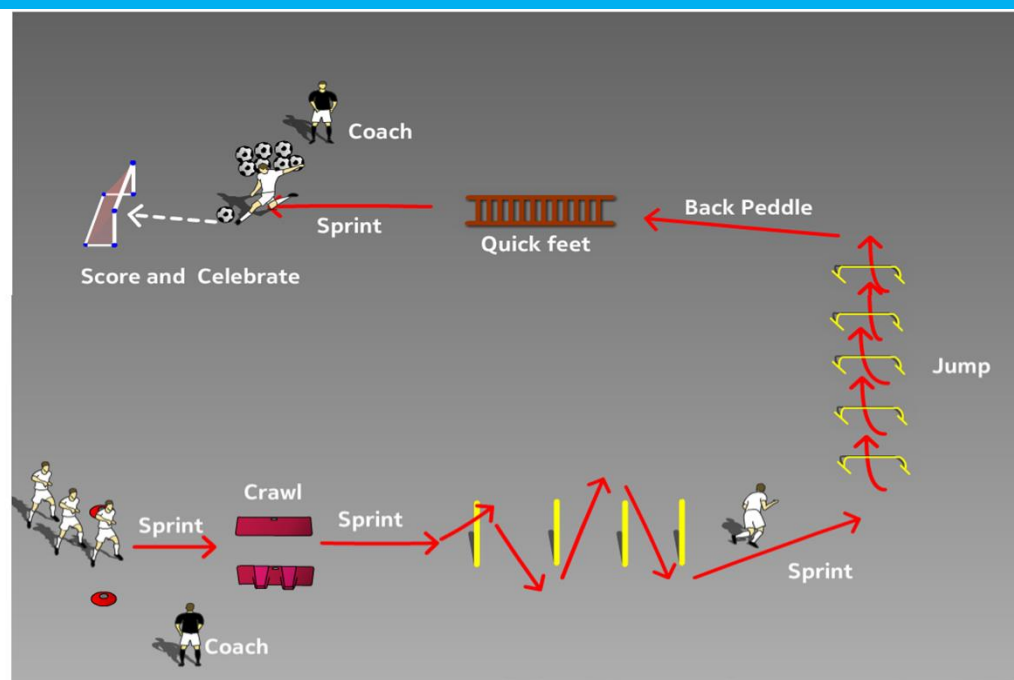
If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



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



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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.

Time Frame. 8 minutes

Emphasis: Listening

Changing direction

Agility, Balance, Coordination

Different movements

FUN!

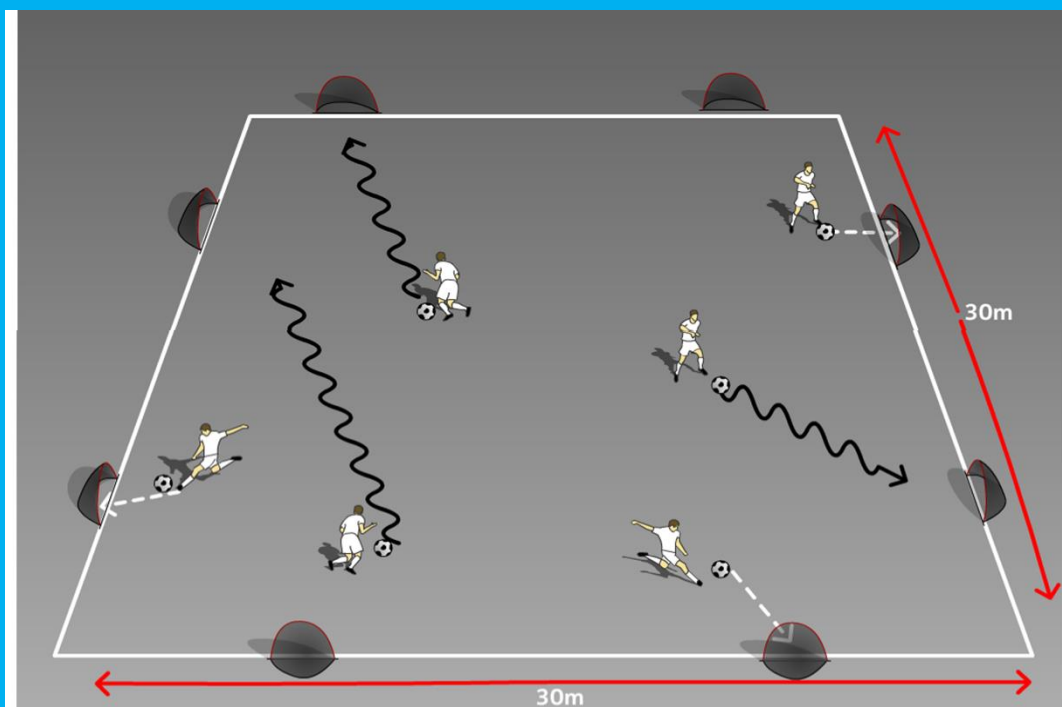
<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Shooting</p>
<p><u>Physical</u> A,B,C's Change of Speed Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>



Active Start practice plan – Week 16

Station B

Soccer Technique – How many GOALS can you score?



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Organization: Players are placed inside a 30m x 30m area all with a ball. 8 goals are placed on the outside of the area.

Procedure: When coach calls "Go" children have 90 seconds to score as many goals as possible. Once they score in one goal they must look to score in a different goal. Play the game several times and encourage the children to use both feet.

Time Frame. 8 minutes

Different parts of the foot

Changing direction

FUN!

Psychological
Confidence Being
safe FUN

Technical
Dribbling
Running with the ball
Shooting

Physical
A,B,C's
Change of Direction
Change of Speed

Social
Listening
Communicating
Celebrating

Player Development



Active Start practice plan – Week 16
Station C
Soccer Technique – 1v1, Child vs Parent

Time Frame. 8 minutes

Running with the ball

Changing direction

Imagination



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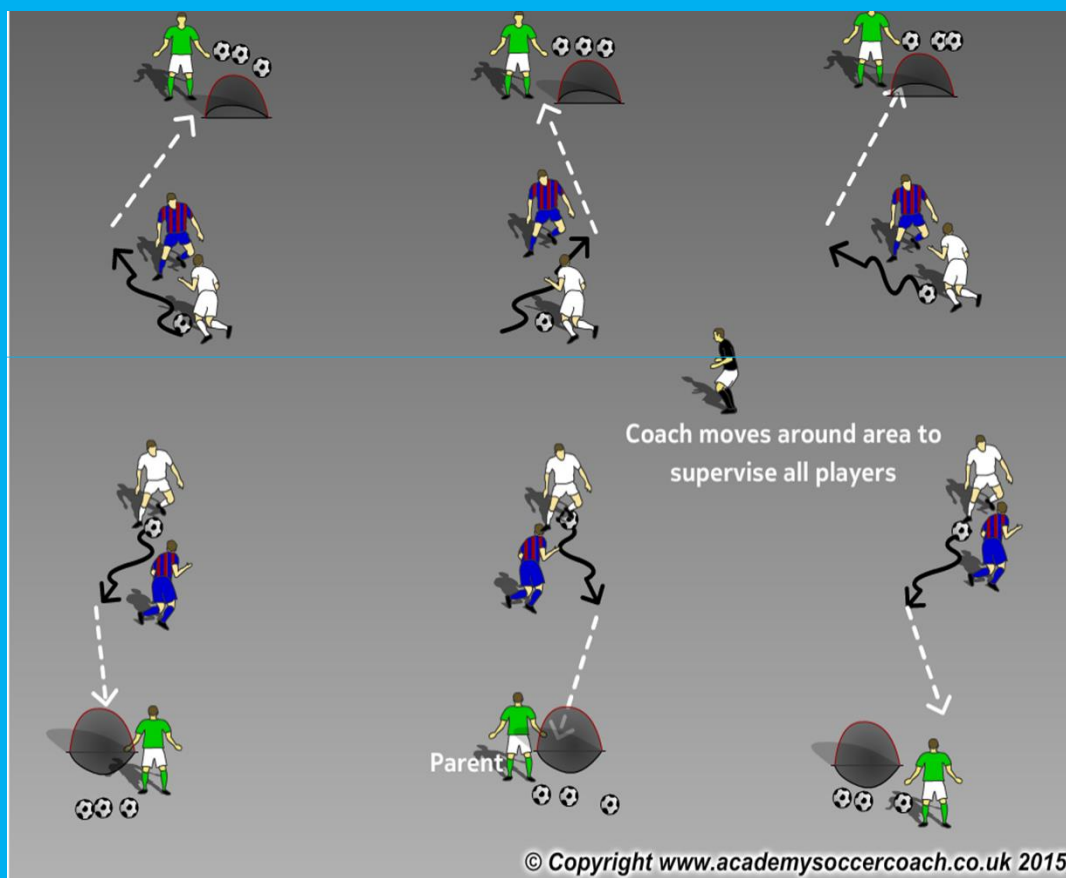
Organization: Players are paired with a parent inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. The child should always be the winner in the games.

<p align="center"><u>Psychological</u></p> <p>Confidence Being safe FUN with the parents</p>	<p align="center"><u>Technical</u></p> <p>Dribbling Running with the ball Shooting</p>
<p align="center"><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p align="center"><u>Social</u></p> <p>Communicating Celebrating</p>

Player Development



ActiveStart practice plan- Week 16 Station D
Small sided game—1v1 to goal



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Organization: Player placed into groups of 2. They play 1v1 to goal.
Procedure: Parent rolls the ball out and the 2 players play 1v1. Players look to score in the pug goal. After 90 seconds rotate partners.

Time Frame. 8 minutes

Emphasis:

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

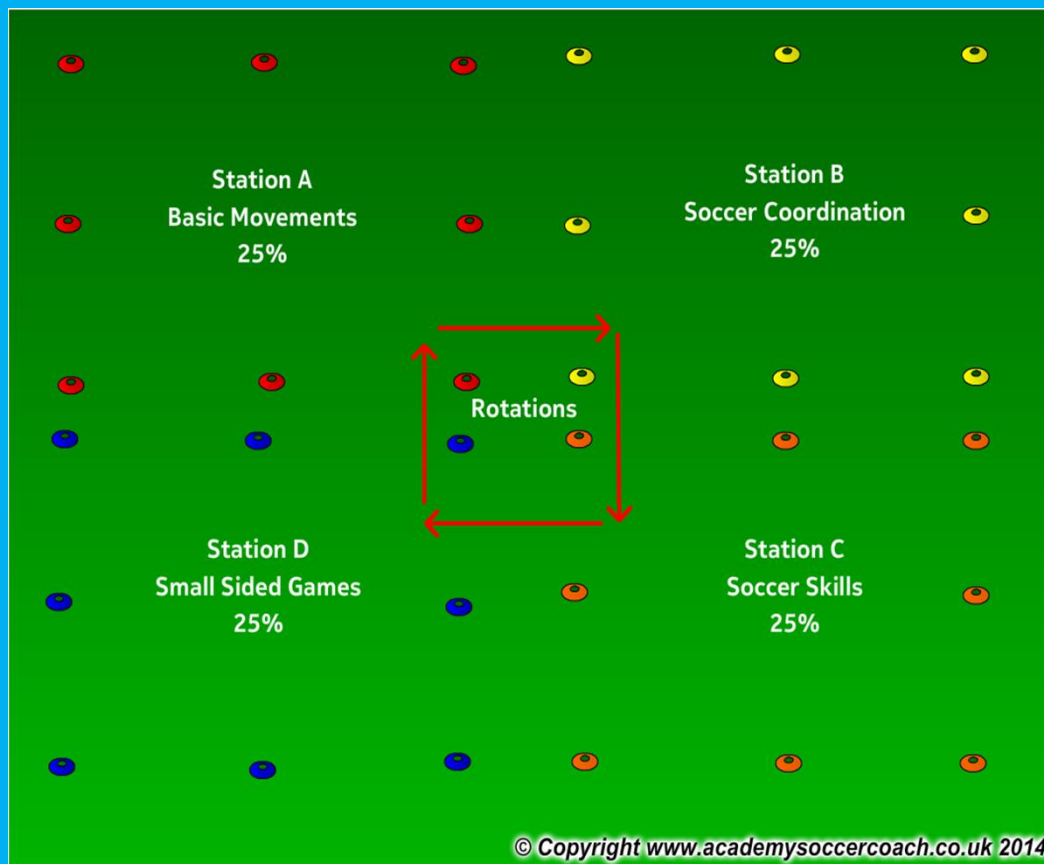
<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Running with the ball Shooting</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>

Player Development



Active Start practice plan

How The Player Development Model works



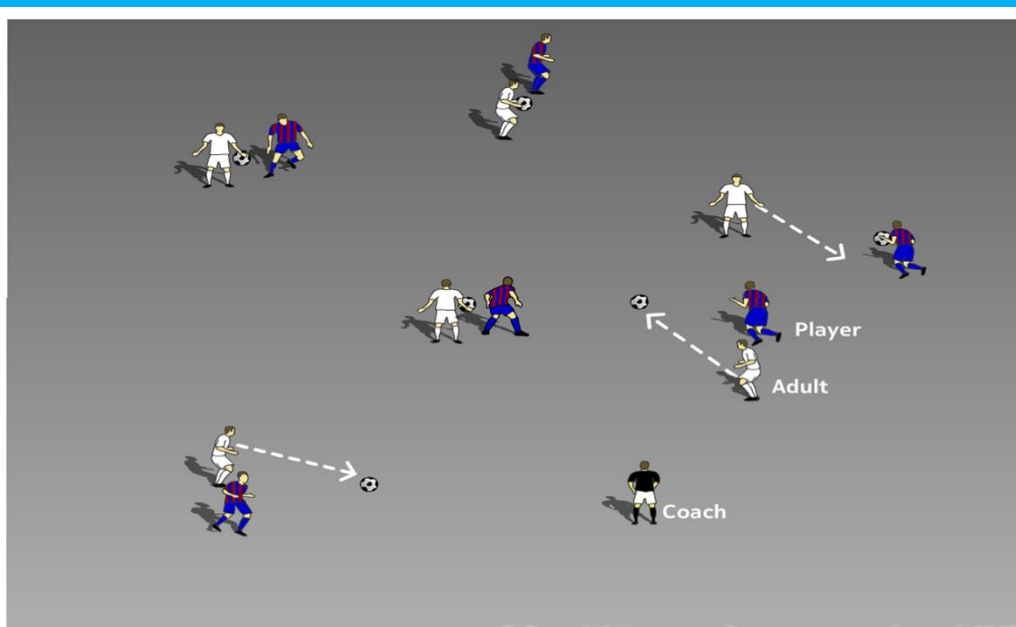
If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



Active Start practice plan—Week 17 Station A
 General movement—Ball collection



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Organization: Players play with a parent, sibling or guardian. Each player has a soccer ball.
Procedure: The adult will roll the ball and the player will run and collect the ball. The player runs back to the adult with the ball in their hands, crawl through the adults legs and hand the ball back to the adult, repeat 6 times. The coach can also ask the player to perform different movements such as jumping, hopping, running backwards, side stepping etc. You can also look to make this a competition to see how many times the players can collect the ball in 60 seconds.

Time Frame. 8 minutes

Emphasis:

Changing direction
 Agility, Balance, Coordination
 Different movements
 FUN with parents!

<p><u>Psychological</u> Confidence Back yard environment FUN</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> A,B,C's Change of Speed Change of Direction</p>	<p><u>Social</u> Playing with parent Communicating Celebrating</p>



ActiveStart practice plan—Week 17

Station B

Soccer Technique— ball collection , dribbling

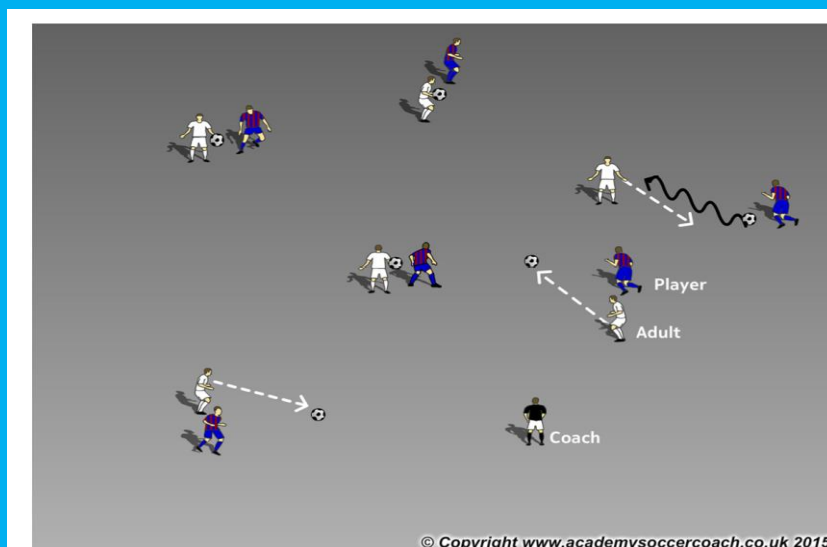
Time Frame. 8 minutes

Emphasis: Dribbling

Different parts of the foot

Changing direction Competition

FUN!



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Organization: Players play with a parent, sibling or guardian.
 Each player has a soccer ball.
Procedure: The adult will roll the ball and the player will run and collect the ball. The player dribbles the ball back to the adult, passes the ball through the adults legs who then picks the ball up, repeat 6 times.
 The coach can also ask the player to perform different movements as they move towards the ball such as jumping, hopping, running backwards, side stepping etc.
 You can also look to make this a competition to see how many times the players can collect the ball in 60 seconds.

<u>Psychological</u> Confidence Being safe FUN	<u>Technical</u> Dribbling Lots of small touches
<u>Physical</u> A,B,C's Change of Direction Change of Speed	<u>Social</u> Playing with parent Communicating Celebrating

Player Development



ActiveStart practice plan—Week 17

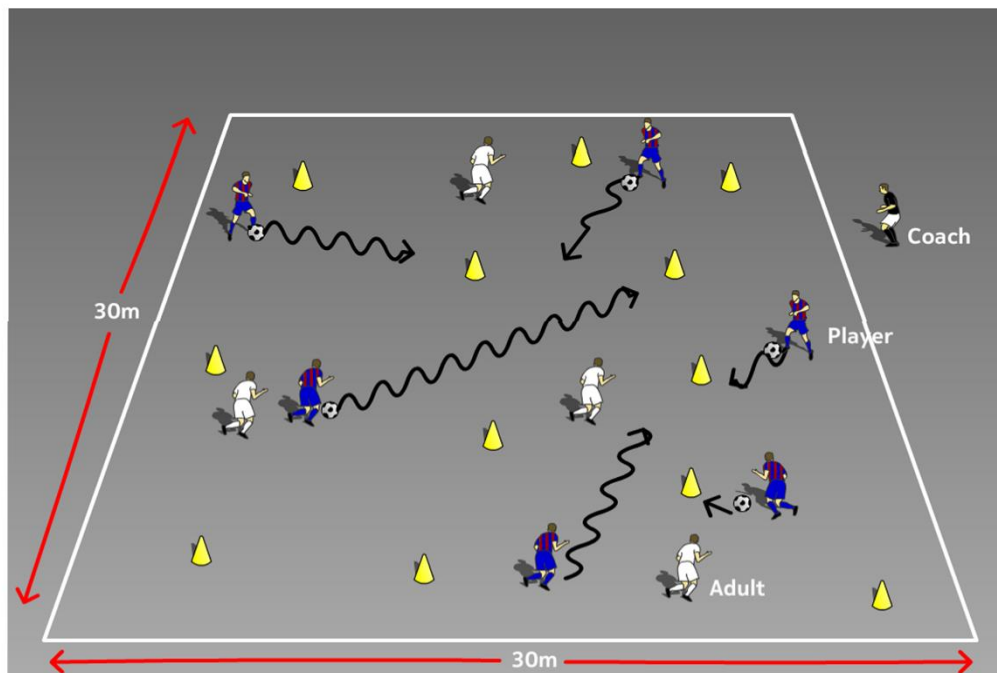
Station C

Soccer Technique— Bulldozers vs Builders

Time Frame. 8 minutes

Changing direction

Imagination



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Organization: Players are placed inside a 30m x 30m area, each with a ball. Tall cones (buildings) are placed inside the area. Parents (builders) are also inside the area.

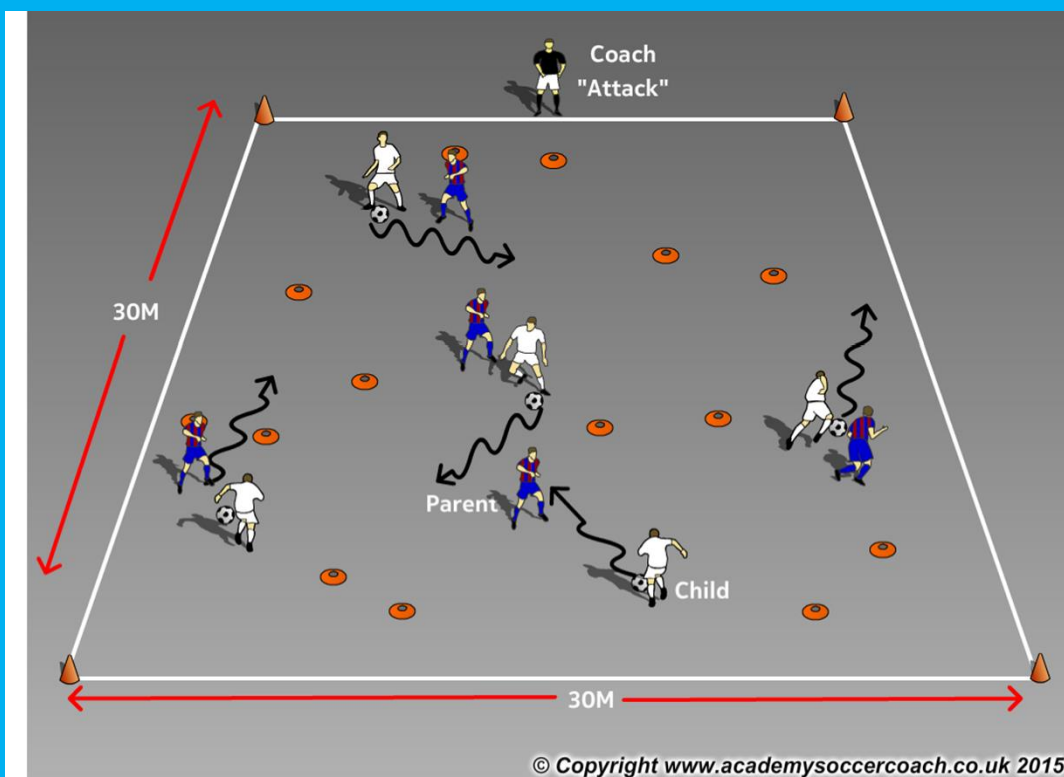
Procedure: The players (bulldozers) have to knock all the buildings over with their soccer ball while the builders try to get them all back up. If the bulldozers can knock over all the buildings in 60 seconds they are the winners! You can change the roles of the players and adults.

<p><u>Psychological</u> Confidence Being safe FUN with the parents</p>	<p><u>Technical</u> Dribbling Lots of touches Shooting</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Celebrating</p>

Player Development



ActiveStart practice plan- Week 17 Station D
Small sided game—1v1 with parent



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Organization: Players are paired with a parent inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent 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. The child should always be the winner in the games.

Time Frame. 8 minutes

Emphasis:

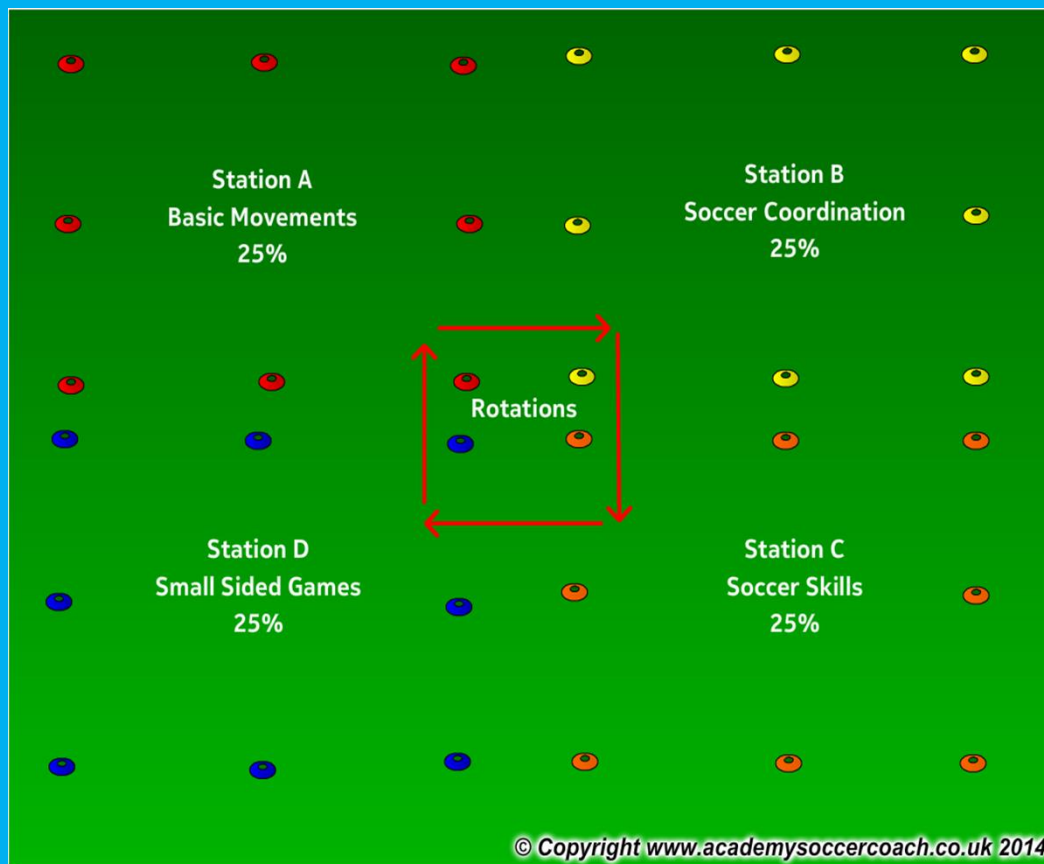
- Listening
- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

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



Active Start practice plan

How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



Active Start practice plan—Week 18 Station A

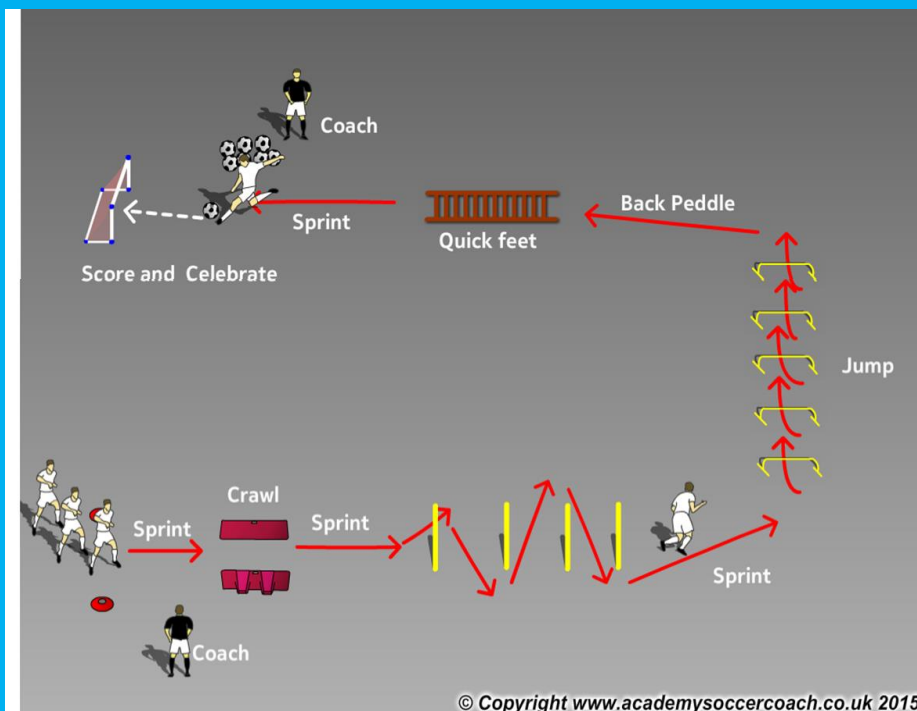
General movement – Physical literacy FUN!

Time Frame. 8 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Different movements

FUN



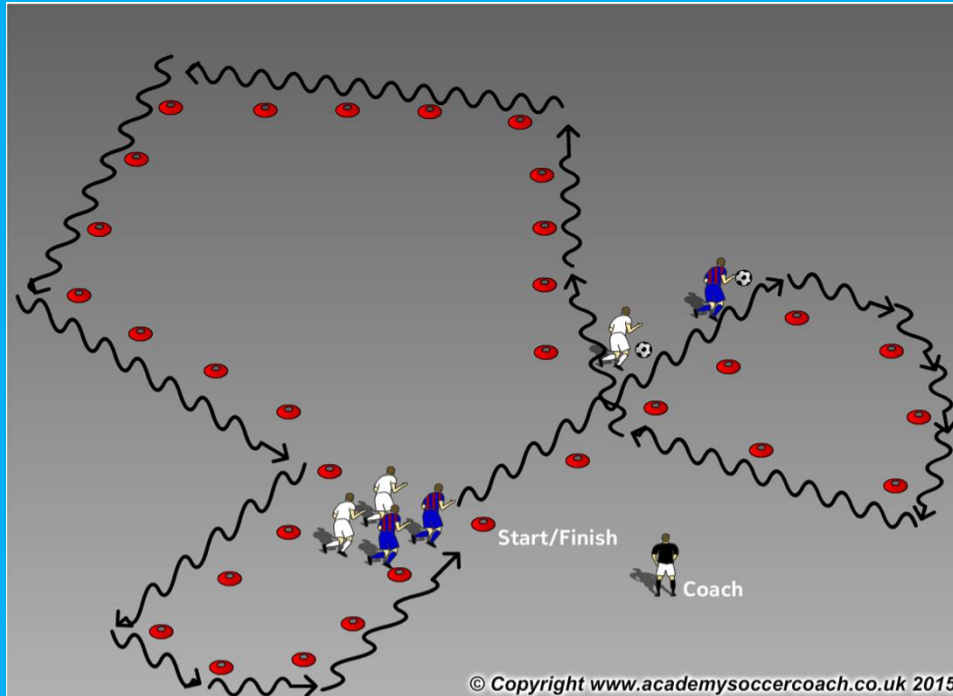
Organization: As shown above. Players are shown a variety of movements from crawling, Sprinting, Jumping, back peddling, quick feet and shooting. Coaches have the freedom to set up course in any way that can help deliver physical literacy skills to children.

<p><u>Psychological</u> Confidence Manage problems FUN</p>	<p><u>Technical</u> Scoring Goals</p>
<p><u>Physical</u> A,B,C's Change of Speed Different movements</p>	<p><u>Social</u> Problem Solving Communicating Celebrating</p>

Player Development



Soccer Technique— Formula 1



Organization: Players are placed into 2 teams of 3 and race track is created as shown above or coaches can create their own layout.

Procedure: 1 player from each team races around the race track and back to the starting point. When the players arrive back at the starting point they high 5 the next player and they race around the track. The activity can be done without a ball to start with and then a ball can be introduced.

Coaches can add road blocks etc to the course as the players progress.

Time Frame. 8 minutes

Emphasis: Dribbling

Different parts of the foot

Changing direction Competition

FUN!

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Team work Celebrating</p>

Player Development



Active Start practice plan – Week 18
Station C
Soccer Technique – Demolition Derby

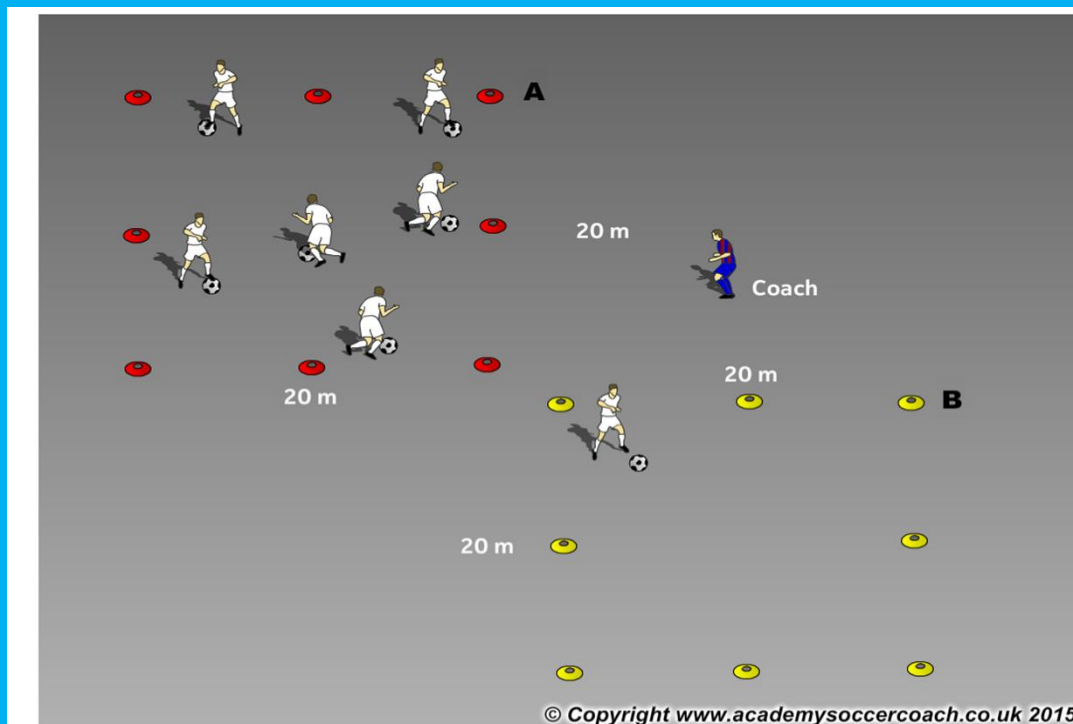
Time Frame. 8 minutes

Emphasis: Dribbling

Changing direction

Competition Imagination

FUN!



Organization: 2, 20m x 20m squares are set up with all players starting in the same square.

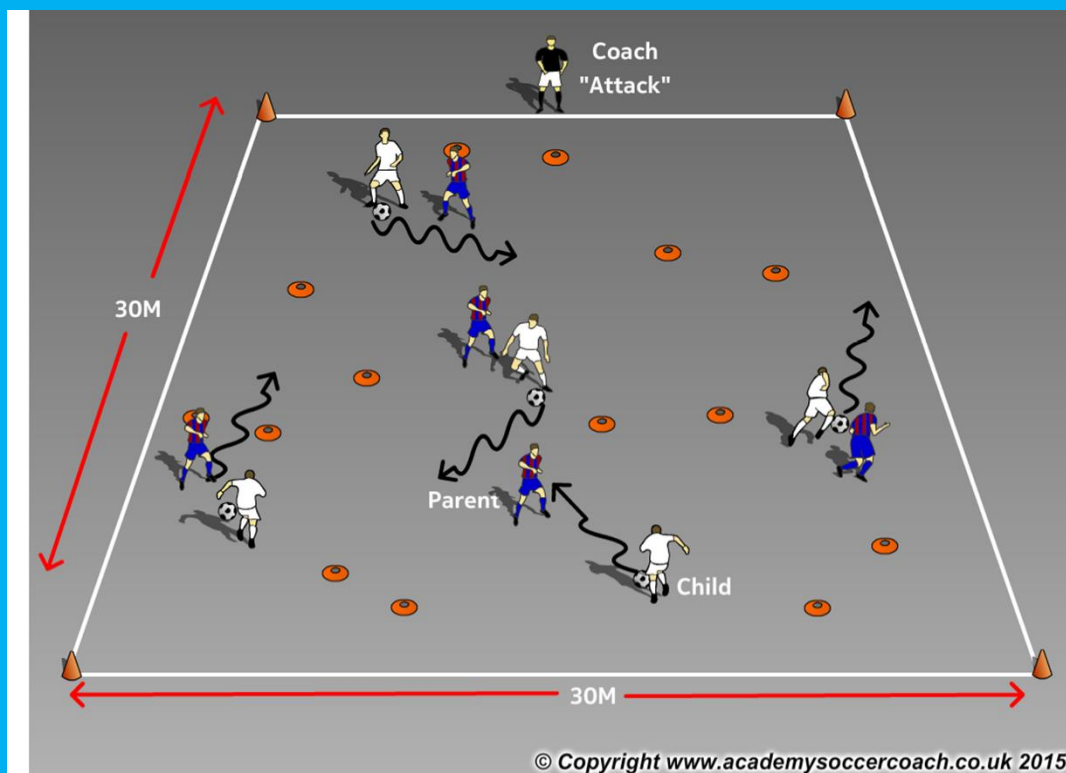
Procedure: Player's dribble around in square A attempting to knock other players balls out of the square. Once a player's ball gets knocked out of the square they go collect the ball and move to square B were they continue another game, once there are 2 players in the square they continue the game of Demolition Derby. Every time your ball leaves the square you continue in the other square.

<p><u>Psychological</u> Confidence Being safe Managing problems</p>	<p><u>Technical</u> Dribbling Lots of touches</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating Celebrating</p>

Player Development



ActiveStart practice plan- Week 18 Station D
Small sided game— 1v1 with parent



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Organization: Players are paired with a parent inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent 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. The child should always be the winner in the games.

Time Frame. 8 minutes

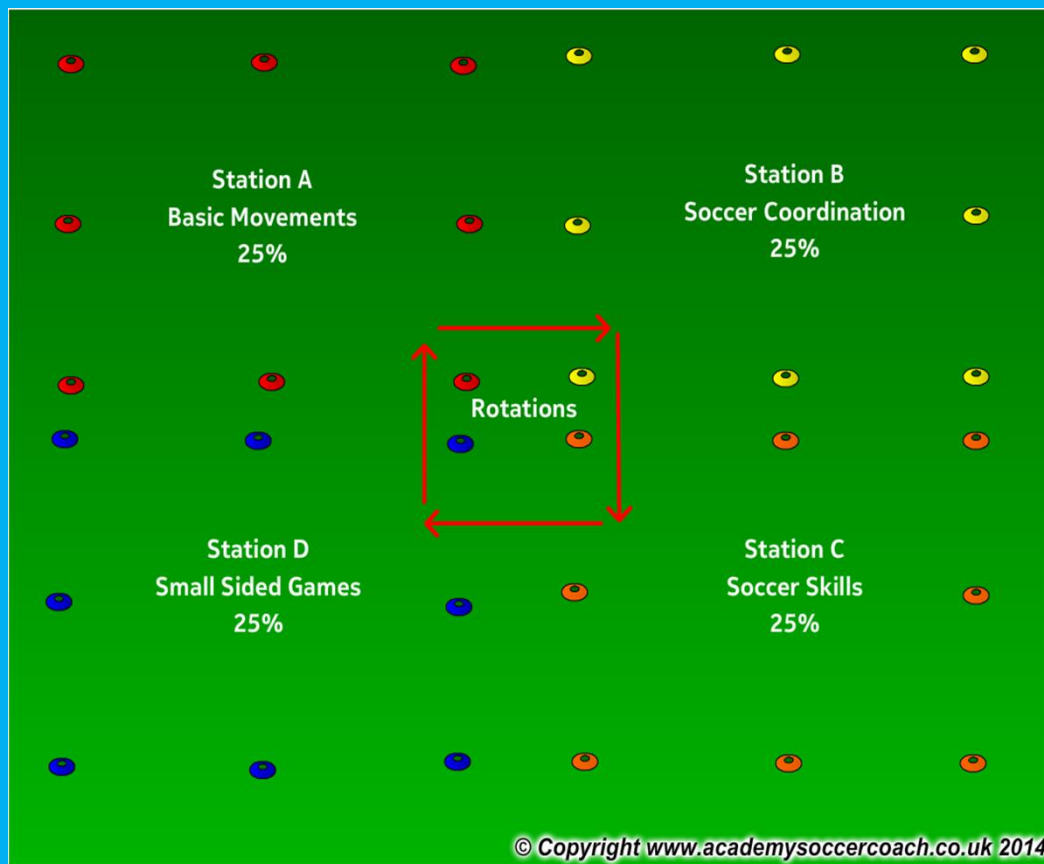
Emphasis:

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

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



Active Start practice plan How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

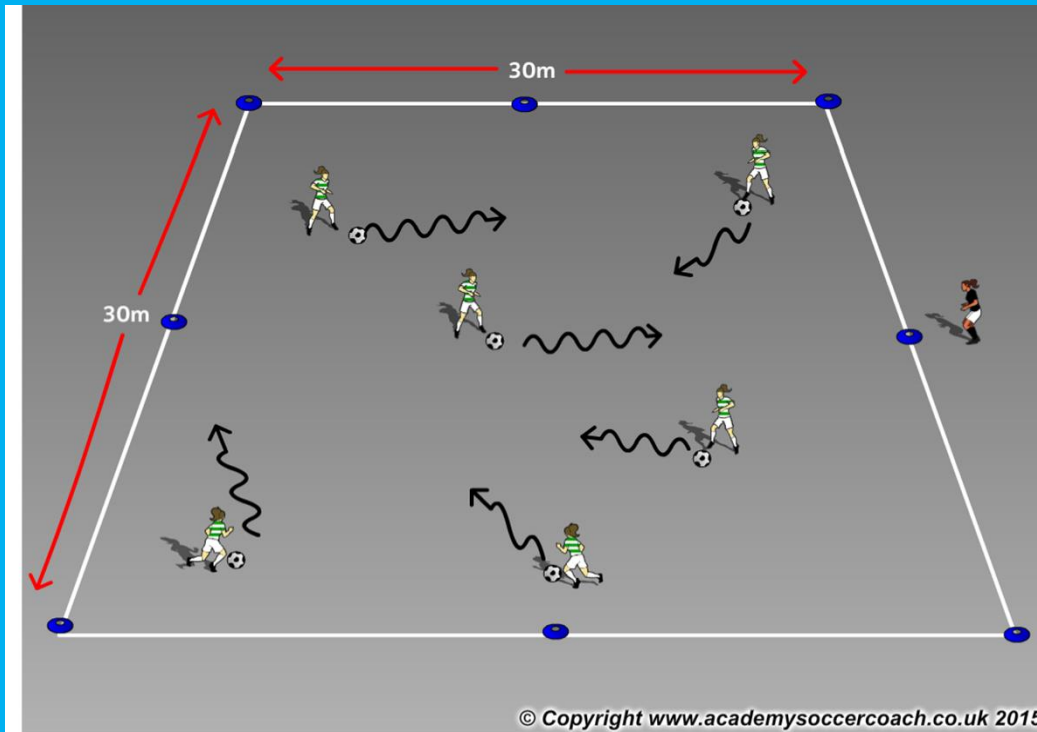
Player Development



General movement – Redlight – Green light

Time Frame. 8 minutes

Emphasis: Dribbling Movements Awareness



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Organization: Players are placed inside a 30m x 30m area, each with a ball.
Procedure: Players dribble inside the area. The coach stands on the outside with a red and green pinnie or cone in their hand. If the coach holds up the green the players dribble, if the red is held up the players stop.
Coach could also introduce a yellow to have the players slow down.

<u>Psychological</u> Confidence Awareness FUN	<u>Technical</u> Dribbling
<u>Physical</u> A,B,C's Change of Speed	<u>Social</u> Problem Solving Communicating



ActiveStart practice plan—Week 19

Station B

Soccer Technique— The Golden Egg

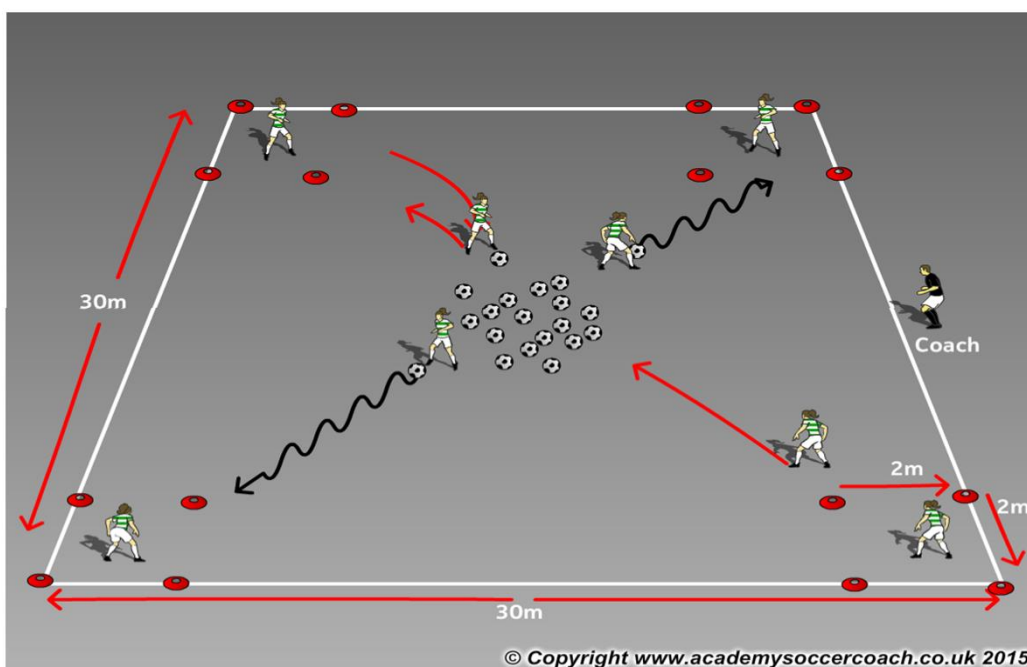
Time Frame. 8 minutes

Emphasis: Dribbling

Different parts of the foot

Changing direction Competition

FUN!



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

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Team work Celebrating</p>

Player Development





Active Start practice plan – Week 19
Station C
Soccer Technique – Hospital tag

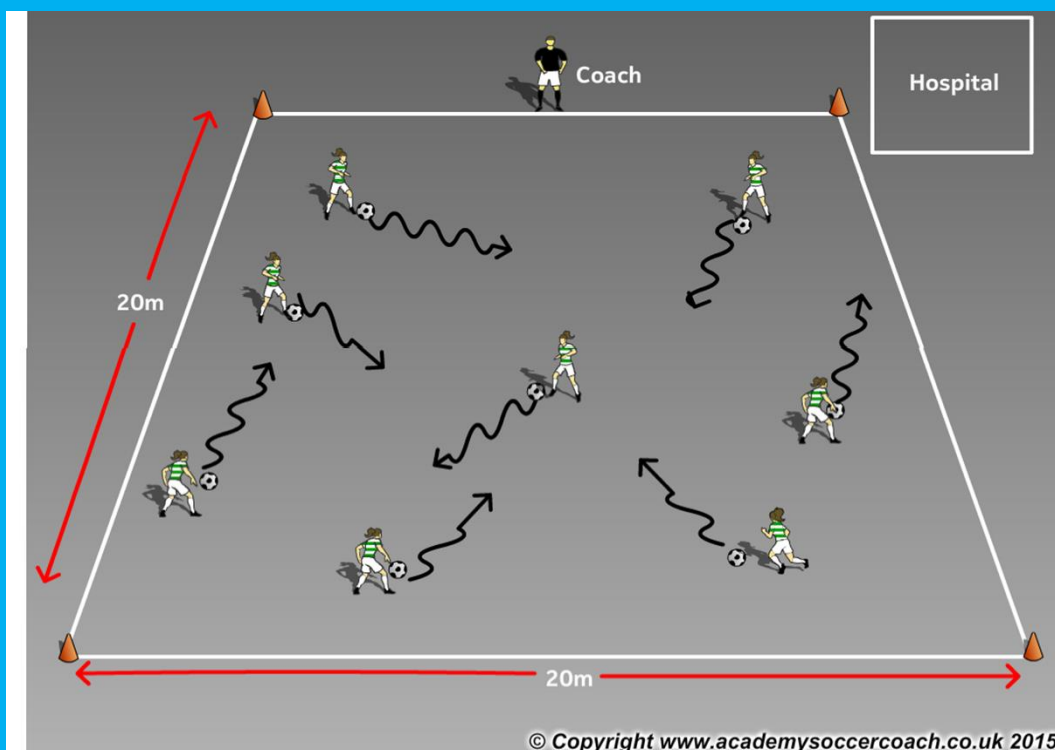
Time Frame. 8 minutes

Emphasis: Dribbling

Changing direction

Competition Imagination

FUN!



Organization: Inside a 20m x 20m area each player has a soccer ball and dribbles.

Procedure: On Coaches command players attempt to tag each other on any part of the body. Once a player is tagged they have to put a band aid (their hand) on the location where they were tagged. Once a player is tagged 3 times they must go to the hospital to see the Doctor. Once at the Hospital the players have to do 10 toe taps to get back into the game.

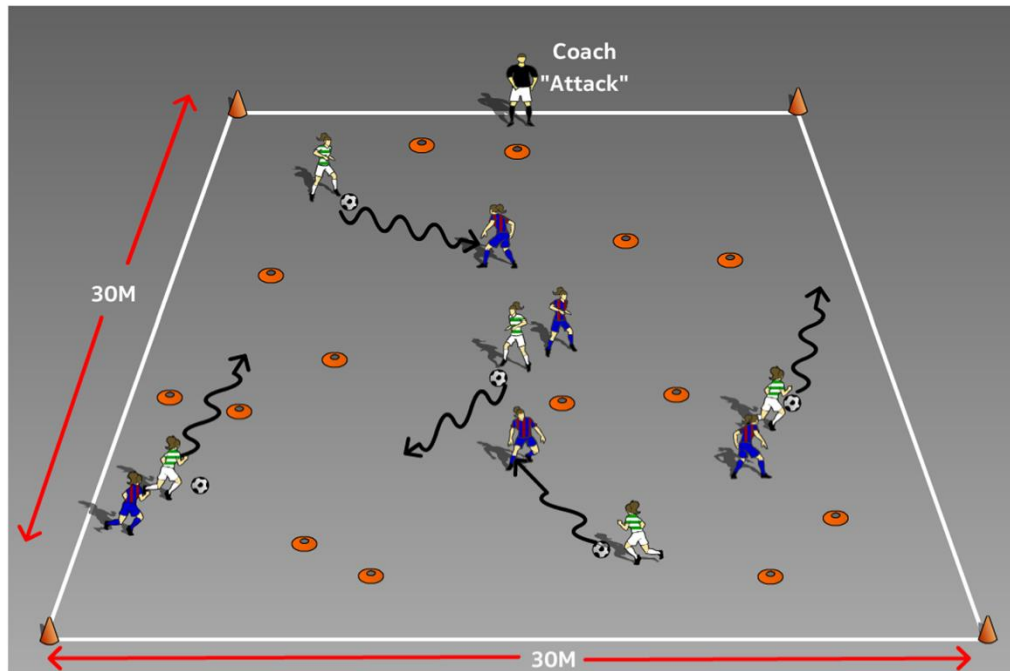
<p><u>Psychological</u> Confidence Being safe Managing problems</p>	<p><u>Technical</u> Dribbling Lots of touches</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating Celebrating</p>

Player Development





Small sided game – 1v1 through gates



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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. 8 minutes

Emphasis:

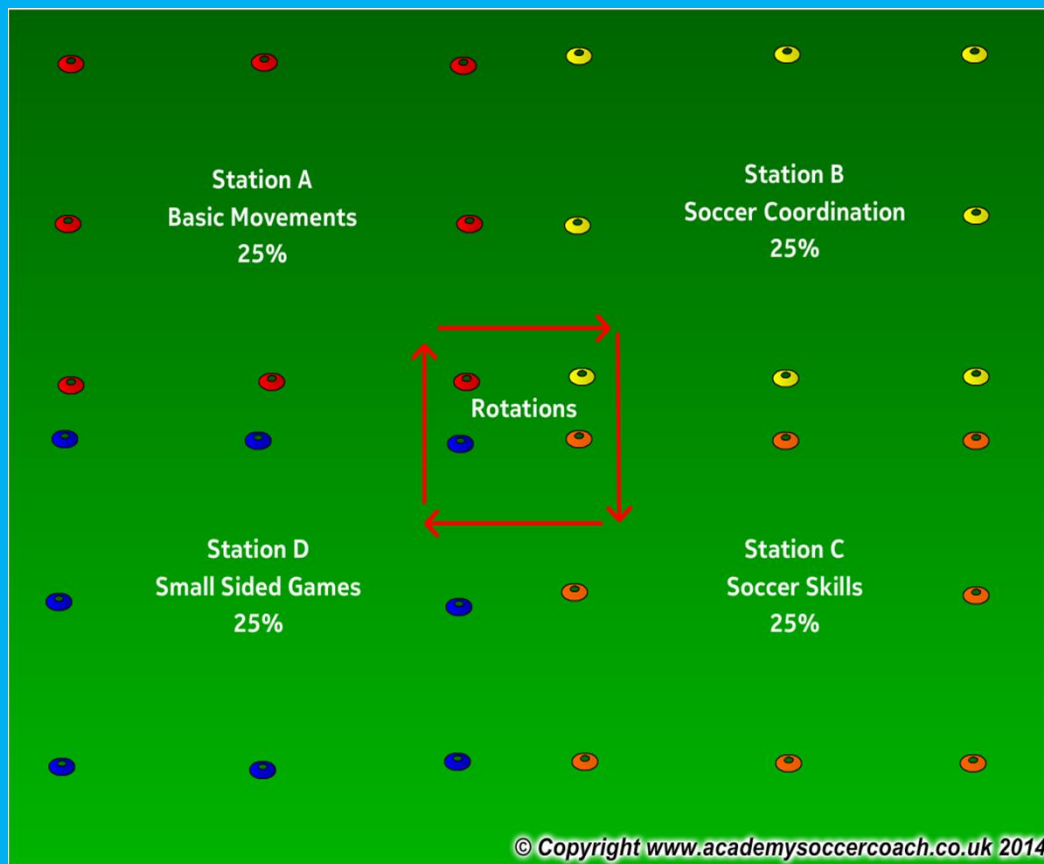
- Listening
- Dribbling
- Changing direction
- Imagination
- Agility, Balance, Coordination
- FUN!**

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



Active Start practice plan

How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



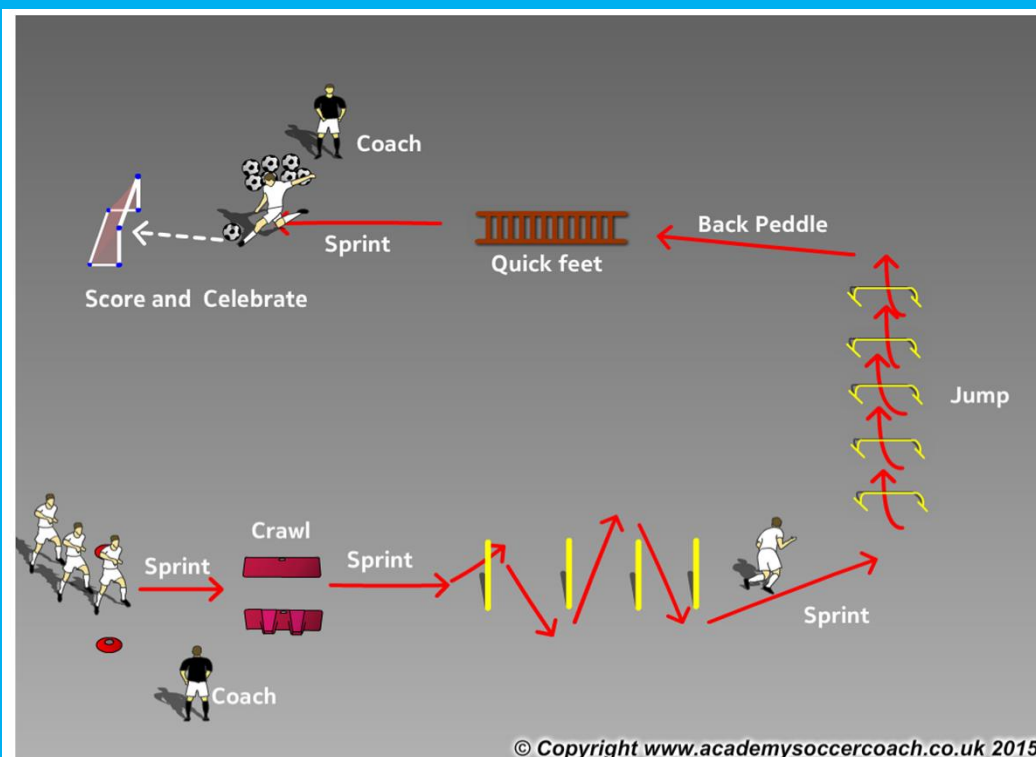
General movement – Physical Literacy course

Time Frame. 8 minutes

Emphasis:

A,B,C's

General Movements



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><u>Psychological</u> Confidence Awareness FUN</p>	<p><u>Technical</u> Shooting</p>
<p><u>Physical</u> A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Communicating</p>



ActiveStart practice plan—Week 20

Station B

Soccer Technique— Builders and bulldozers

Time Frame. 8 minutes

Different parts of the foot

FUN!



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Organization: Players are placed inside a 30m x 30m area, each with a ball. Tall cones (buildings) are placed inside the area. Parents (builders) are also inside the area.

Procedure: The players (bulldozers) have to knock all the buildings over with their soccer ball while the builders try to get them all back up. If the bulldozers can knock over all the buildings in 60 seconds they are the winners! You can change the roles of the players and adults.

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Team work Celebrating</p>

Player Development



Active Start practice plan – Week 20
Station C
Soccer Technique with Physical Literacy

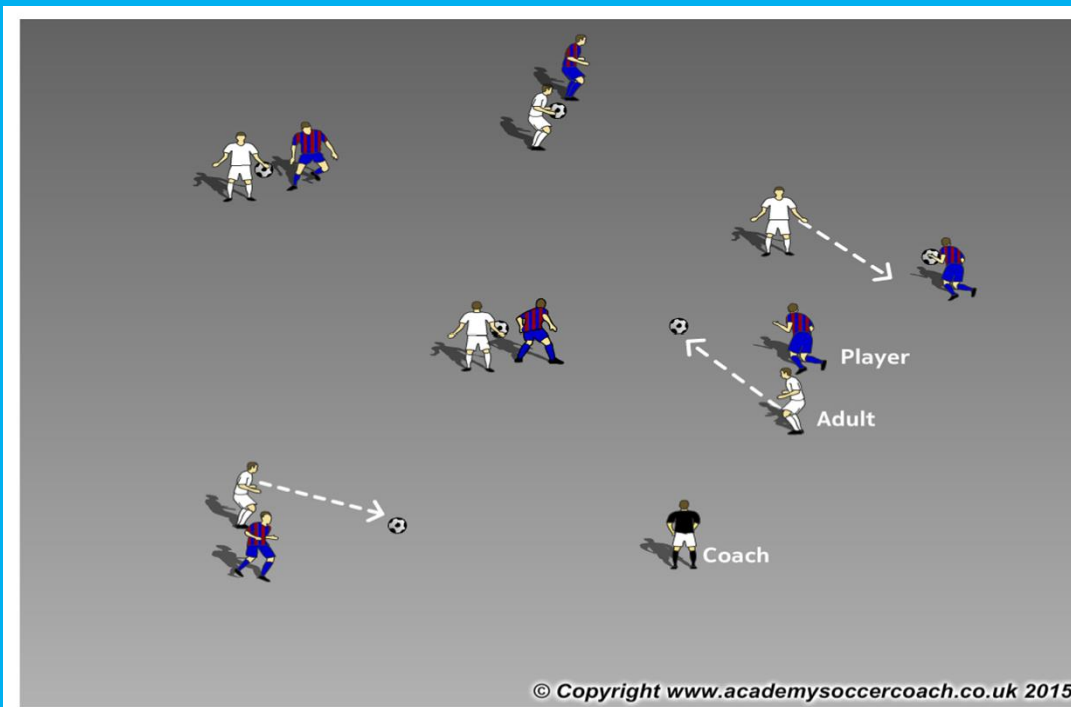
Time Frame. 8 minutes

Emphasis: Dribbling

Changing direction

General movements Imagination

FUN!



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Organization: Players play with a parent, sibling or guardian.
Each player has a soccer ball.
Procedure: The adult will roll the ball and the player will run and collect the ball. The player runs back to the adult with the ball in their hands, crawl through the adults legs and hand the ball back to the adult, repeat 6 times. The coach can also ask the player to perform different movements such as jumping, hoping, running backwards, side stepping etc.
 You can also look to make this a competition to see how many times the players can collect the ball in 60 seconds.

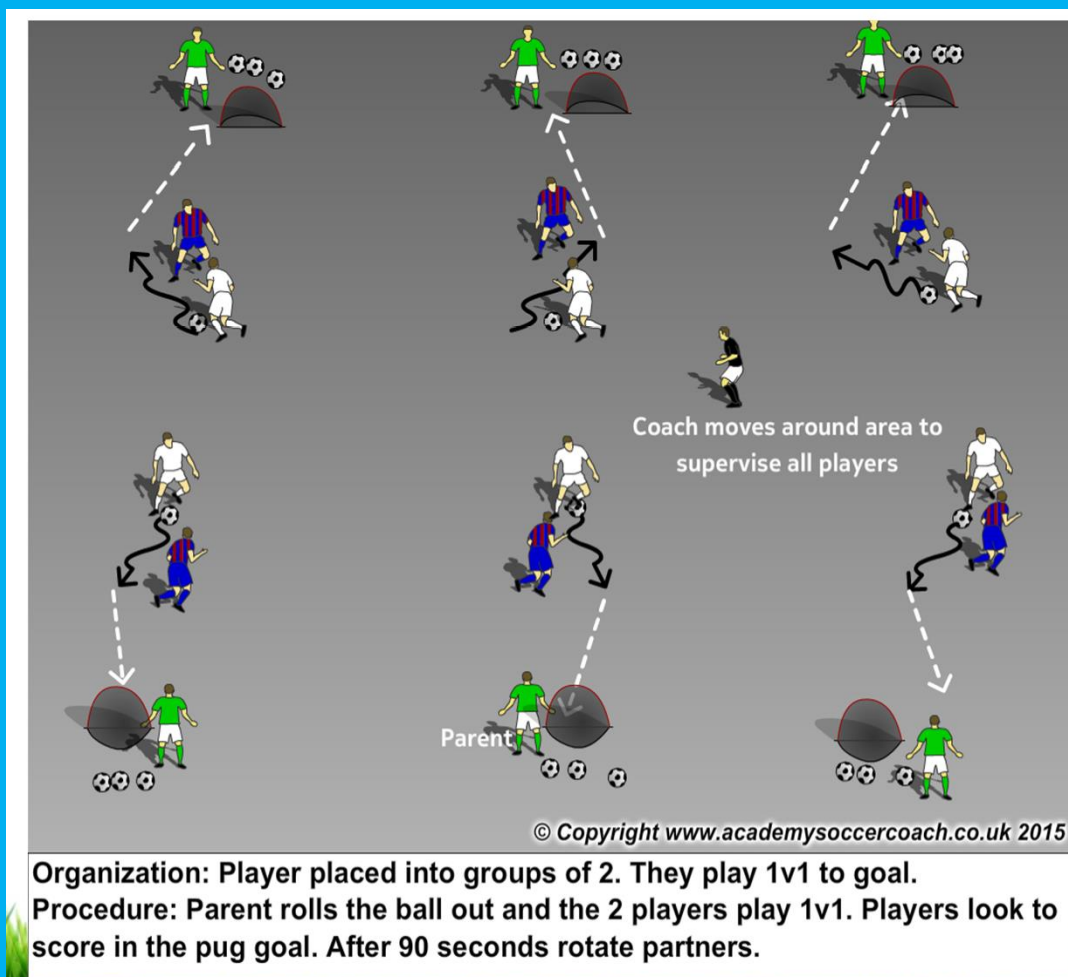
<p><u>Psychological</u> Confidence Being safe Managing problems</p>	<p><u>Technical</u> Dribbling Lots of touches</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating Celebrating</p>



Player Development



Active Start practice plan- Week 20 Station D
Small sided game—1v1 to goal



Time Frame. 8 minutes

Emphasis:

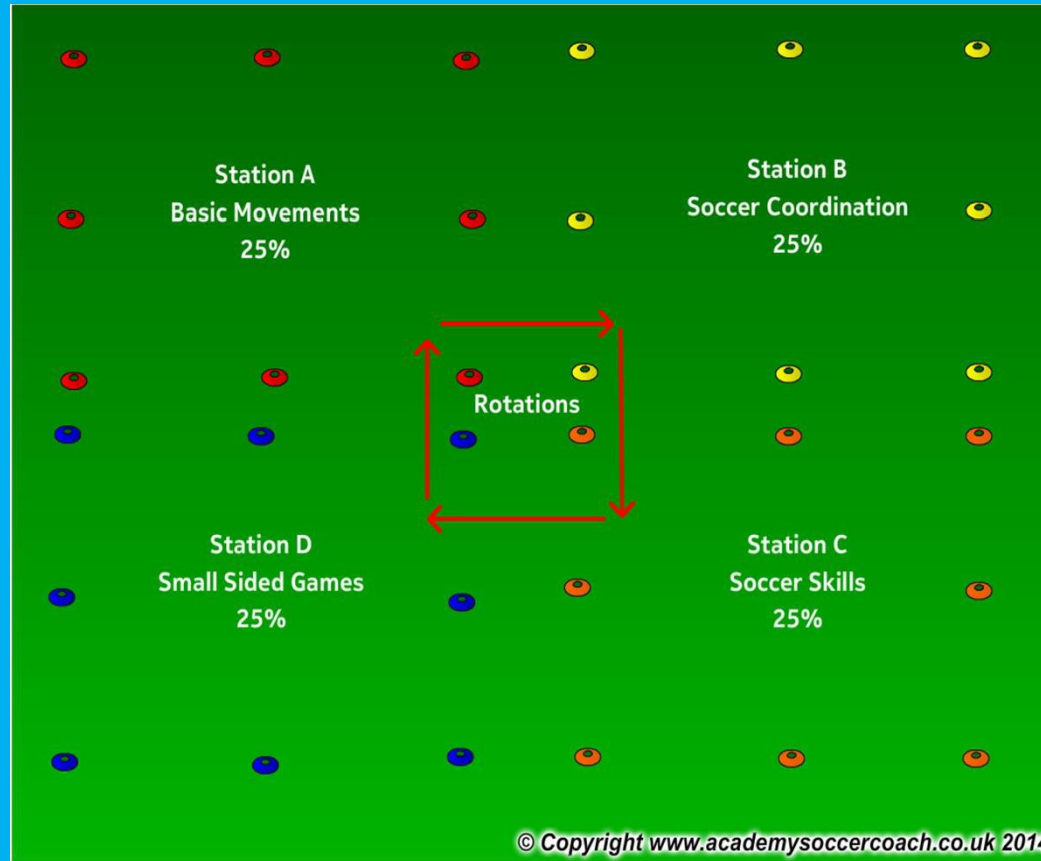
- Dribbling
- Shooting
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

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

Player Development



Active Start practice plan How the preferred training model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



Active Start practice plan—Week 21 Station A
General movement-Follow the leaders

Time Frame 6-8 minutes

Emphasis: Listening

Different types of running

Changing direction

Agility, Balance, Coordination

FUN!



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.

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

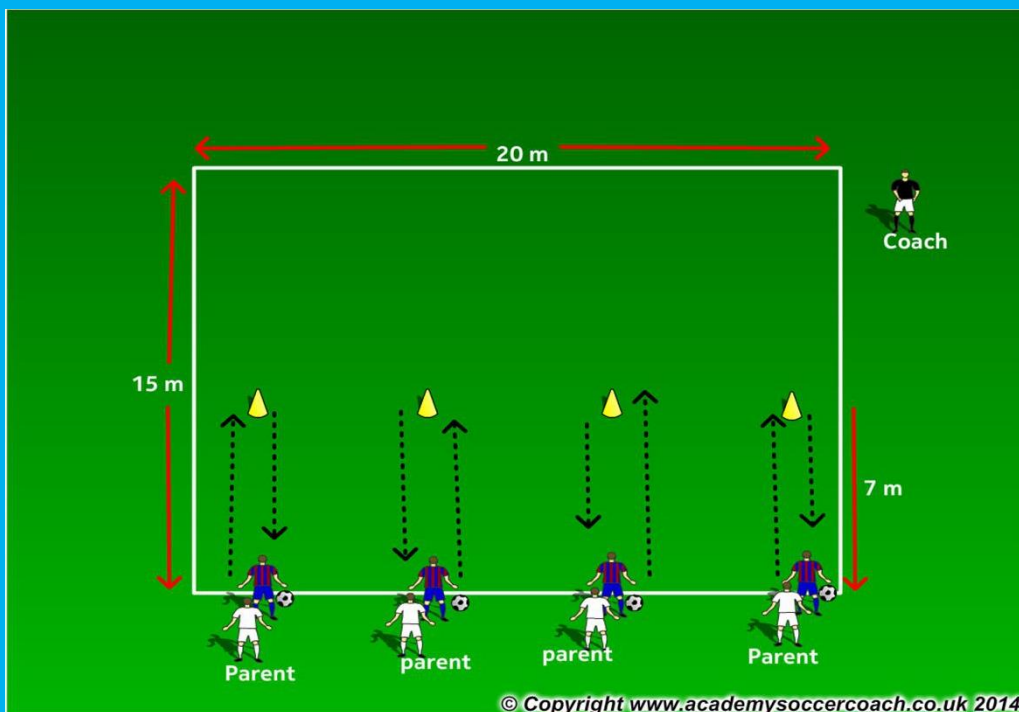


Active Start practice plan—Week 21 Station B
Soccer Technique - Catch me

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.

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

Player Development



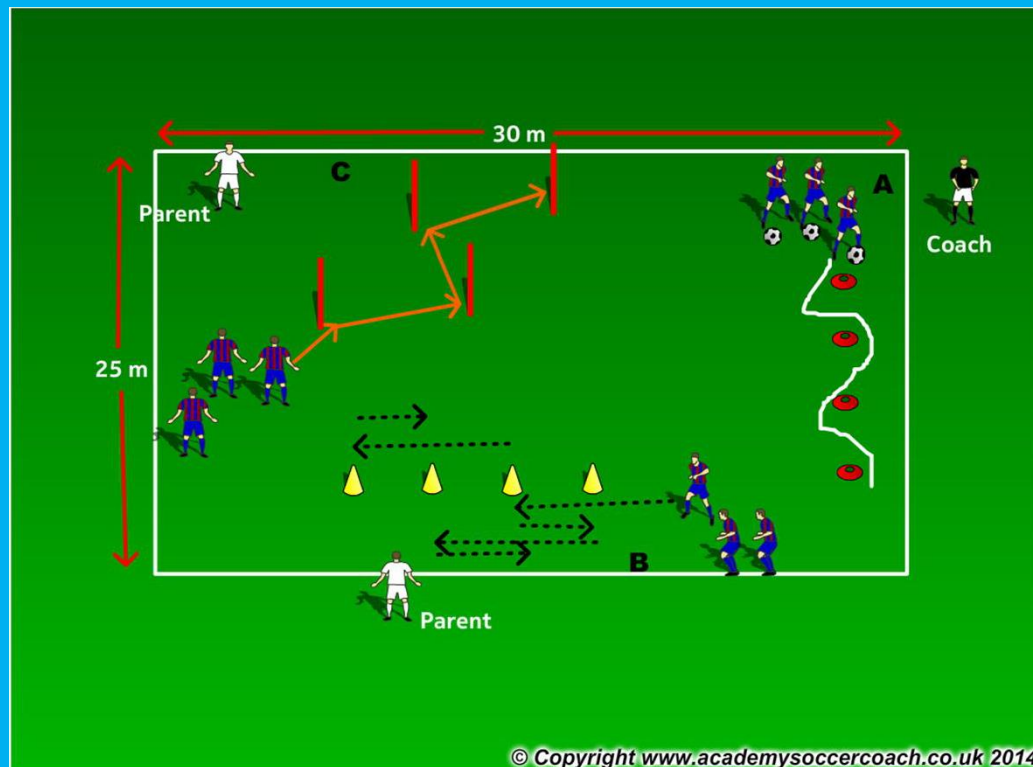
Active Start practice plan – Week 21

Station C Coordination

Time Frame 6- 8 minutes

Emphasis:

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



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

Player Development



Active Start practice plan – Week 21

Station D

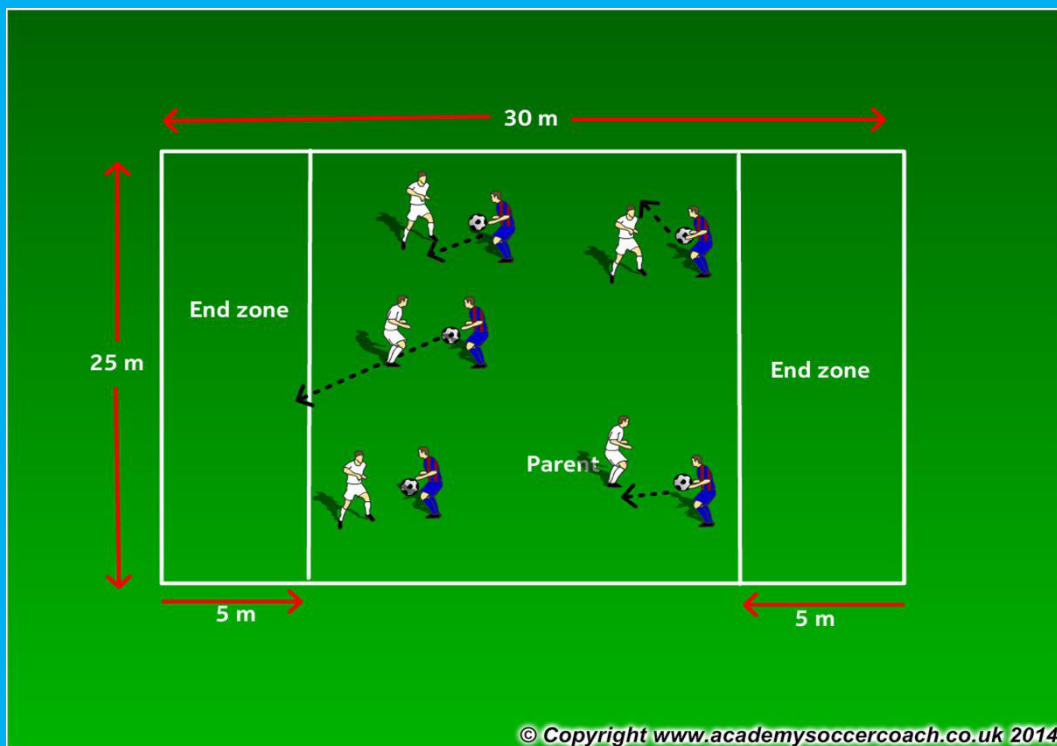
Small sided game – 1v1 (Player vs Parent)

Time Frame 6-8 minutes

Running with the ball

Changing direction

Imagination



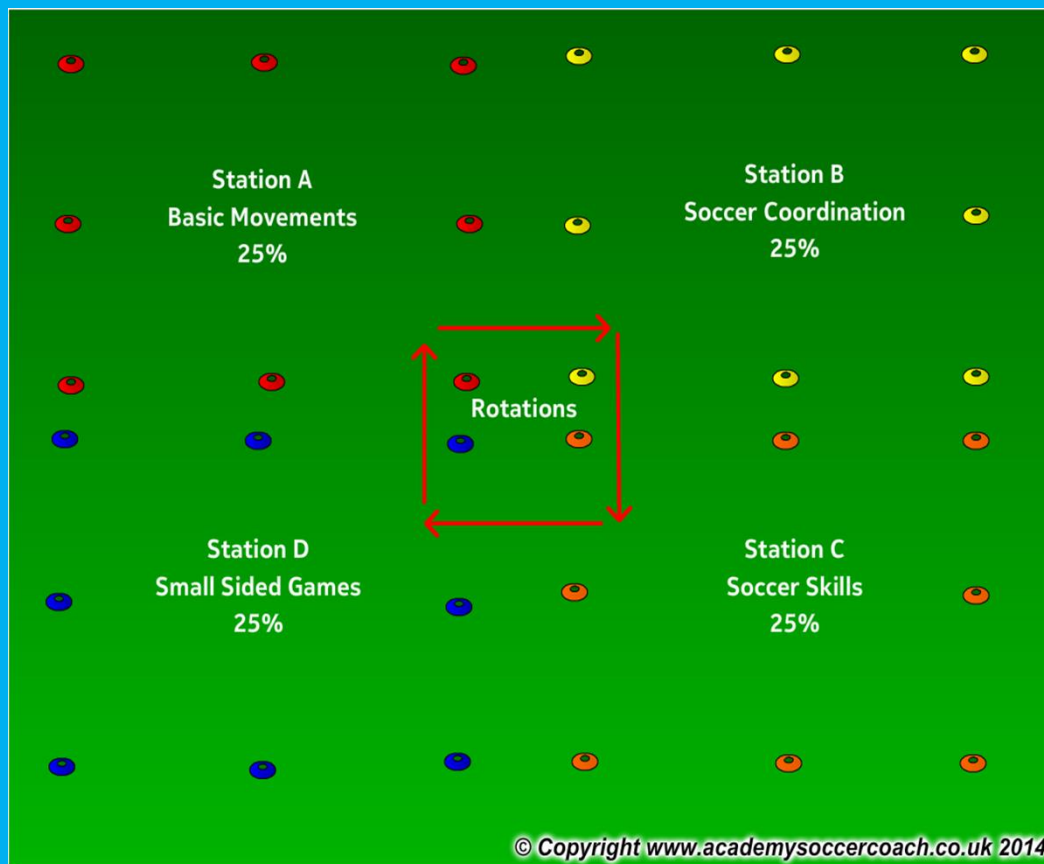
Organization: A 30 m x 25 m field. A two 5 m end zone at each side of the field. Players each has a ball.
Procedure: Players has the ball in their hand and try to pass by the opponent and go to the end zone to score. If the opponent touch the player, they receive the ball and try to do the same thing.
Progression: Players can use the feet.
Team with more points wins.

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

Player Development



Active Start practice plan How the preferred training model works

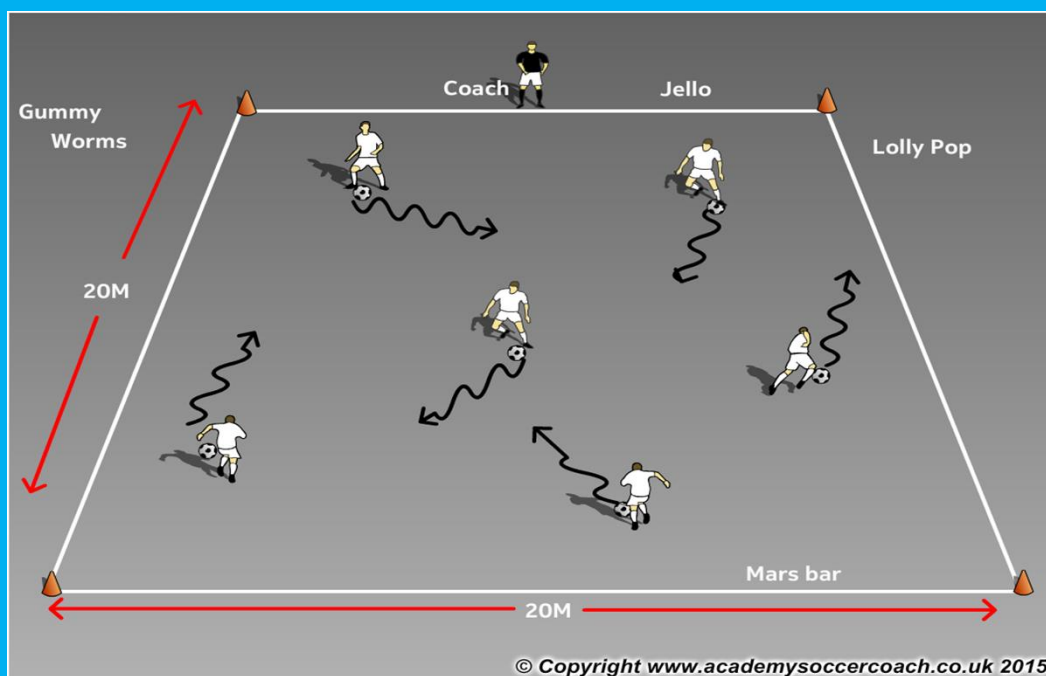


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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ActiveStart practice plan—Week 22 Station A
General movement—Candy Store



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Organization: 20m x 20m area. Each player has a soccer ball.
Procedure: All players dribble 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).

Time Frame. 8 minutes

Emphasis: Listening

Dribbling

Changing direction

Agility, Balance, Coordination

FUN!

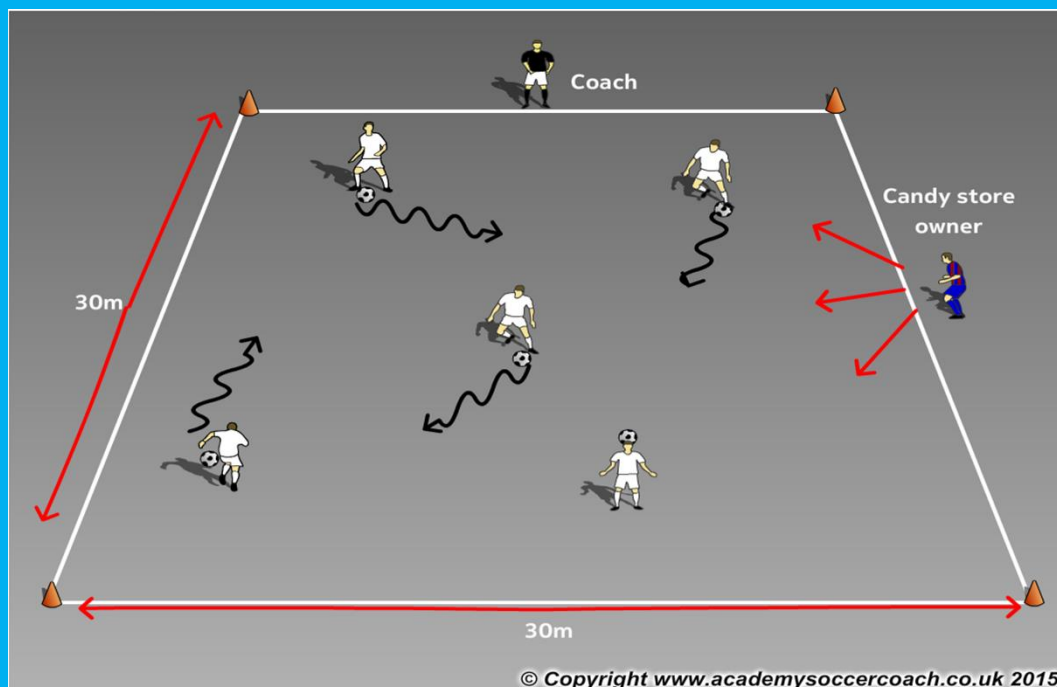
<p><u>Psychological</u></p> <p>Confidence Being safe FUN</p>	<p><u>Technical</u></p> <p>Dribbling</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>



ActiveStart practice plan—Week 22

Station B

Soccer Technique— Candy store owner!



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Organization: 30m x 30m area set up. Every player has a soccer ball apart from the "Candy store owner"

Procedure: All players dribble around inside the area. 1 player at a time is selected to become the "Candy store owner". When the coach calls "go" the candy store owner 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 candy store" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the candy store owner for 1 minute.

Time Frame. 8 minutes

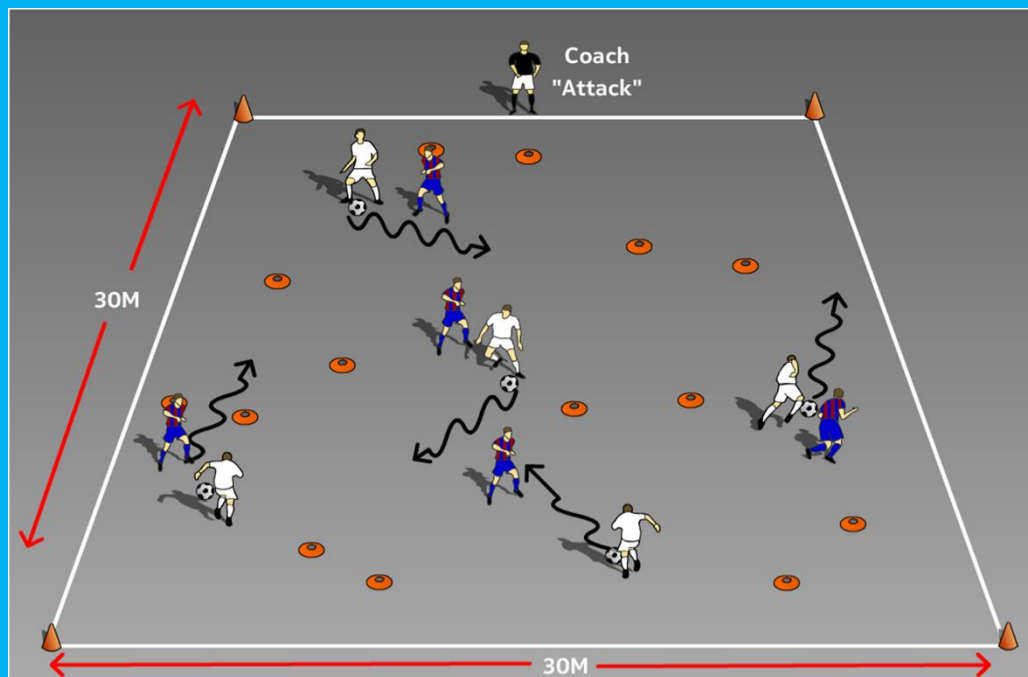
Emphasis:

Lots of touches on the ball
 One foot
 Changing direction
 FUN!

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



Active Start practice plan – Week 22
Station C
Soccer Technique – 1v1 through gates



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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. 8 minutes

Running with the ball

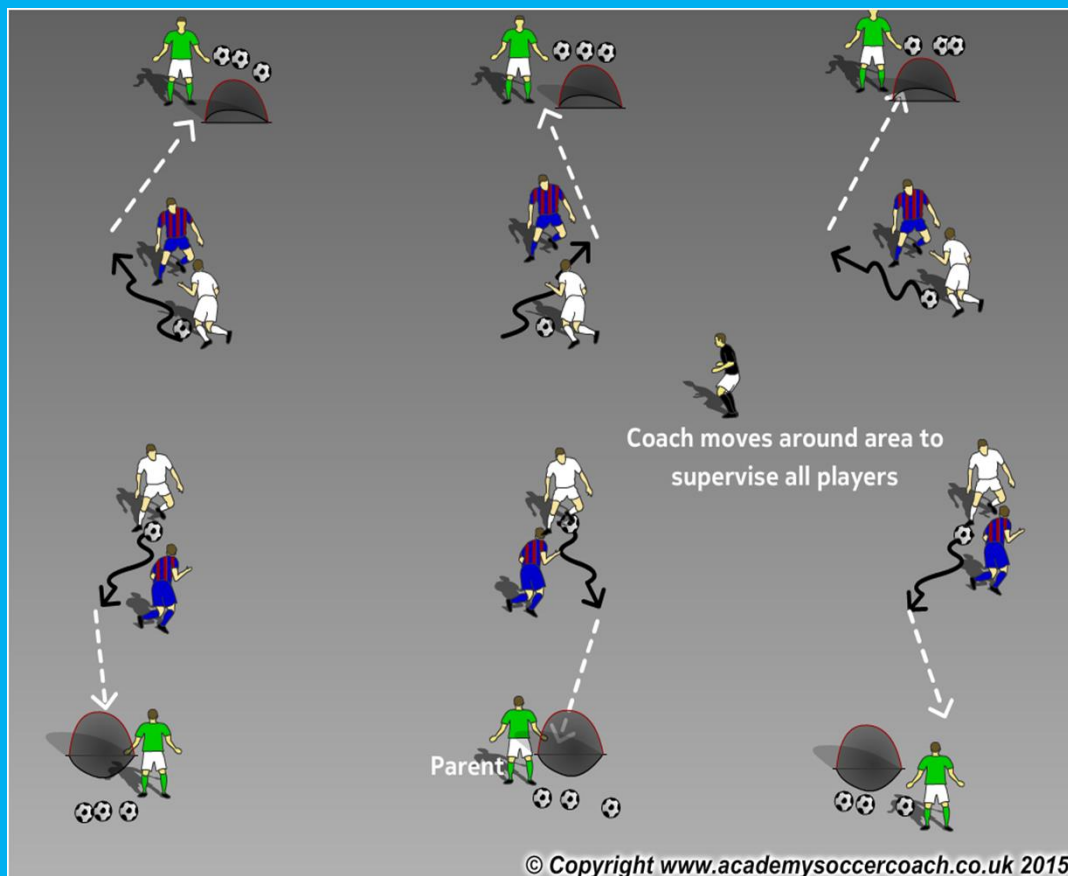
Changing direction Agility,

Imagination FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball</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 22 Station D
Small sided game—1v1 TO GOAL



Organization: Player placed into groups of 2. They play 1v1 to goal.
Procedure: Parent rolls the ball out and the 2 players play 1v1. Players look to score in the pug goal. After 90 seconds rotate partners.

Time Frame. 8 minutes

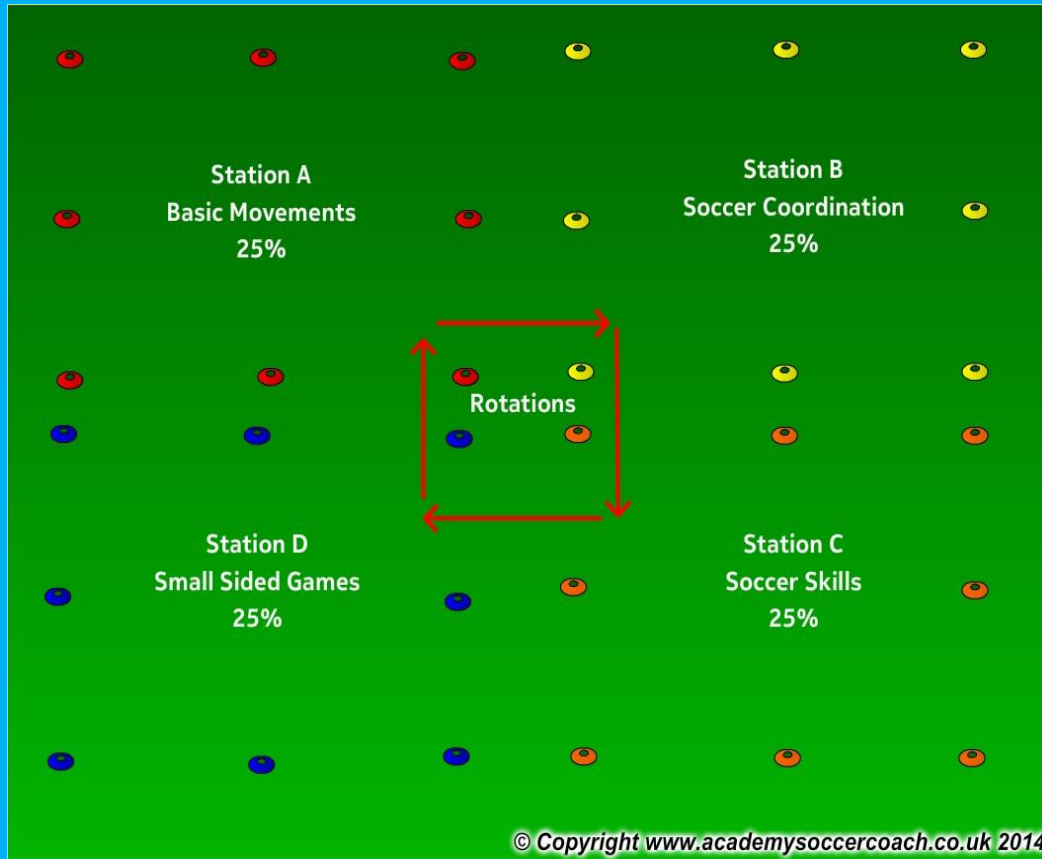
Emphasis:

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

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

Active Start practice plan

How The Player Development Model works



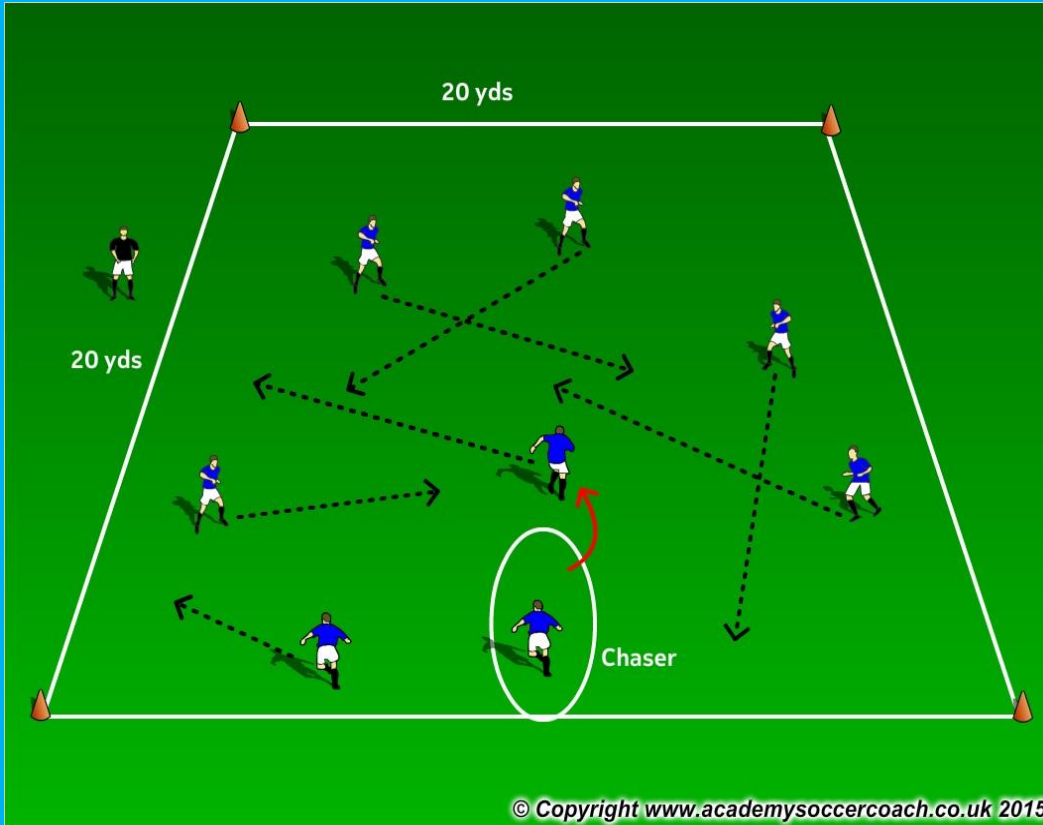
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If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

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Player Development

ActiveStart practice plan—Week 23 Station A
General movement—TAG



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Organization: Players are placed in a 20x20 yard area. 1 player starts as the chaser
Procedure: Chaser attempts to catch other players by tagging them. If a player is caught they also become a chaser. Last person left wins.
Progressions: Different types of Tag games.

Time Frame. 8 minutes

Emphasis:

Agility, Balance, Coordination
Awareness

<p><u>Psychologi</u> <u>cal</u> Confidence Awareness FUN</p>	<p><u>Technical</u></p>
<p><u>Physical</u> A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Communicating</p>

Player Development



Active Start practice plan – Week 23
Station B
Soccer Technique – Pirate Ship Adventure



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Organization: Players with ball each inside a 20x20 yard area -"the pirate ship".
Procedure: Players dribble the ball and perform different moves on the coaches command:
SCRUB THE DECKS = inside taps, **CAPTAINS COMING** = 1 foot on the ball and salute the captain & shout "ay, ay captain", **MAN OVERBOARD** = Players dribble ball to edge of the area and pretend to look overboard (hand on forehead) and shout "man overboard", **FIRE THE CANNON** = players dribble to edge of area and kick their ball out at other pirates.

Time Frame. 8 minutes

Emphasis:

Changing direction
 Ball Mastery Imagination

FUN!

<p><u>Psychological</u> Confidence Being safe Reactions</p>	<p><u>Technical</u> Dribbling Lots of touches Ball mastery</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating</p>





Active Start practice plan – Week 23

Station C

Soccer Technique – Treasure Island

Time Frame. 8 minutes

Emphasis: Dribbling

Different parts of the foot

Changing direction Competition

FUN!



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Organization: Set up a 20x20 yard grid - "Treasure Island". 3x3yard squares created in either corner - "Rowing Boats". Create another 3x3 yard square in the centre of the grid - "Treasure Chest" and place all of the "Treasure" (balls) inside. Players are then divided evenly to each "rowing boat".

Procedure: 1 pirate from each rowing boat runs to steal 1 piece of treasure from the chest and dribbles back to their rowing boat.

Progression: once all of the treasure has been stolen from the chest the pirates can then steal from each other.

Player Development

Psychologi
cal Confidence
Being safe FUN

Technical
Dribbling
Lots of small touches

Physical
A,B,C's
Change of Direction
Change of Speed

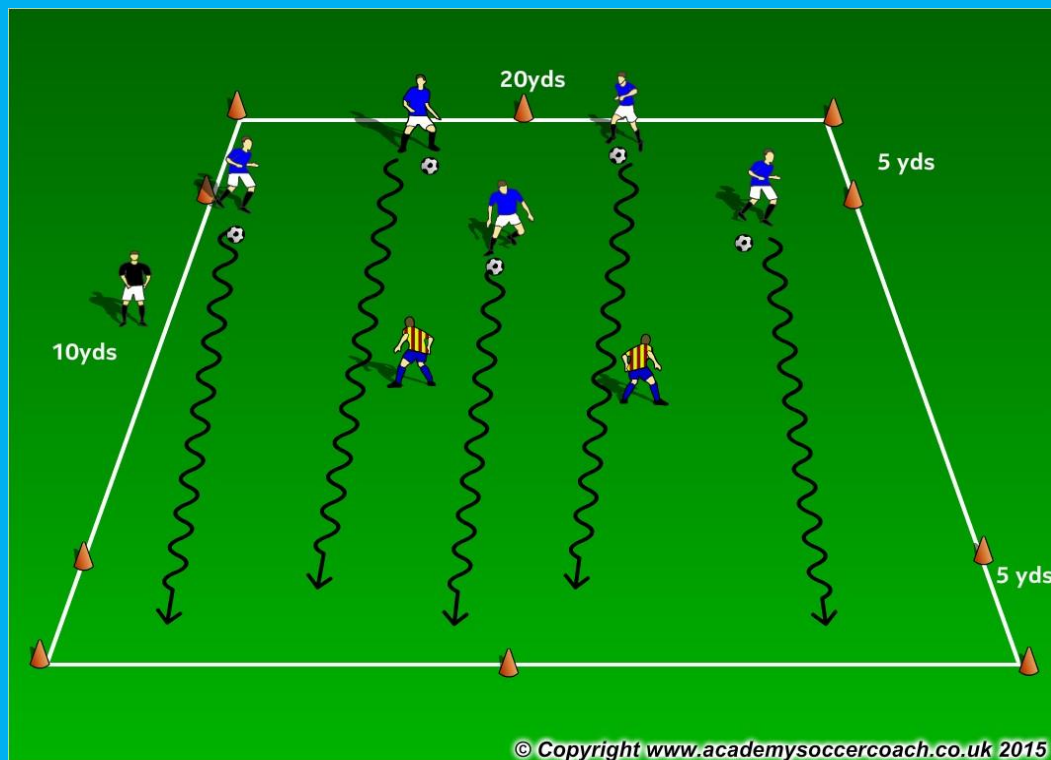
Social
Solving problems
Team work
Celebrating



Active Start practice plan - Week 23

Station D

Small sided game – Pirate Beach



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Organization: Set up a 20x20 yard area. 2 5 yard endzones are created on either side - "the pirate beaches" and a 10 yard central area - "Shark infested water". 1 or 2 players start in the middle without a ball - "the Sharks". All other players have a ball each and start in 1 of the endzones - "the Pirate beach"

Procedure: On the Captains command (the coach) the players look to dribble their ball through the Shark infested water to the safety of the other Beach. If the shark steals the ball from a pirate, the pirate then becomes a shark.

Player Development

Time Frame. 8 minutes

Emphasis:

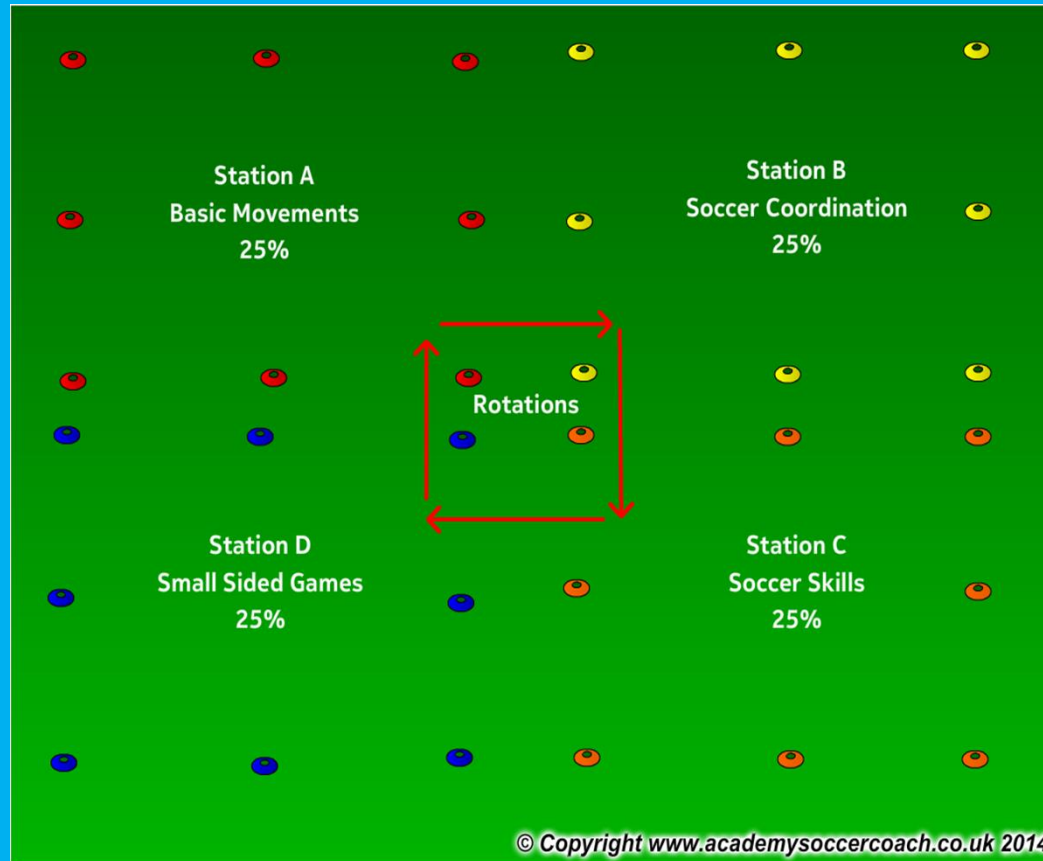
Running with the ball
Dribbling
Changing direction Agili

<p><u>Psychologi</u> cal Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Competition</p>





Active Start practice plan How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

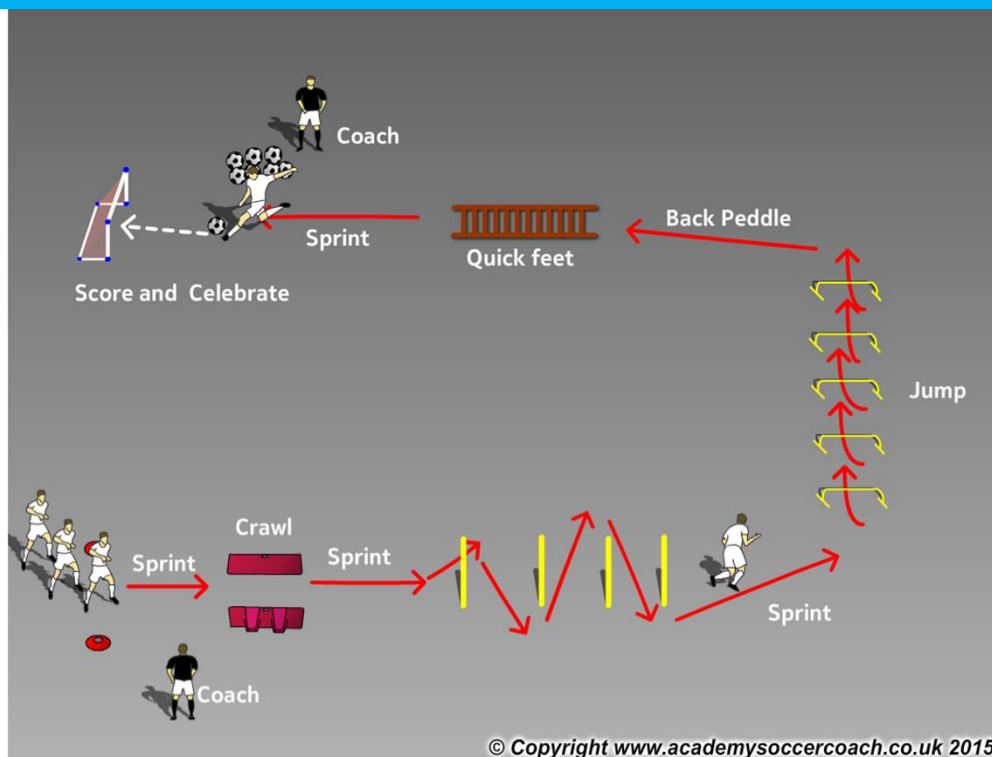


ActiveStart practice plan—Week 24 Station A
General movement

Time Frame. 8 minutes

Emphasis:

Agility
Balance
Coordination



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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><u>Psychological</u> Confidence Awareness FUN</p>	<p><u>Technical</u></p>
<p><u>Physical</u> A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Communicating</p>

Player Development

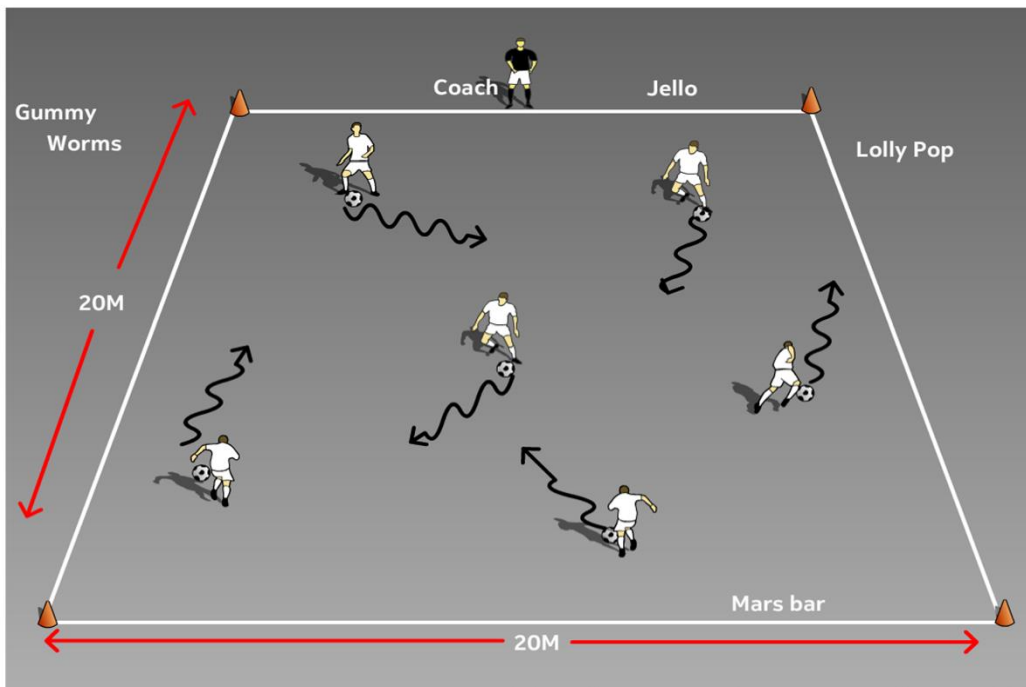


Soccer Technique— Candy store

Time Frame. 8 minutes

Emphasis:

Changing direction
 Ball Mastery Imagination
 FUN!



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Organization: 20m x 20m area. Each player has a soccer ball.
Procedure: All players dribble 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).

<p><u>Psychological</u> Confidence Being safe Reactions</p>	<p><u>Technical</u> Dribbling Lots of touches Ball mastery</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating</p>

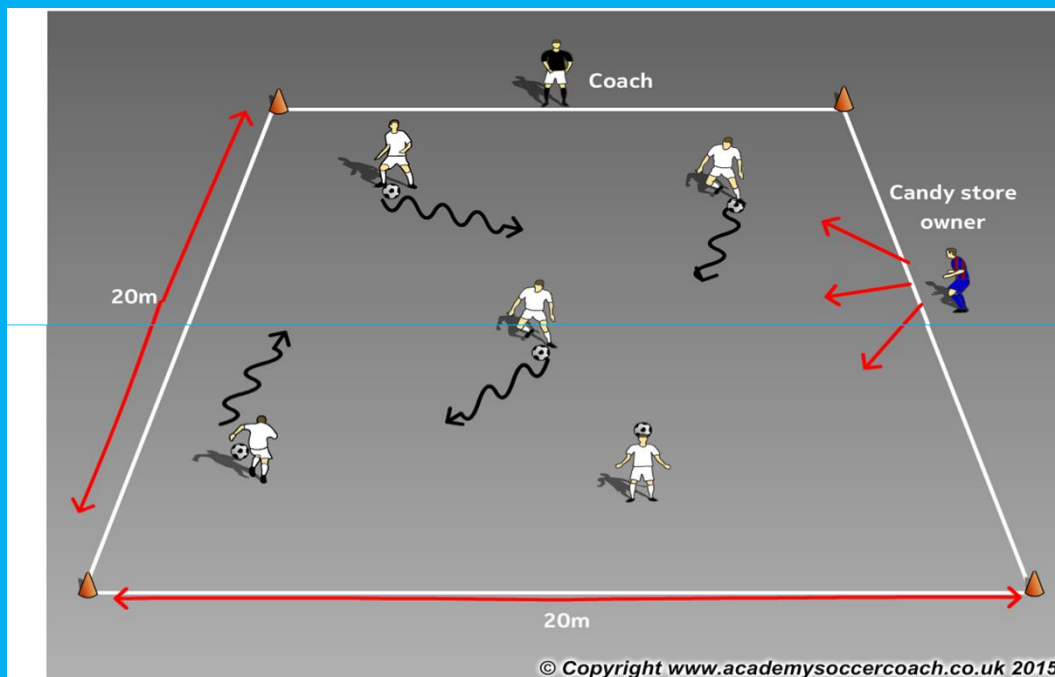
Player Development



ActiveStart practice plan—Week 24

Station C

Soccer Technique— Candy store owner



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Organization: 20m x 20m area set up. Every player has a soccer ball apart from the "Candy store owner"

Procedure: All players dribble around inside the area. 1 player at a time is selected to become the "Candy store owner". When the coach calls "go" the candy store owner 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 candy store" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the candy store owner for 1 minute.

Time Frame. 8 minutes

Different parts of the foot
 ection Competition
 FUN!

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Teamwork Celebrating</p>



Player Development



ActiveStart practice plan - Week 24 Station D

Small sided game – Child vs Parent 1v1

Time Frame. 8 minutes

Running with the ball

Changing direction

Imagination



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Organization: Players are paired with a parent inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent 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. The child should always be the winner in the games.

Psychological
 Confidence Being safe FUN

Technical
 Dribbling
 Running with the ball

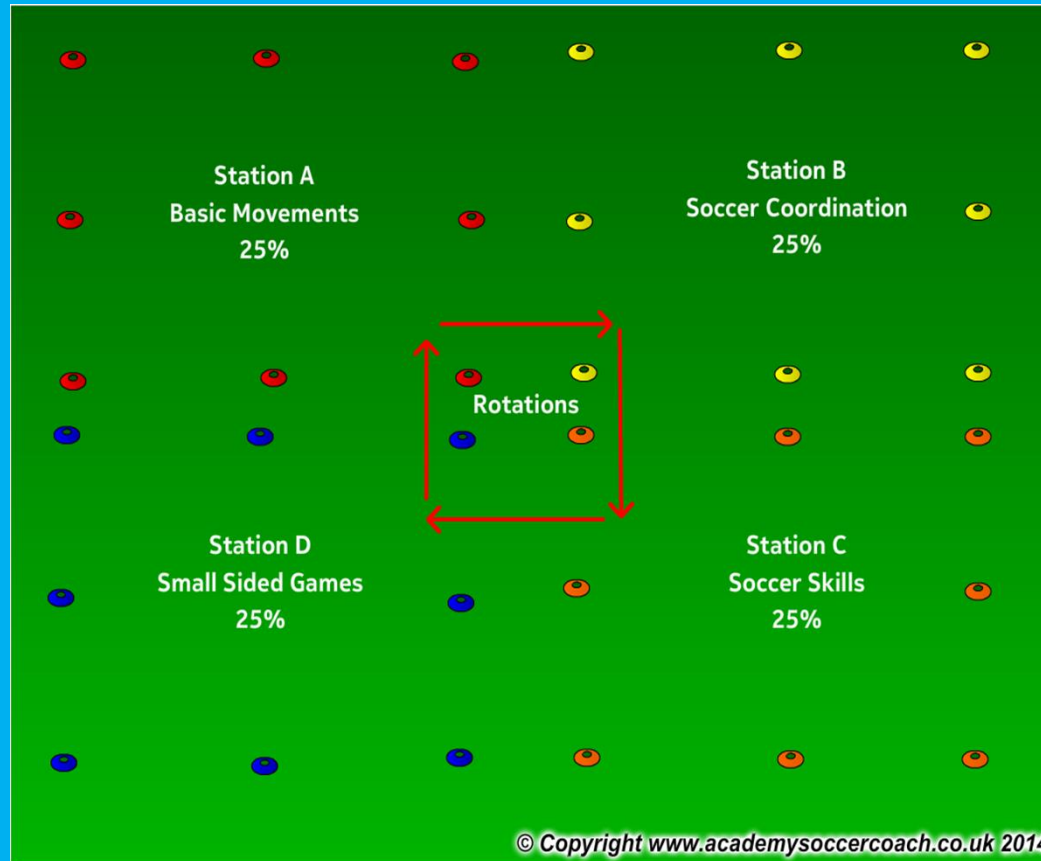
Physical
 A,B,C's
 Change of Direction

Social
 Listening
 Competition

Player Development



Active Start practice plan How The Player Development Model works



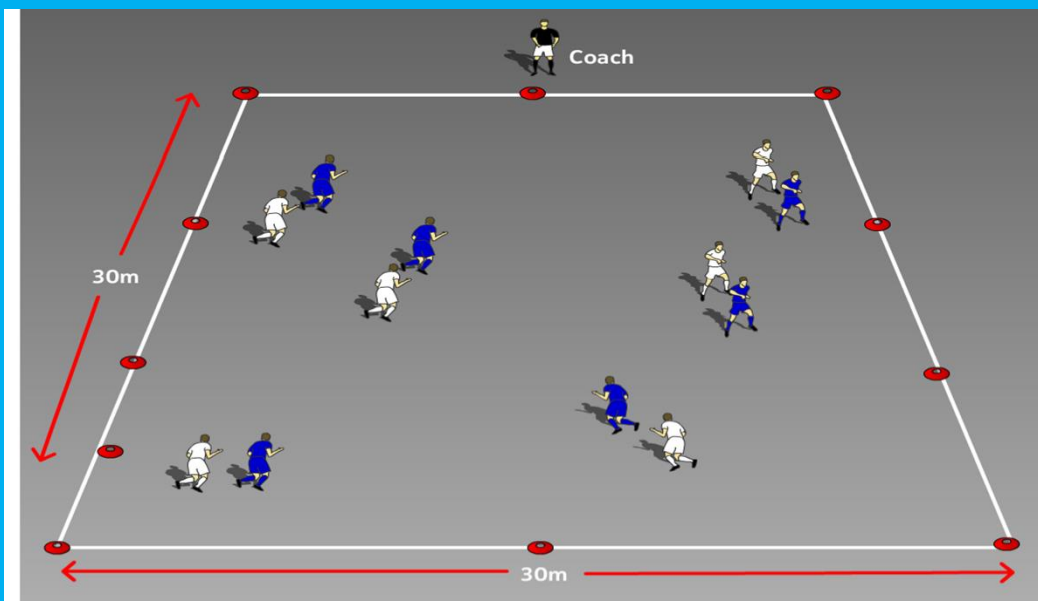
If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



ActiveStart practice plan—Week 25 Station A General movement



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Organization: Each player is paired with a parent inside a 30m x 30m area
Procedure: This game is called "Freeze and thaw" The parent becomes the leader and the child follows and stays close behind. Start of my walking and increase to jogging. When the coach calls out "freeze" both child and parent must freeze on the spot. If the child or parent fails to stop quickly they collect a "thaw point" The challenge of the game is to see who can collect the least thaw points. Play several rounds.
Progression: From having the players jog you can move to skipping, hopping leaping etc. To increase the balance of the players have them freeze on one leg.

Time Frame. 8 minutes

Emphasis:

Agility

Balance

Coordination

<p><u>Psychological</u> Confidence Awareness FUN</p>	<p><u>Technical</u></p>
<p><u>Physical</u> A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Communicating</p>

Player Development



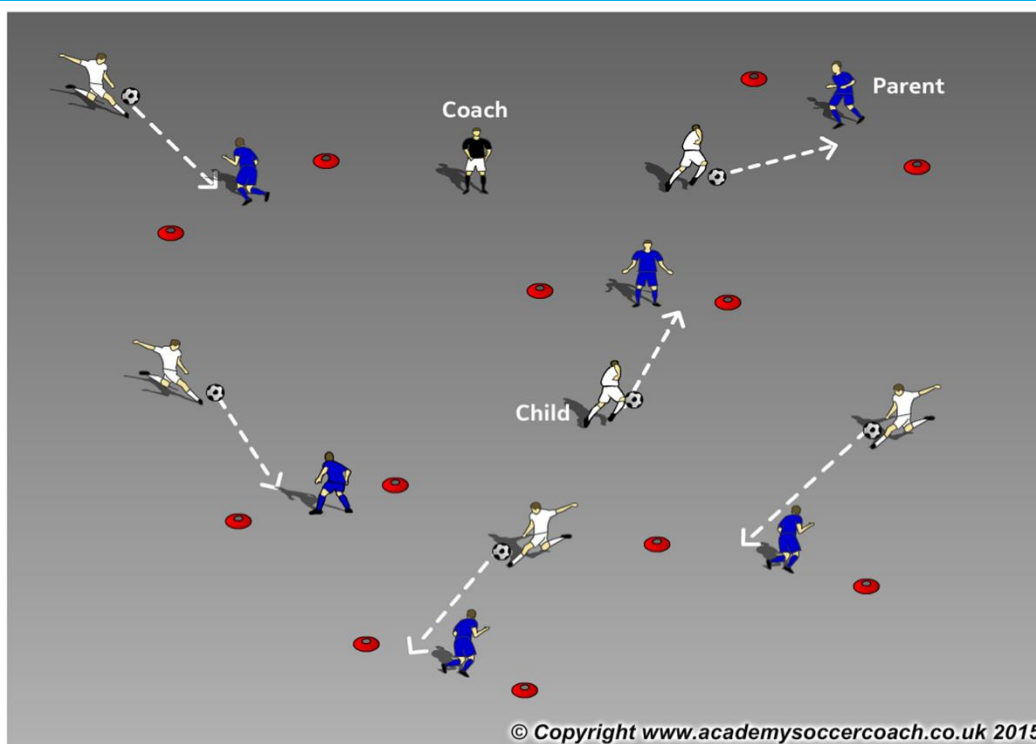
ActiveStart practice plan—Week 25

Station B

Soccer Technique— Score some goals!!!

Time Frame. 8 minutes

FUN!



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Organization: Pair the child with the parent. The parent is handed two cones to build the goal and the child has the soccer ball. The parent will act as a goalkeeper.

Procedure: The child aims to score goals past their parent. The distance that the child shoots from can vary and is left up to each individual parent. The child can score from any side of the goal to keep them active and moving around.

<p><u>Psychological</u> Confidence Being safe</p>	<p><u>Technical</u> Shooting</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating Interaction with parent</p>

Player Development

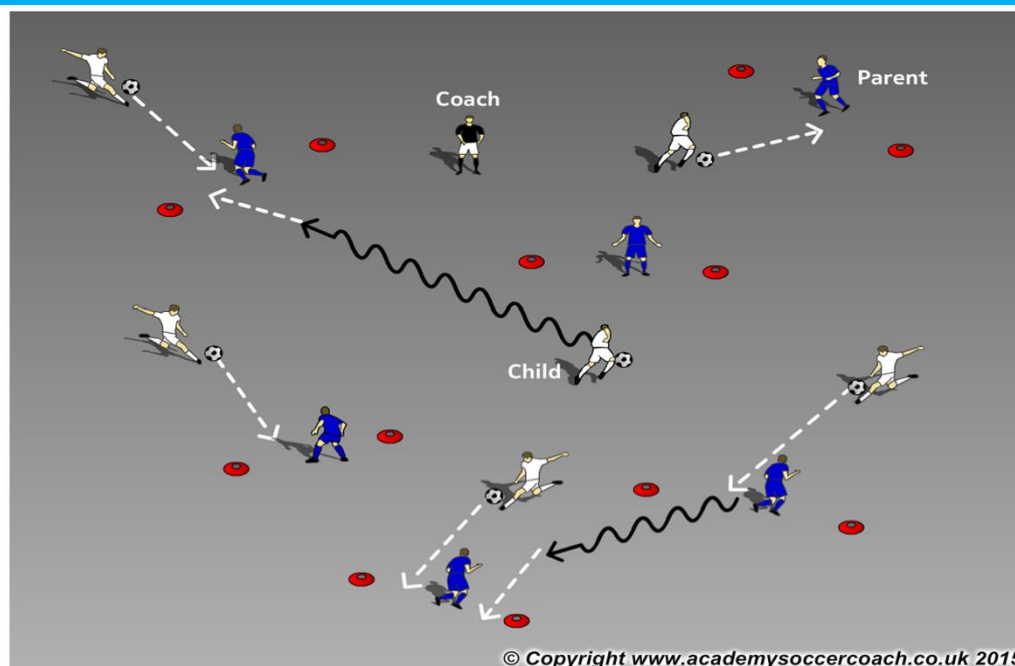




Active Start practice plan – Week 25
Station C
Soccer Technique – Shooting competition!

Time Frame. 8 minutes

Shooting
 Different parts of the foot
 Competition
 FUN!



Organization: Pair the child with the parent. The parent is handed two cones to build the goal and the child has the soccer ball. The parent will act as a goalkeeper.

Procedure: The child aims to score goals past the parents. The distance that the child shoots from can vary and is left up to each individual child. The child can score from any side of the goal to keep them active and moving around. Once they have shot on one goal they dribble to any other goal to try to score. Let the players play for 60 seconds to see how many goals they can all score. Parents should allow as many goals to be scored as possible.

<u>Psychological</u> Confidence Being safe FUN	<u>Technical</u> Dribbling Shooting
<u>Physical</u> A,B,C's Change of Direction Change of Speed	<u>Social</u> Solving problems Celebrating Interaction

Player Development





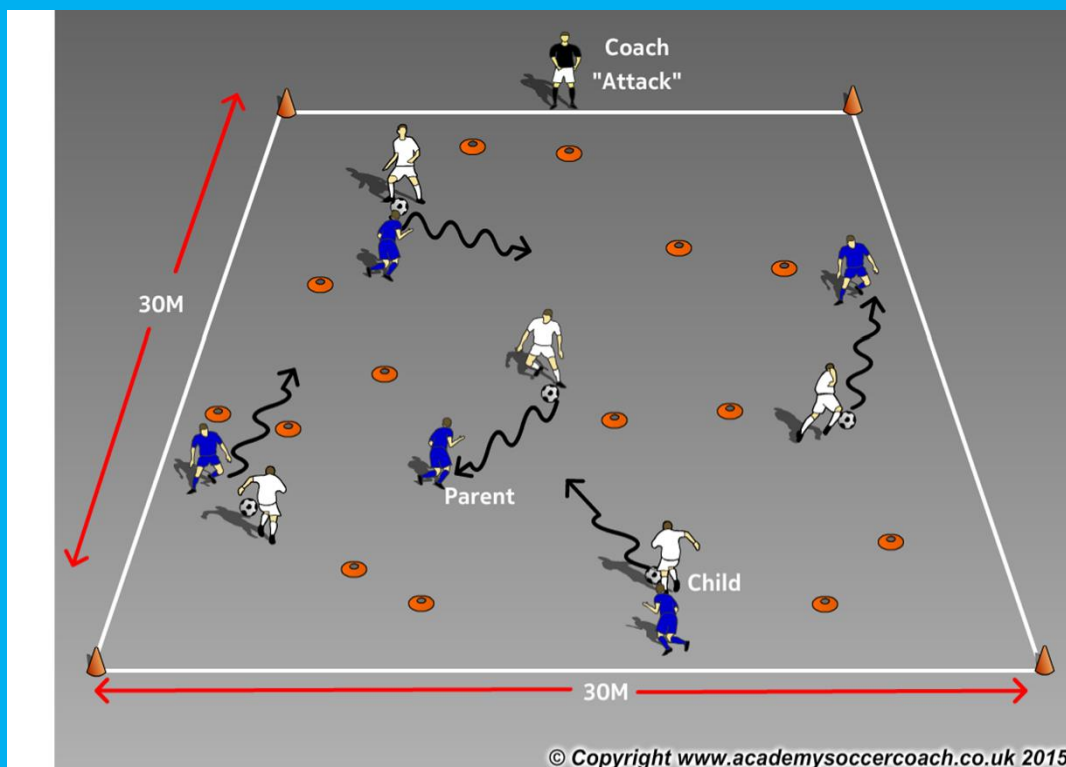
Small sided game – Child vs Parent 1v1

ActiveStart practice plan- Week 25 Station D

Time Frame. 8 minutes

Emphasis: Dribbling Shooting

Changing direction
Imagination



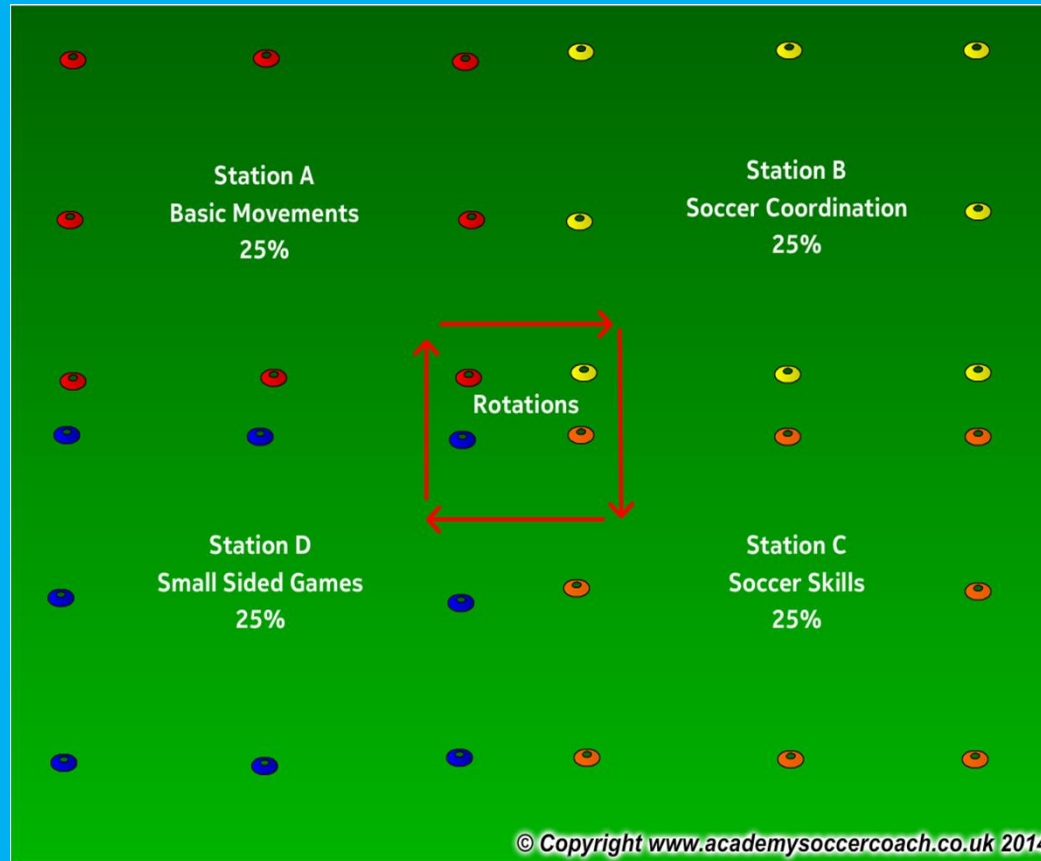
Organization: Players are paired with a parent inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. The child should always be the winner in the games.

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Shooting</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Competition Interaction</p>

Player Development



Active Start practice plan How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



ActiveStart practice plan—Week 26 Station A

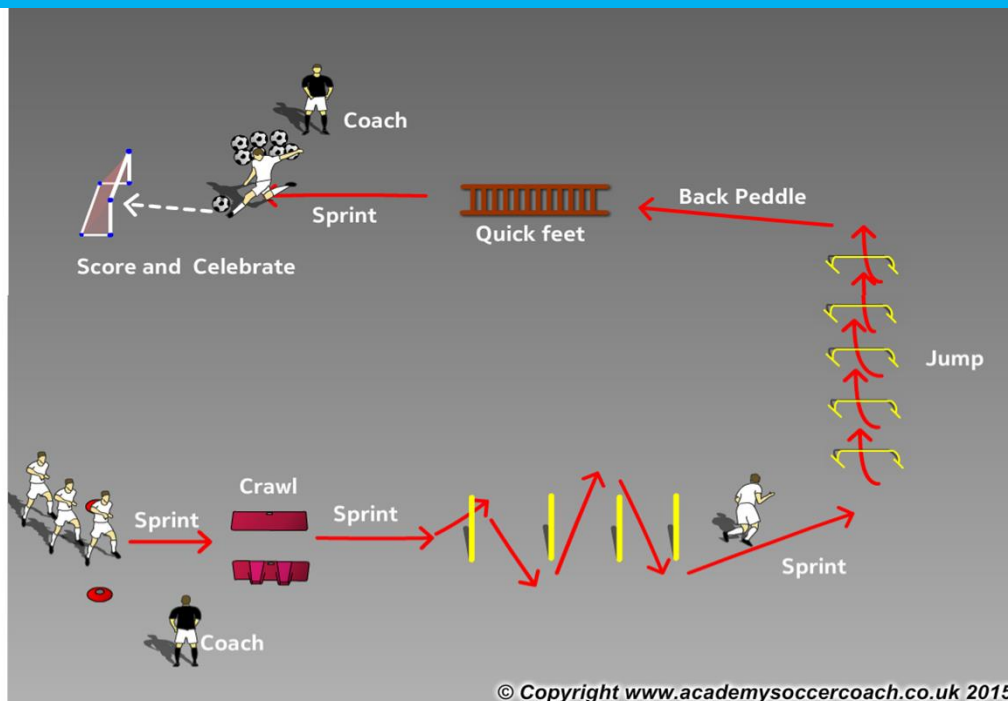
- General movement—Physical literacy FUN!

Time Frame. 8 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Different movements

- FUN



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Organization: As shown above. Players are shown a variety of movements from crawling, Sprinting, Jumping, back peddling, quick feet and shooting. Once the player in front of the waiting player gets to the first pole the next player goes. Keep the players active and moving. Coaches have the freedom to set up course in any way that can help deliver physical literacy skills to children.

<p>Psychological Confidence Manage problems FUN</p>	<p>Technical Scoring Goals</p>
<p>Physical A,B,C's Change of Speed Different movements</p>	<p>Social Problem Solving Communicating Celebrating</p>

Player Development



ActiveStart practice plan—Week 26

Station B

Soccer Technique – Formula 1

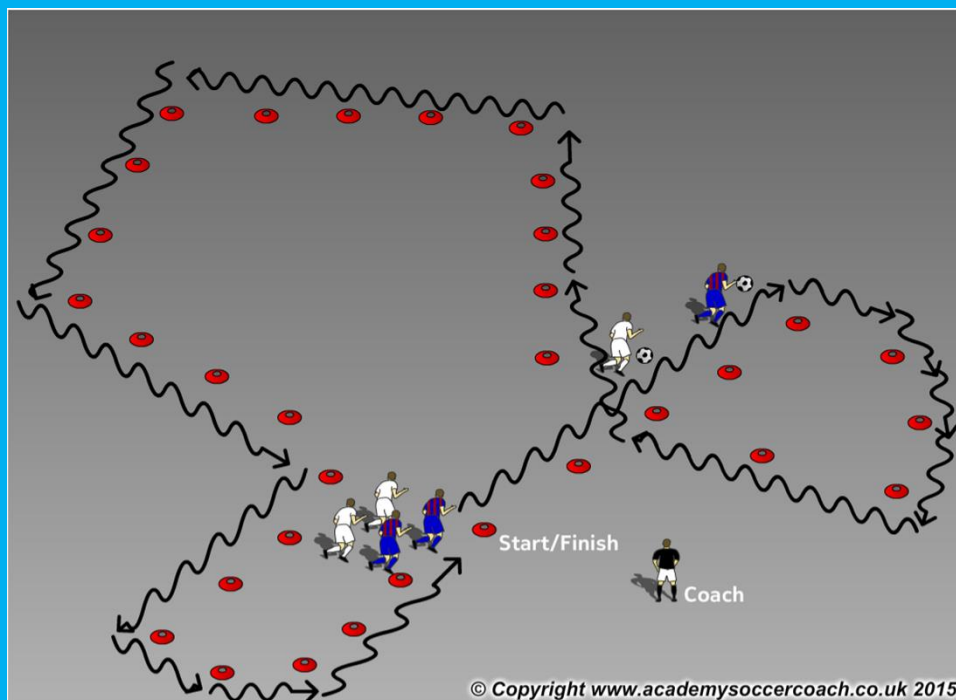
Time Frame. 8 minutes

Emphasis: Dribbling

Different parts of the foot

Changing direction Competition

FUN!



Organization: Players are placed into 2 teams of 3 and race track is created as shown above or coaches can create their own layout.

Procedure: 1 player from each team races around the race track and back to the starting point. When the players arrive back at the starting point they high 5 the next player and they race around the track. The activity can be done without a ball to start with and then a ball can be introduced.

Coaches can add road blocks etc to the course as the players progress.

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Team work Celebrating</p>



Player Development



ActiveStart practice plan—Week 26

Station C

Soccer Technique – Mud Monsters

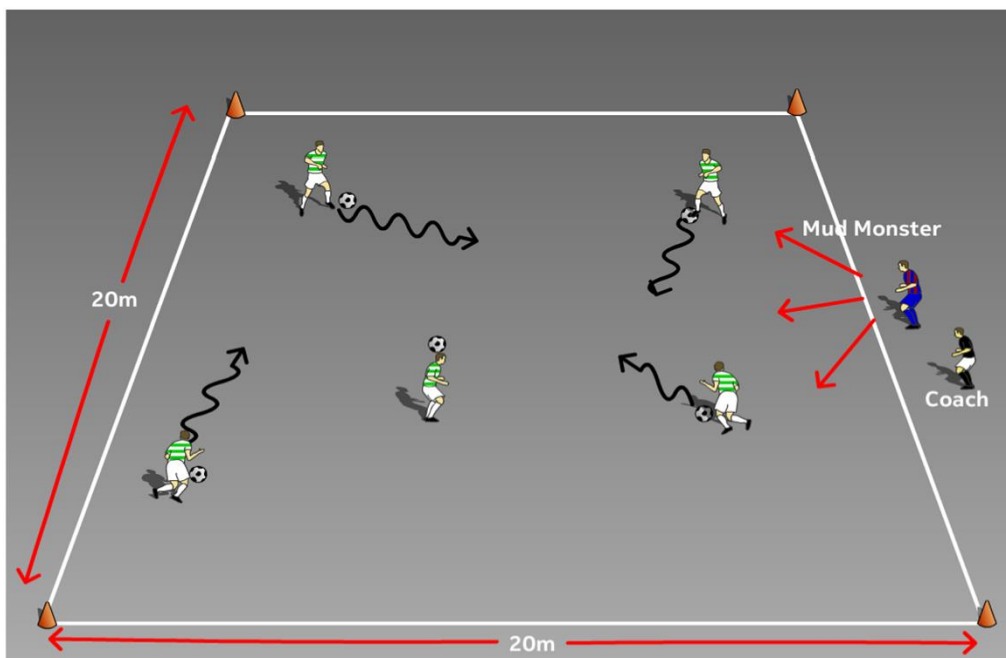
Time Frame. 8 minutes

Emphasis: Dribbling

Changing direction

Competition Imagination

FUN!



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Organization: Players are inside a 20m x 20m area, all with a ball. 1 player is on out side without a ball as the mudmonsters.

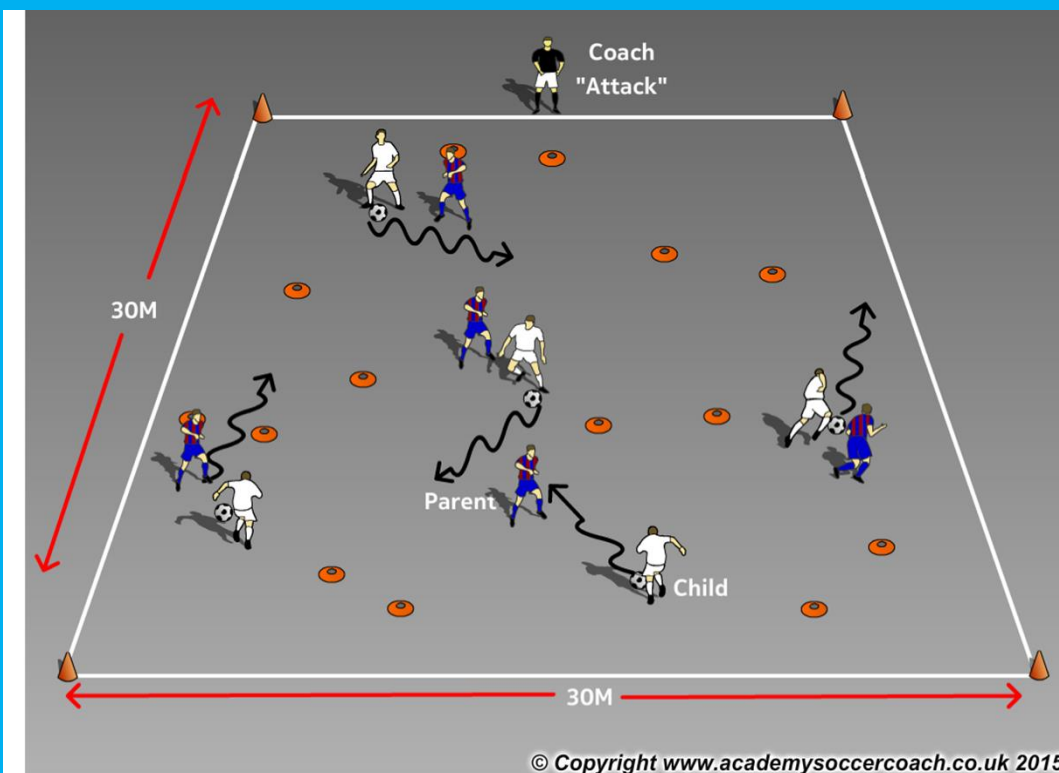
Procedure: All players dribble around inside the area. When the coach says go the Mud monster come's in and attempt to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball and their head shouting, "help, help I'm stuck in the mud" to be freed a player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

<p><u>Psychological</u> Confidence Being safe Managing problems</p>	<p><u>Technical</u> Dribbling Lots of touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Acceleration</p>	<p><u>Social</u> Cooperation Communicating Celebrating</p>

Player Development



ActiveStart practice plan- Week 26 Station D
 Small sided game—1v1 with parent



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Organization: Players are paired with a parent inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent 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. The child should always be the winner in the games.

Time Frame. 8 minutes

Emphasis:

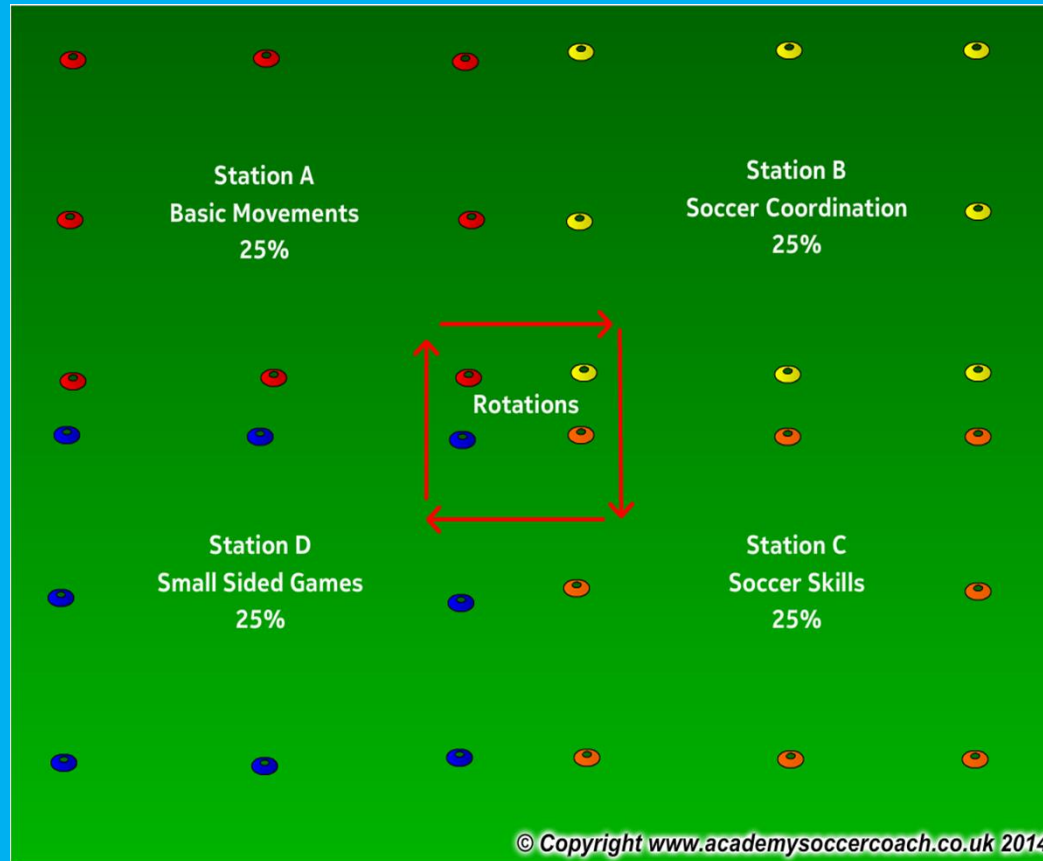
- Listening
- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

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

Player Development



Active Start practice plan How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

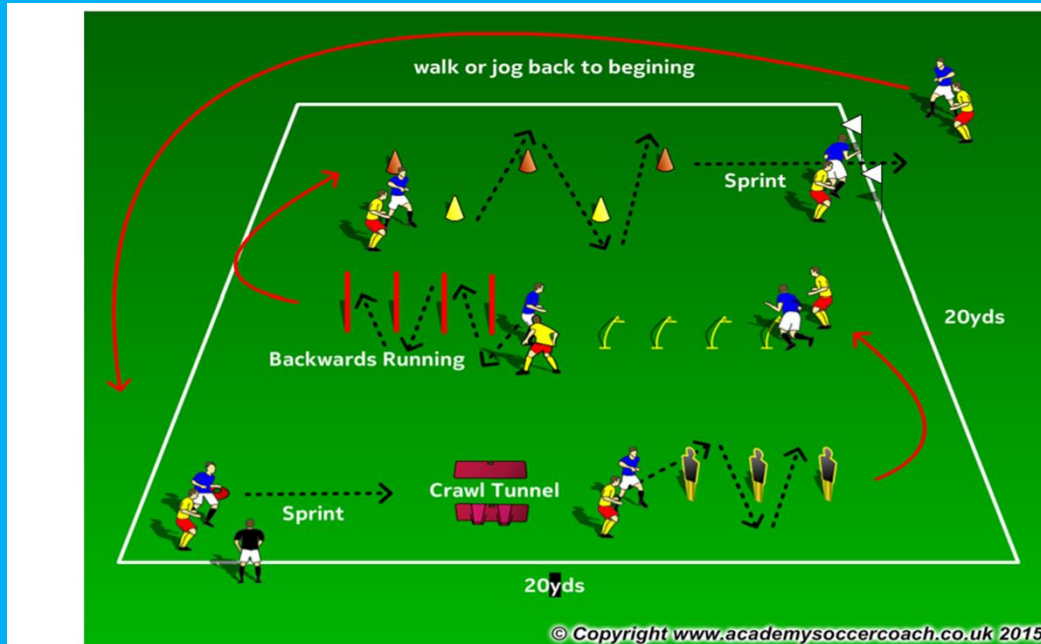
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



Active Start practice plan—Week 27 Station A

- General movement—Physical literacy FUN!



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Organization: Using a 20x20 yard area set up a variety of obstacles that the players can move through. Parents (Yellows) should accompany the children through the course.

Procedure: One-by-one the children will enter the obstacle course and move through the different obstacles. The coach should position his/herself at the start of the course to help start the players at the correct time. Be creative and develop obstacles that will challenge the children to use different movement skills to overcome each part of the course. A,B,C'S: Hop's, Skip's, Jumps, Sprints, Forward/backwards running, shuffles etc. should all be incorporated.

Time Frame. 8 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Different movements

- FUN

Psychological
Confidence Manage
problems FUN

Technical
Scoring Goals

Physical
A,B,C's
Change of Speed
Different movements

Social
Problem Solving
Communicating
Celebrating

Player Development

4



ActiveStart practice plan—Week 27

Station B

Soccer Technique— Hungry Hippo

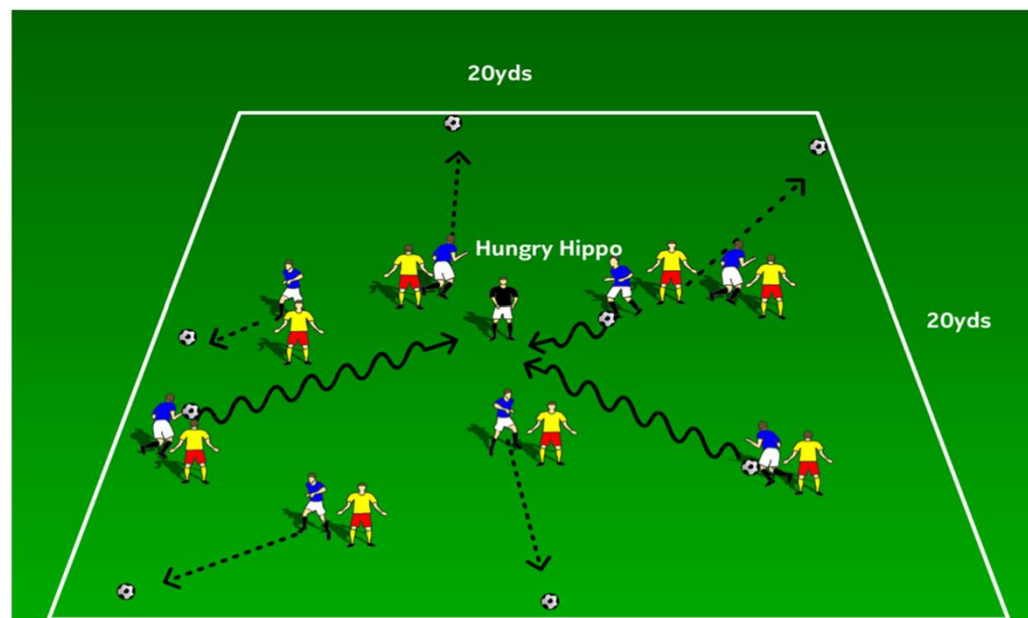
Time Frame. 8 minutes

Emphasis: Dribbling

Different parts of the foot

Changing direction Competition

FUN!



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Organization: Players are placed in a 20x20 yard area with a ball (Hippo food) per player. Parents can accompany the players (yellow). The Hungry Hippo (the coach) is positioned in the middle of the playing area.

Procedure: Players start with ball in hands and throw it to the coach who throws it away and they have to bring it back as quick as they can using: a certain # of steps, a different body part (touching elbow, knee, head, etc.), dribble the ball back etc.

Psychological
Confidence Being safe FUN

Technical
Dribbling
Lots of small touches

Physical
A,B,C's
Change of Direction
Change of Speed

Social
Solving problems
Celebrating
Creativity

Player Development



Active Start practice plan – Week 27
Station C
Soccer Technique – Bulldozers and Cranes

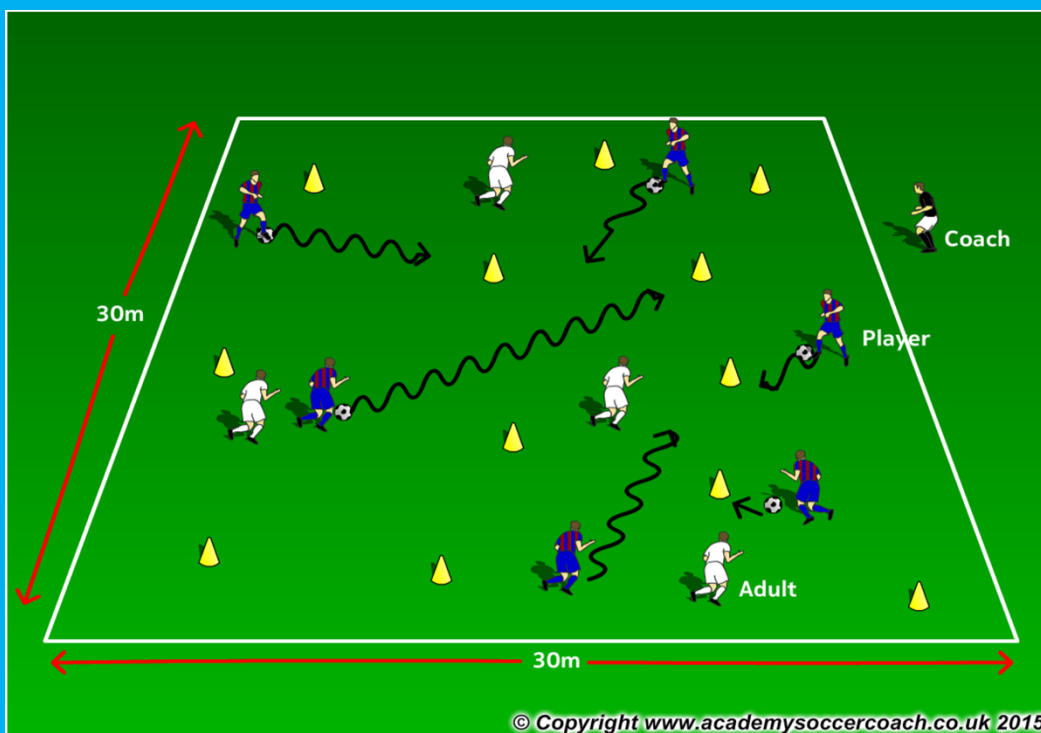
Time Frame. 8 minutes

Emphasis: Dribbling Passing

Changing direction

Competition Imagination

FUN!



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Organization: Players are placed inside a 30m x 30m area, each with a ball. Tall cones (buildings) are placed inside the area. Parents (Cranes) are also inside the area.
Procedure: The players (bulldozers) have to knock all the buildings over with their soccer ball while the Cranes try to get them all back up. If the bulldozers can knock over all the buildings in 60 seconds they are the winners!
 You can change the roles of the players and adults.

<p><u>Psychological</u> Confidence Being safe Managing problems</p>	<p><u>Technical</u> Dribbling Passing</p>
<p><u>Physical</u> A,B,C's Change of Direction Acceleration</p>	<p><u>Social</u> Cooperation Communicating Celebrating</p>

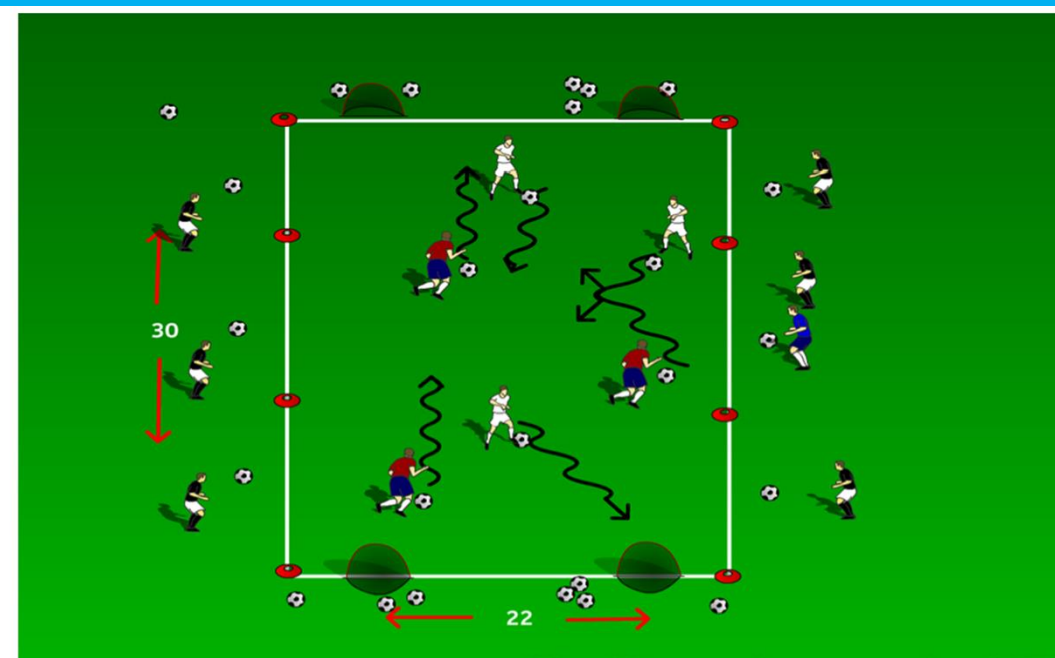


Player Development



ActiveStart practice plan - Week 27 Station D

Small sided game – How many goals can you score?



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Organization: Two teams of 3v3 are placed on to a 30 x 22 field with 1 or 2 goals at each end. Each player starts with a soccer ball. Spare balls are placed around the outside of the field. Parents stand on the outside of the field.

Procedure: On the coaches call the game begins. Each player will play as an individual and the parent on the outside will count how many goals they score. Players can score in any goal. Once a player scores they get their ball or another ball and go to try to score in another goal. If a player is dribbling towards the side line a parent who is close will help them stay within the field. After an allotted time, collect the total amount of goals scored (Keep the game close and finish with a tie if possible)

Time Frame. 8 minutes

Emphasis:

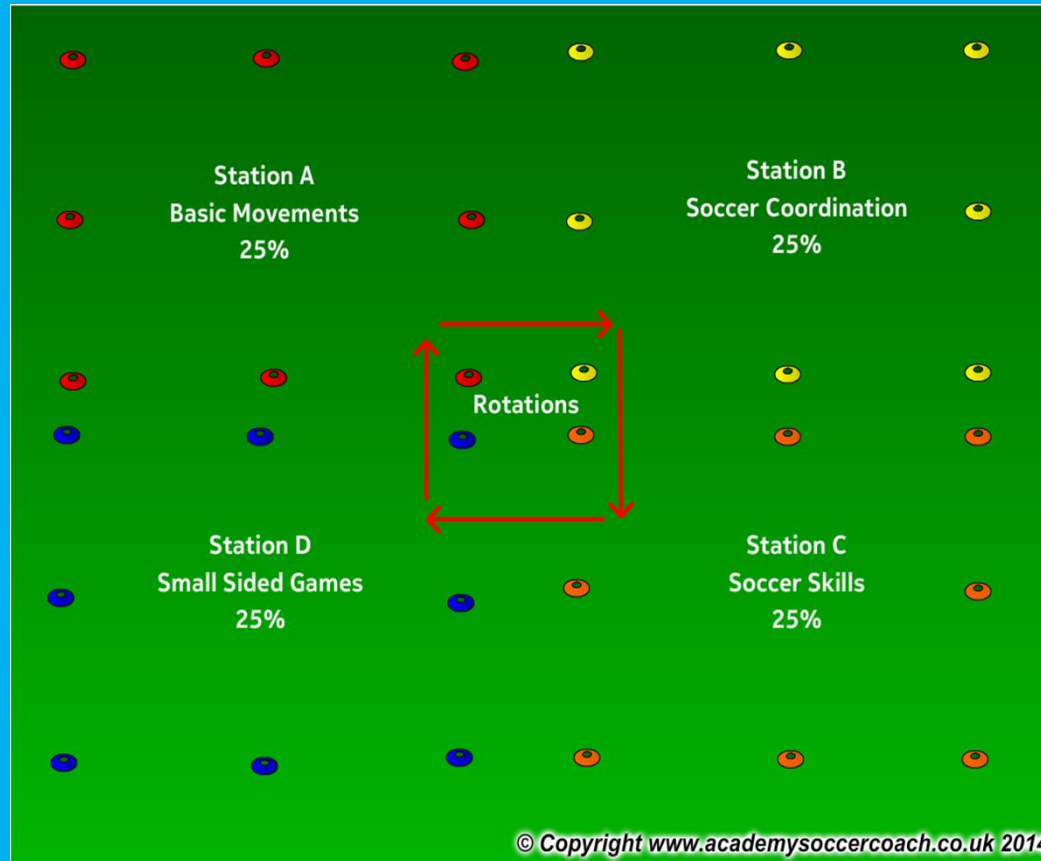
- Listening
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

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

Player Development



Active Start practice plan How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

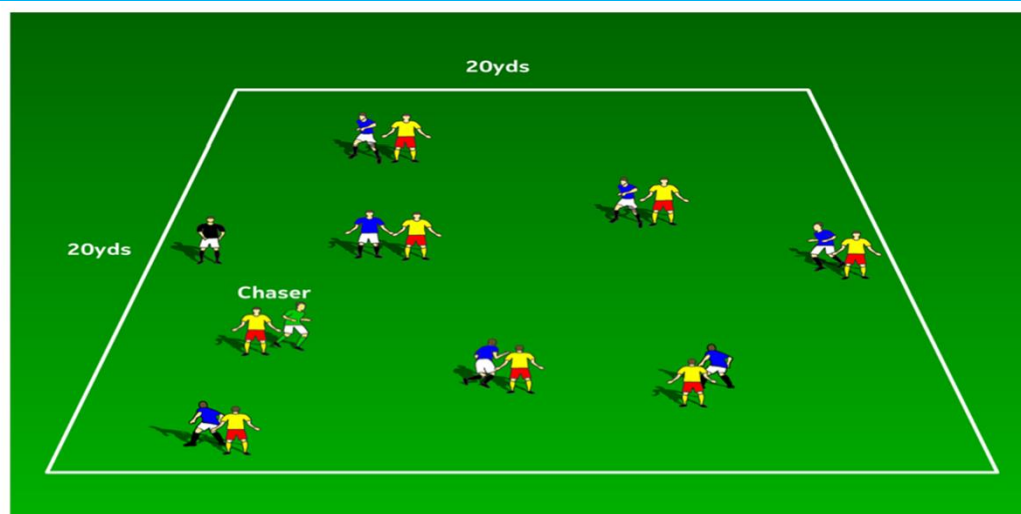
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



Active Start practice plan—Week 28 Station A

- General movement—Physical literacy FUN!



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Organization: Players are placed inside a 20x20 yard area. 1 player is selected as the "Chaser". Parents (yellow) should accompany the players if necessary.

Procedure: On the signal, the "Chaser" will attempt to tag the other players. When a player gets tagged, he/she must use their body to form a tunnel. Some examples might be: standing with feet spread, hands and feet touching with body arched crab walk, one hand and one foot on the ground. Anyway, encourage the players to be creative. The Coach could have some students demonstrate tunnels before the game started. Once tagged, the player must freeze in the form of a tunnel. To become unfrozen, another player must go through their tunnel. Once a player goes through the tunnel, the frozen player is now free to rejoin the game. The game ends when all the players are frozen or a given period of time ends the game. If you want to have winners, there are a few options: 1. Last 1 or 2 players to be frozen are the winners. 2. All players that are not caught at the end of the game are the winners. 3. At the end of time, if there are still players unfrozen, the players win.

Time Frame. 8 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Different movements

- FUN

Psychological
Confidence Manage
problems FUN

Technical

Physical
A,B,C's
Change of Speed
Different movements

Social
Problem Solving
Communicating
Celebrating

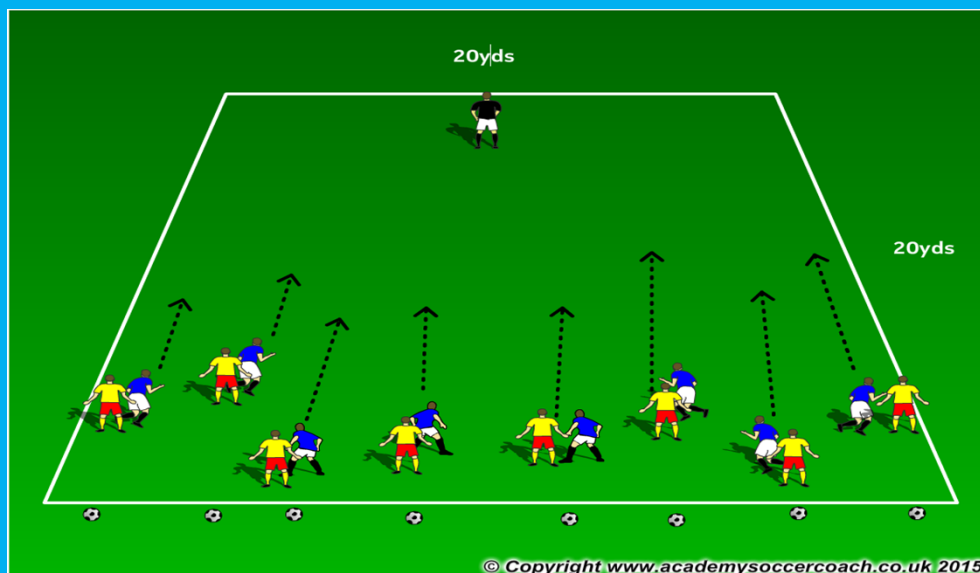
Player Development



ActiveStart practice plan—Week 28

Station B

Soccer Technique— Hungry Hippo



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Organization: All Players are positioned on 1 side of a 20x20 yard area. At the youngest age group's U4-U5 parents should take part with the child (Yellows).
Procedure: The coach is "Mr Wolf" stands at the opposite end of the playing area from the other players, facing away from them. A call-and-response then takes place: all players except for Mr Wolf chant in unison "What's the time, Mr Wolf?", and Mr Wolf will answer in one of the two ways:

1) Mr Wolf may call a clock time (e.g., "3 o'clock"). The other players will then take that many steps out long as they go ("One, two, three"). Then they ask the question again. 2) Mr Wolf may call "Dinner time!", when Mr Wolf will turn around and chase the other players back to their starting point. If Mr Wolf successfully tags a player, that player becomes the new Mr Wolf for the next round.

Variations: Change up the types of moves the players make e.g. instead of taking steps they can hop, skip, jump, shuffle or even kick the ball.

Time Frame. 8 minutes

Emphasis: Dribbling

Different parts of the foot

Changing direction Competition

FUN!

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical (If ball is used)</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Listening Celebrating Creativity</p>

Player Development



Active Start practice plan – Week 28
Station C
Soccer Technique – Treasure Island

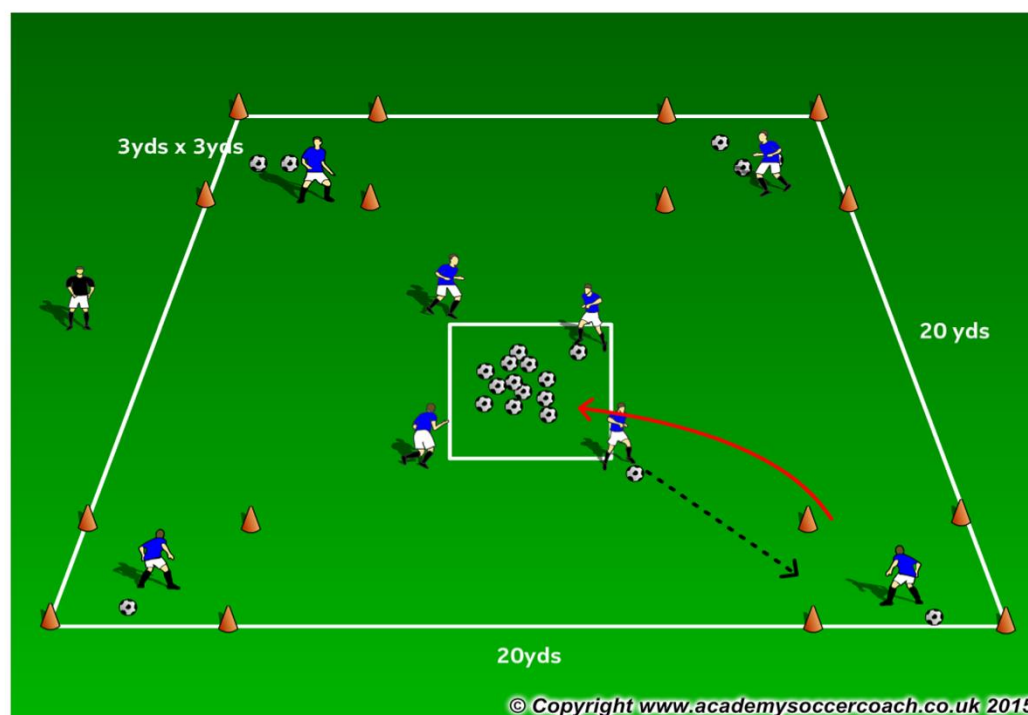
Time Frame. 8 minutes

Emphasis: Dribbling Passing

Changing direction

Competition Imagination

FUN!



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Organization: Set up a 20x20 yard grid - "Treasure Island". 3x3yard squares created in either corner - "Rowing Boats". Create another 3x3 yard square in the centre of the grid - "Treasure Chest" and place all of the "Treasure" (balls) inside. Players are then divided evenly to each "rowing boat".
Procedure: 1 pirate from each rowing boat runs to steal 1 piece of treasure from the chest and dribbles back to their rowing boat.
Progression: once all of the treasure has been stolen from the chest the pirates can then steal from each other.

<p><u>Psychological</u> Confidence Being safe Managing problems</p>	<p><u>Technical</u> Dribbling</p>
<p><u>Physical</u> A,B,C's Change of Direction Acceleration</p>	<p><u>Social</u> Cooperation Competition Celebrating</p>

Player Development



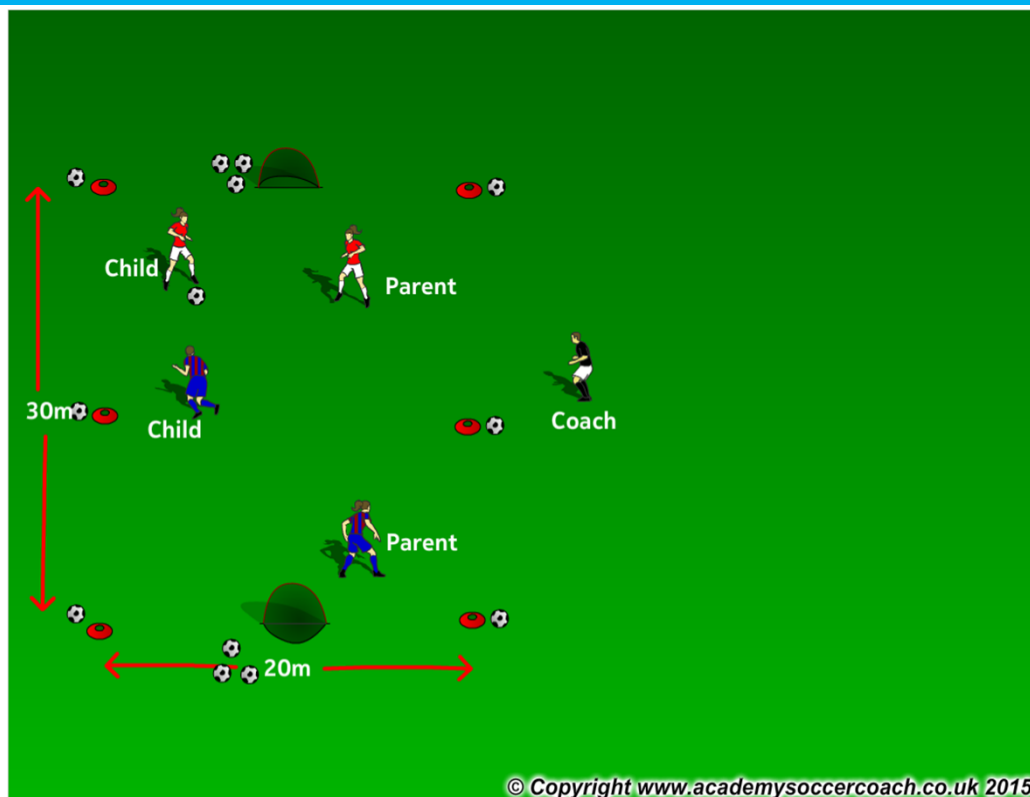
ActiveStart practice plan - Week 28 Station D

Small sided game – 2v2 with parents (multiple games)

Time Frame. 8 minutes

Emphasis:

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



Organization: 20m x 30m are set up. Organize players into 2v2 (1 player and 1 parent vs 1 player and 1 parent).

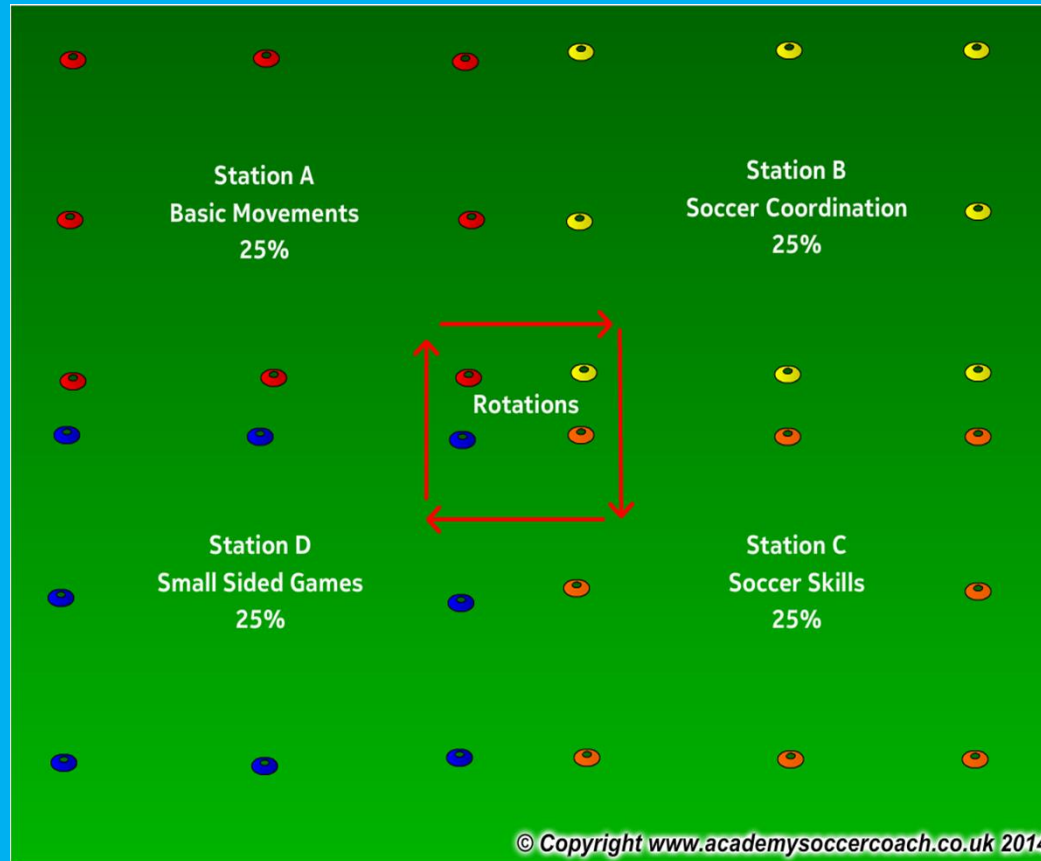
Procedure: Child and Parent play a 2v2 game. If the ball goes out of the field take the closest ball to keep the game moving. Parents should help the children as much as possible

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

Player Development



Active Start practice plan How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



Active Start practice plan—Week 29 Station A

General movement – Can you catch me?

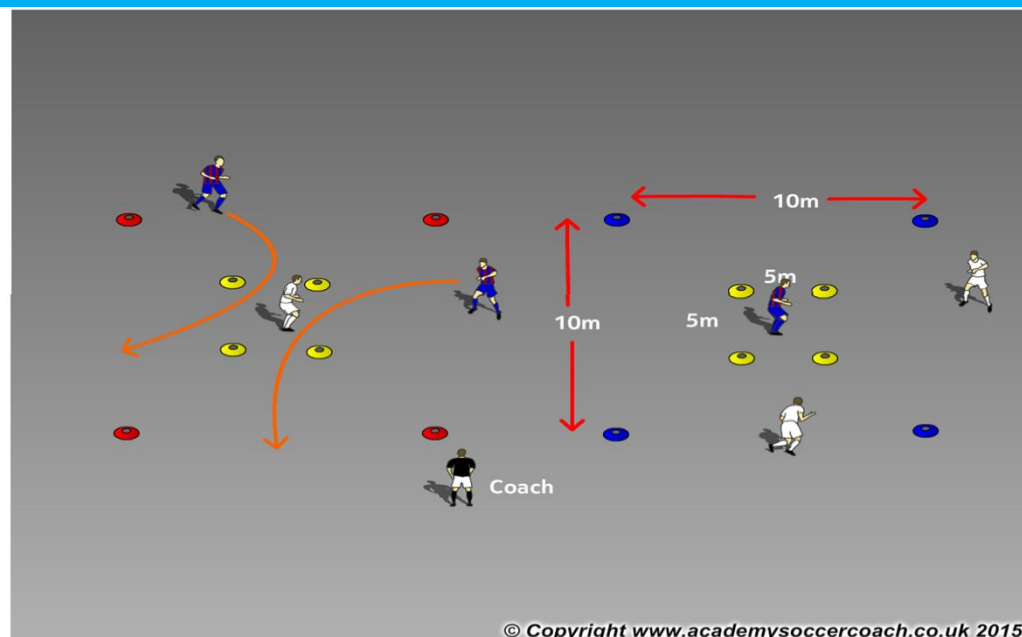
Time Frame. 8 minutes

Emphasis: Listening

Changing direction

Agility, Balance, Coordination

Competition



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Organization: Place players in to groups of 3. 1 player has the pinnie and becomes the catcher.
Procedure: The catcher must stay inside the centre 5m x 5m square and try to tag the soccer players as they run through the centre square. The outside players try to make it to a different side of the grid each time, but must travel through the centre grid to get to the other side. Each time a player makes it to a new side they score 1 point. If you get tagged you switch instantly. Instead of running try different movement's such as hopping on one leg, skipping, jumping etc.

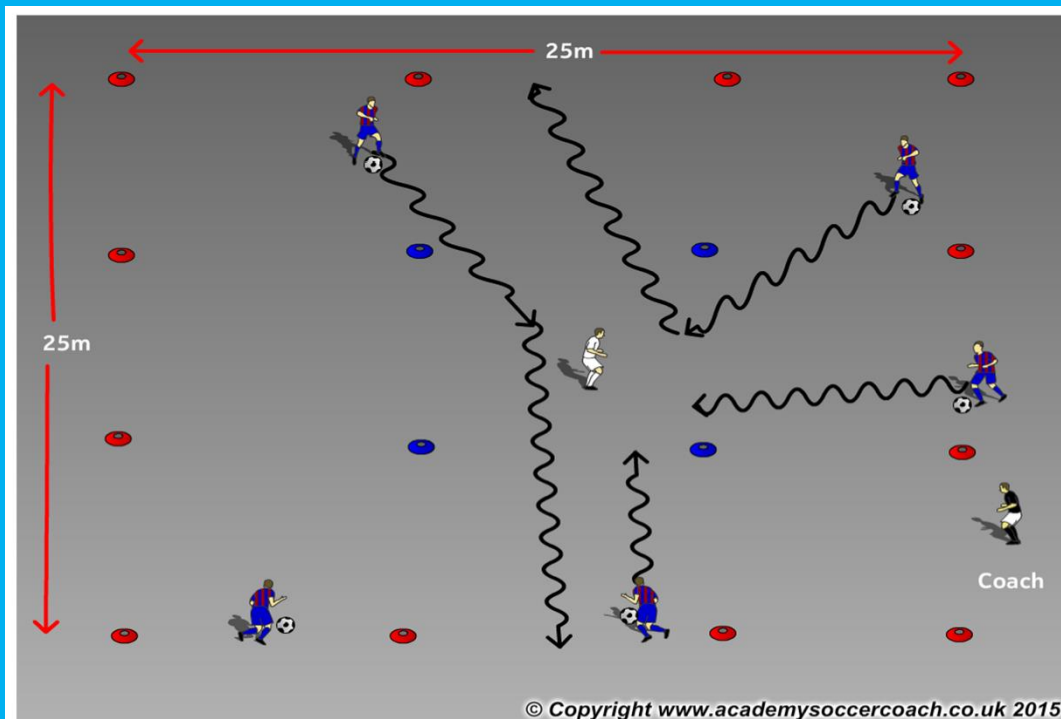
<p><u>Psychological</u></p> <p>Confidence Being safe FUN</p>	<p><u>Technical</u></p>
<p><u>Physical</u></p> <p>A,B,C's Change of Speed Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>



Player Development



ActiveStart practice plan—Week 29
Station B



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Organization: The outside square is 25m x 25m with the inside square being approx. 8m x 8m. Start with 5 players on the outside and 1 player in the centre square. (You can increase to 2 if players are having success)

Procedure: Outside players attempt to dribble to a different side of the square to score a point, they must dribble through the centre square though and avoid being tagged. If Player is tagged they instantly become the catcher. Each time a player makes it to a new side they score 1 point.

Time Frame 6- 8 minutes Emphasis:
Running with the ball Dribbling
Changing direction Agility, Balance,
Coordination
Imagination FUN!

Psychological
Confidence Being
safe FUN

Technical
Dribbling
Running with the ball
Beating a player

Physical
A,B,C's
Change of Direction
Change of Speed

Social
Listening
Communicating
Celebrating

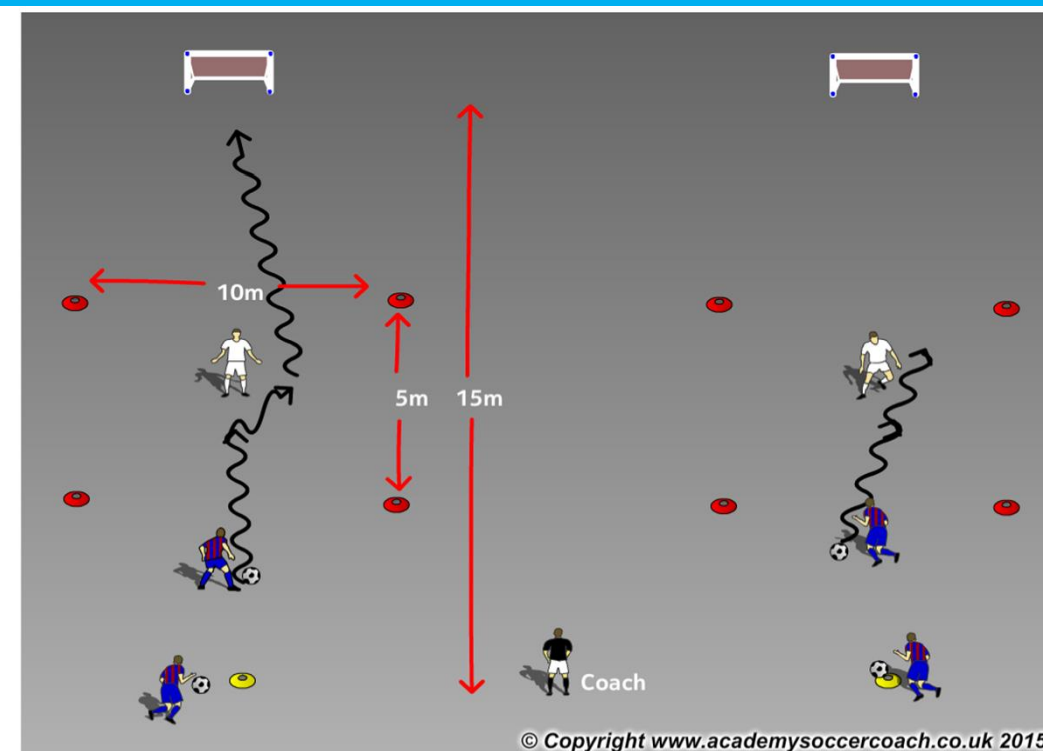
Player Development



Active Start practice plan – Week 29

Station C

Soccer Technique – 1v1 ally.



Organization: Players are placed into groups of 3. 1 defender and 2 attackers. Space is organised as above.

Procedure: Attacker dribbles towards the defender to try to beat him/her. The defender cannot come out side of their area as shown above. Once the attacker beats the defender they go and score in the goal. If the defender stops the attacker the players then switch. Players celebrate when they score and keep a track of how many goals they score.

Time Frame 6- 8 minutes Emphasis:
 Running with the ball Dribbling
 Changing direction Agility, Balance,
 Coordination
 Imagination FUN!

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



ActiveStart practice plan - Week 29 Station D

Small sided game—1v1 to gates

Time Frame. 8 minutes

Emphasis:

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



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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.

Psychological
Confidence Being
safe FUN

Technical
Dribbling
Running with the ball
defending

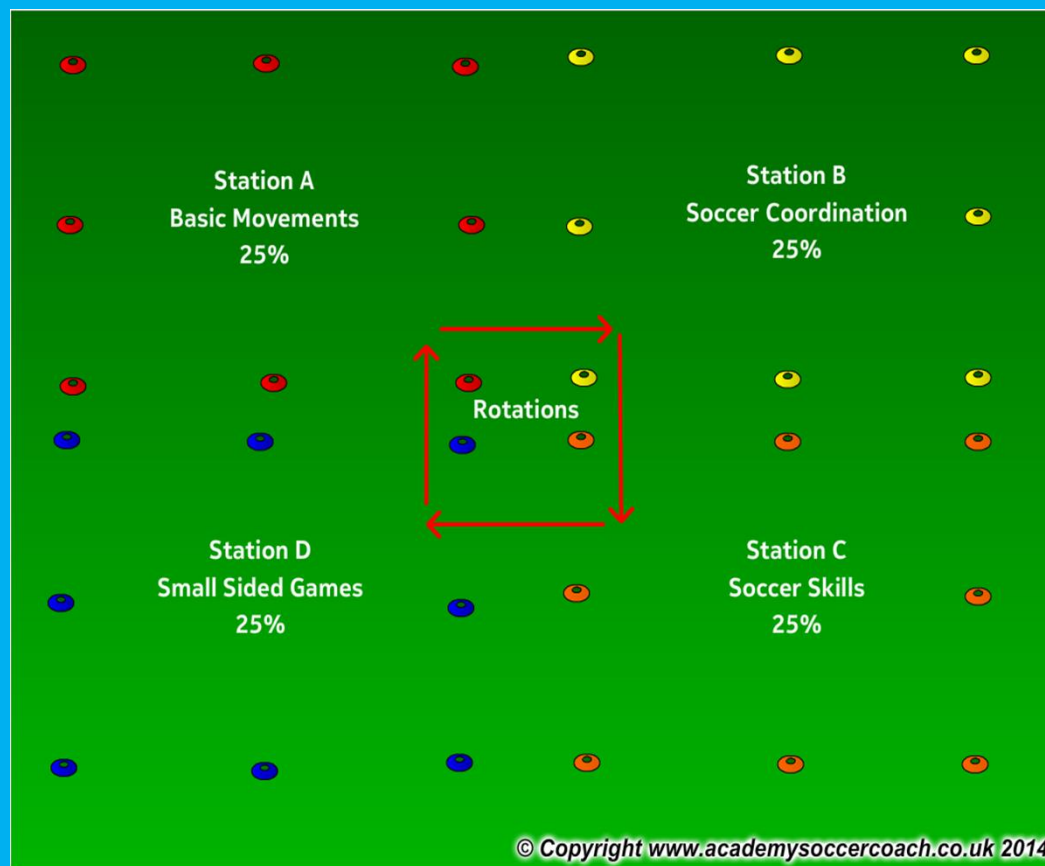
Physical
A,B,C's
Change of Direction

Social
Listening
Communicating
Celebrating

Player Development



Active Start practice plan How The Player Development Model works

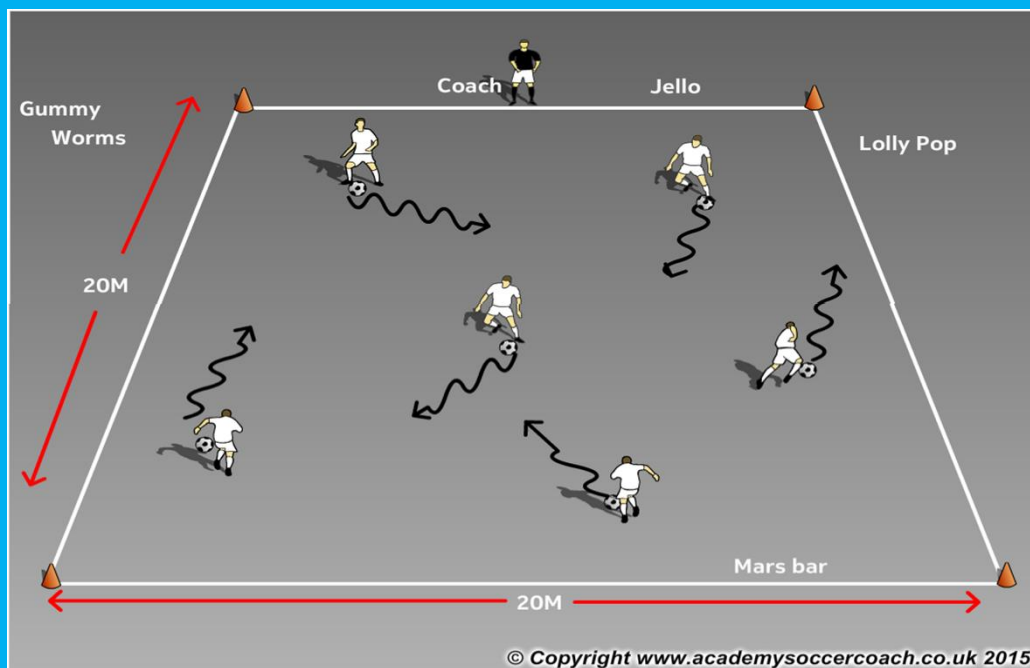


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



ActiveStart practice plan—Week 30 Station A
General movement—Candy Store



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Organization: 20m x 20m area. Each player has a soccer ball.
Procedure: All players dribble 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).

Time Frame. 8 minutes

Emphasis: Listening

Changing direction

Agility, Balance, Coordination

Competition

FUN!

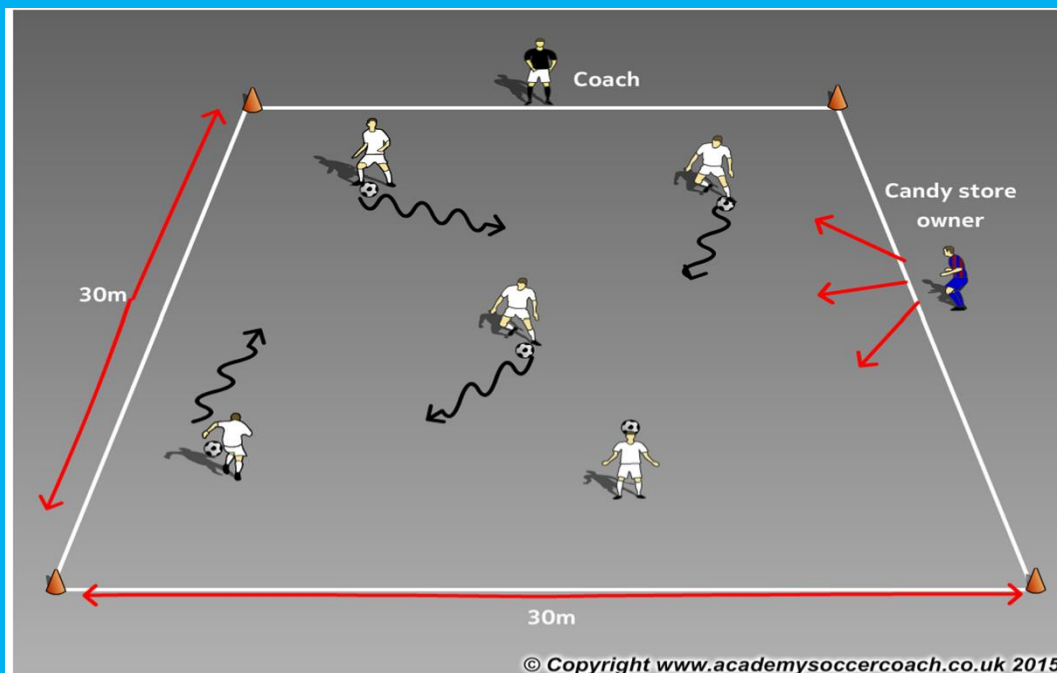
<p><u>Psychological</u></p> <p>Confidence Being safe FUN</p>	<p><u>Technical</u></p> <p>Dribbling</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Speed Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>



ActiveStart practice plan—Week 30

Station B

Soccer Technique— Candy store owner



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Organization: 30m x 30m area set up. Every player has a soccer ball apart from the "Candy store owner"

Procedure: All players dribble around inside the area. 1 player at a time is selected to become the "Candy store owner". When the coach calls "go" the candy store owner 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 candy store" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the candy store owner for 1 minute.

Time Frame6- 8 minutes Emphasis:
 Running with the ball Dribbling
 Changing direction Agility, Balance,
 Coordination
 Imagination FUN!

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

Player Development



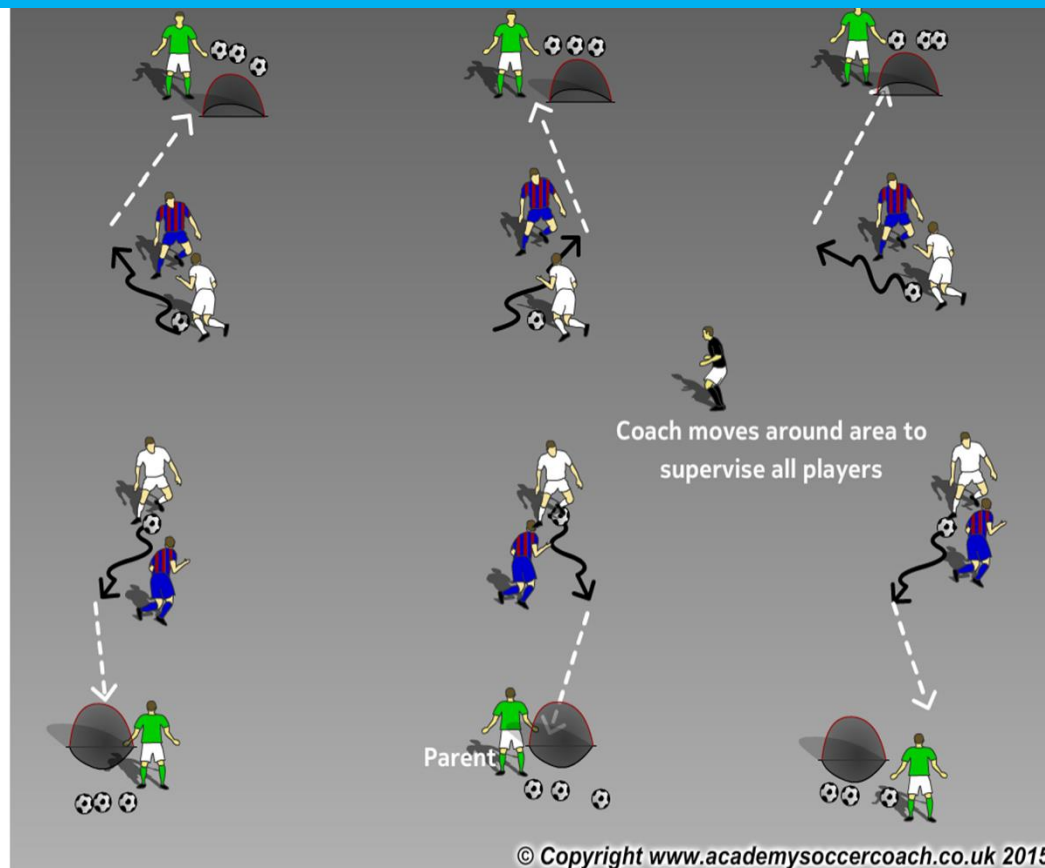
Active Start practice plan – Week 30

Station C

Soccer Technique – 1v1.

Time Frame 6- 8 minutes Emphasis:

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



Organization: Player placed into groups of 2. They play 1v1 to goal.
Procedure: Parent rolls the ball out and the 2 players play 1v1. Players look to score in the pug goal. After 90 seconds rotate partners.

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

Player Development



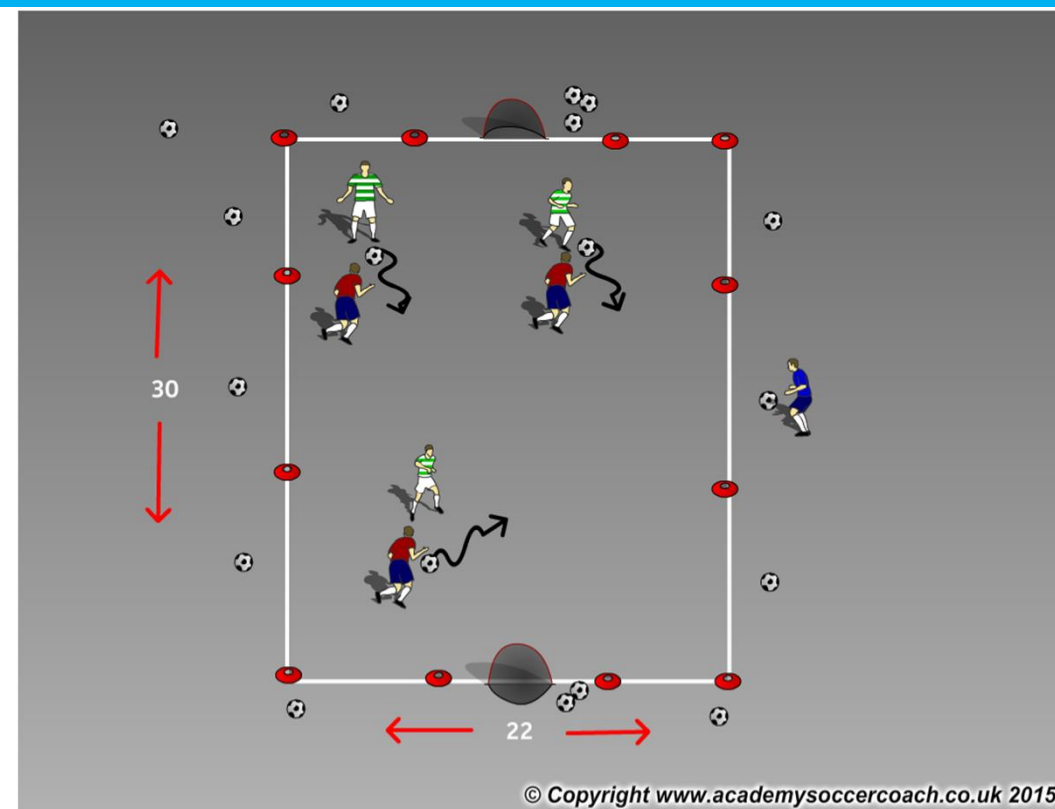
ActiveStart practice plan - Week 30 Station D
Small sided game—1v1 to goal

Time Frame. 8 minutes

Emphasis:

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

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



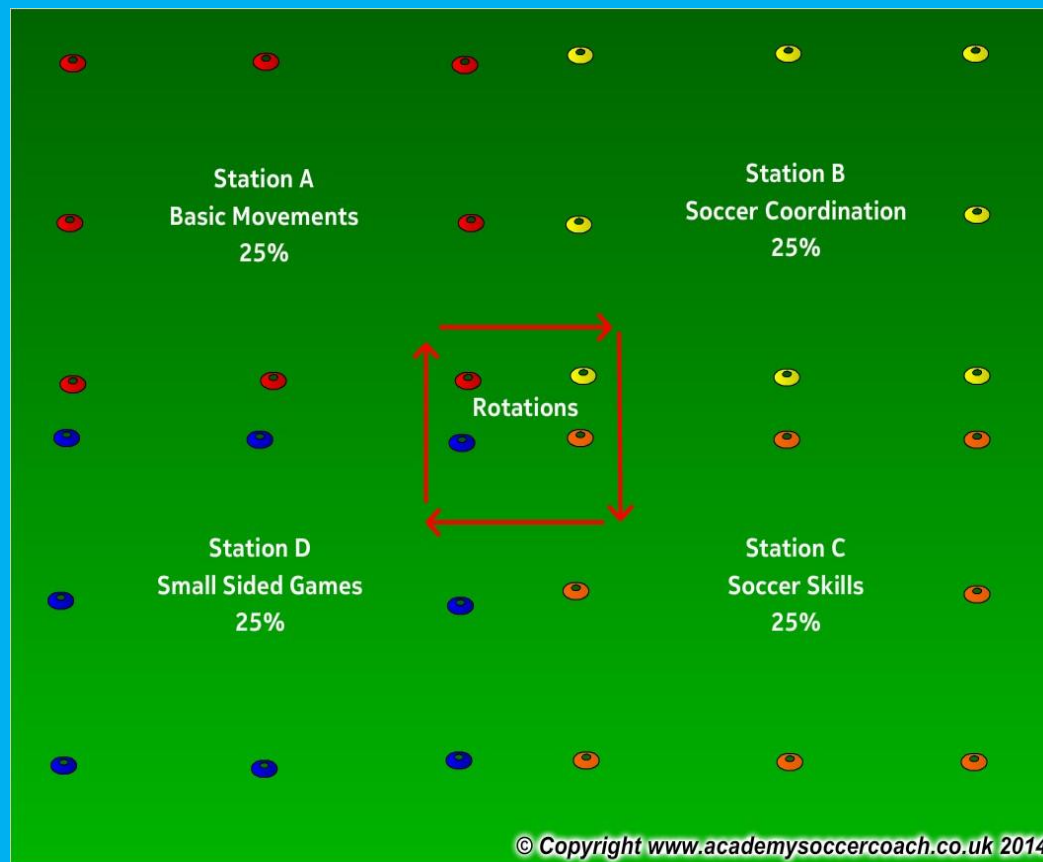
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Organization: 6 children placed inside a 30m x 22m soccer field, 3 on each team.
Procedure: 3 soccer balls are inside the field of play and the children will play 1v1 against a player from the opposing team. If the ball goes out of the field the children get the closest ball and play on.

Player Development



Active Start practice plan How The Player Development Model works



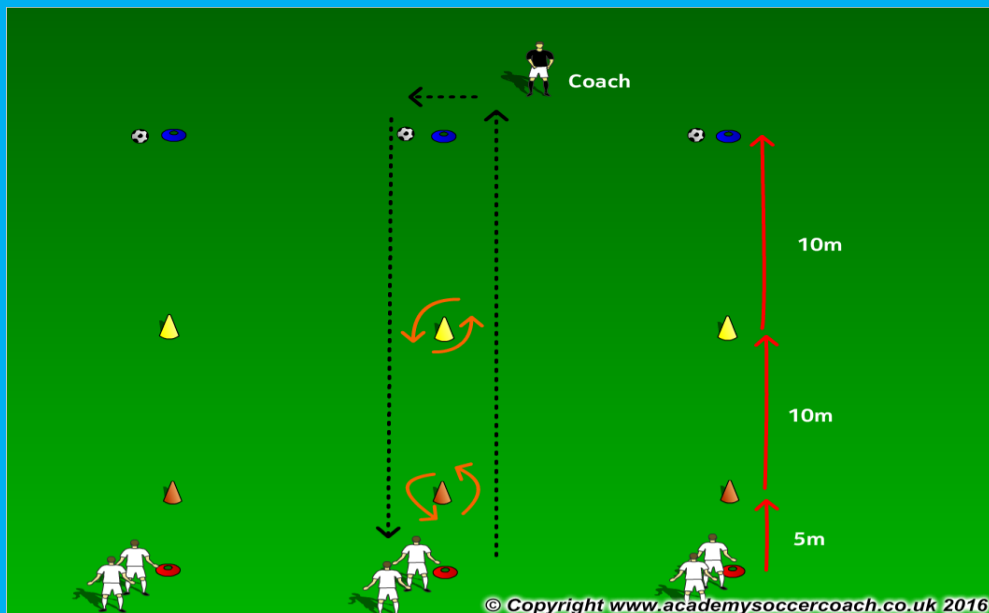
If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



ActiveStart practice plan—Week 31 Station A
 General movement—Relay Races



Organization: As shown above players are placed into pairs for the relay race.
Procedure: Players start by lying flat on their belly. When the coach calls go, they sprint from the red cone to the orange cone. The player must then hop around 360 degrees on their right foot around the orange cone and then sprint to the yellow cone. At the yellow cone the player hops in their left foot around the cone and then sprints to the blue cone. At the blue cone the player does 10 toe taps and then sprints back to the start and gives their partner a high 5. Complete the circuit 3 times each and the first team sat down wins. Coaches can use their imaginations or ask the players to come up with how they relay race will work.

Time Frame. 8 minutes

Emphasis: Listening

Changing direction

Agility, Balance, Coordination

Competition

FUN!

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

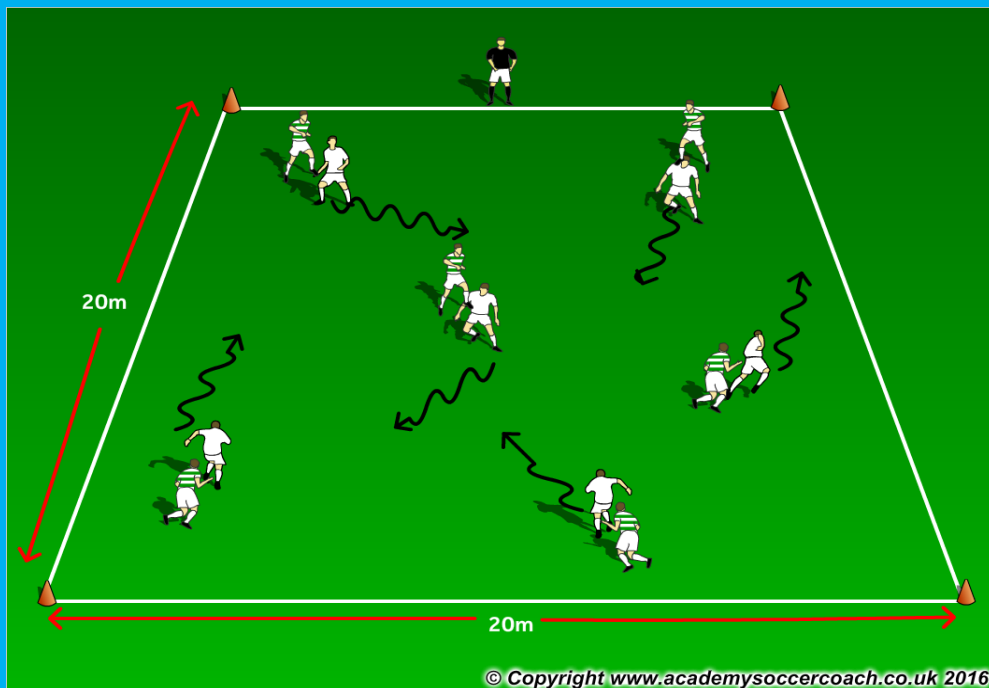
Player Development



Active Start practice plan—Week 31

Station B

Follow the leader



Organization: children are paired with their parent inside a 20m x 20m area.
Procedure: The parent will start by being the leader and the child will be the follower. The leader moves around the area changing speed and direction frequently. The follower will follow the leader and mimic everything the leader does. (The leader should be creative) Change roles regularly. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. A soccer ball can also be added.

Time Frame. 8 minutes

Emphasis:

Dribbling

Change of speed/direction

Co-ordination

FUN with your parents.

Psychological
Confidence Being
safe FUN

Technical
Dribbling

Physical
A,B,C's
Change of Direction
Change of Speed Co-
ordination

Social
Listening
Communicating
Celebrating

Player Development



Active Start practice plan – Week 31

Station C

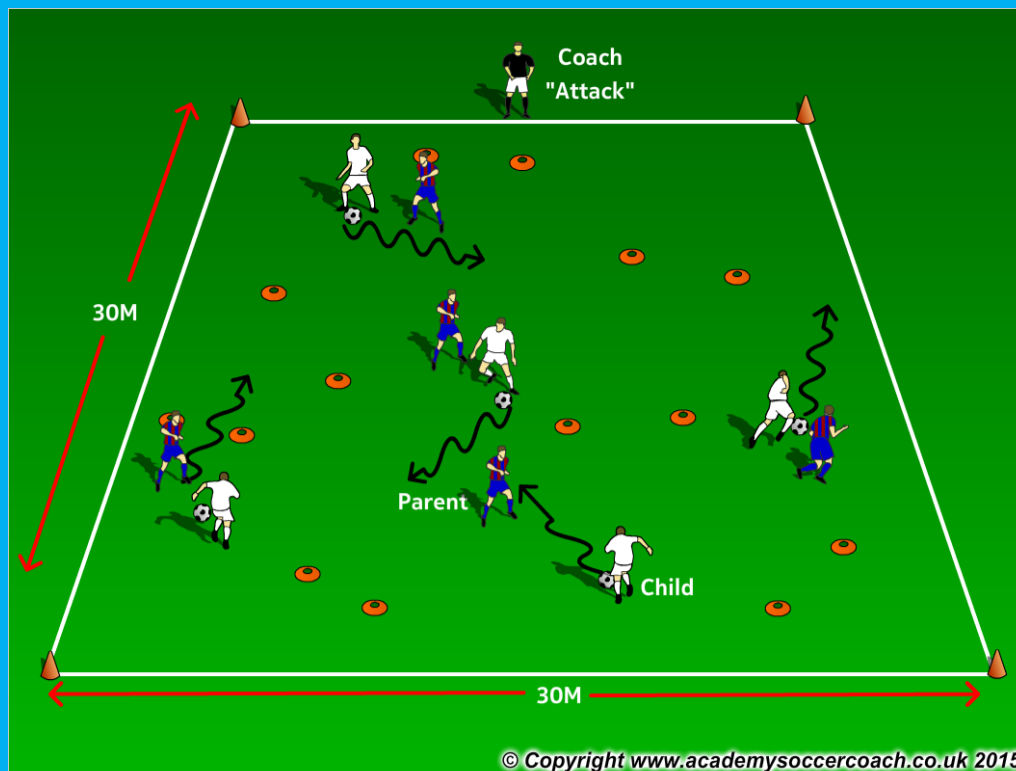
Soccer Technique – 1v1.

Time Frame. 8 minutes

Changing direction

Competition vs Parents

FUN!



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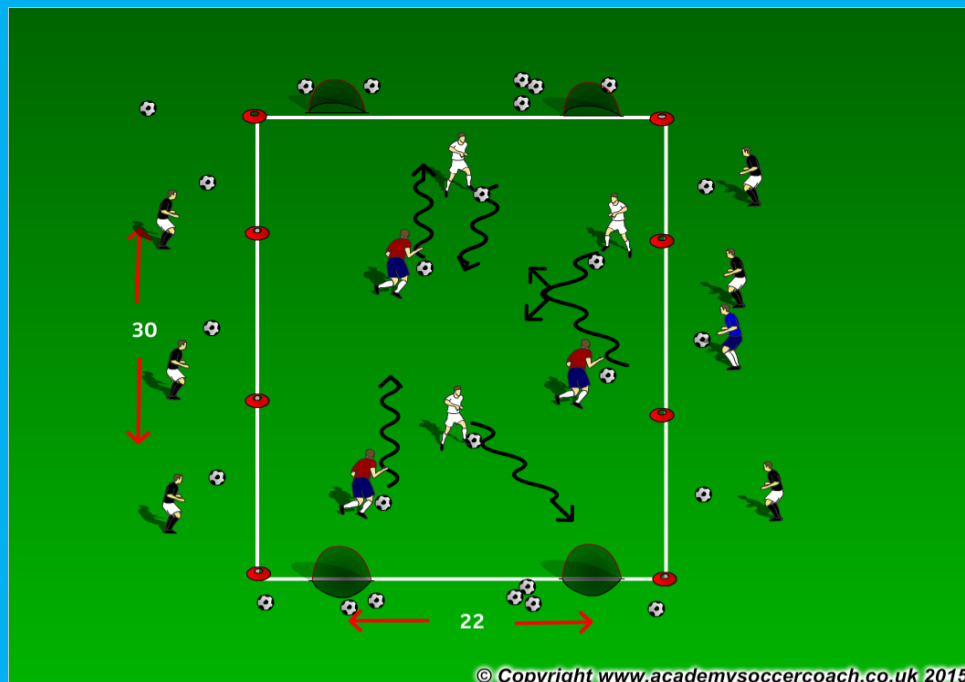
Organization: Players are paired with a parent inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. The child should always be the winner in the games.

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling</p>
<p><u>Physical</u></p> <p>A,B,C's Change of direction Change of speed</p>	<p><u>Social</u></p> <p>Competition Communicating Celebrating</p>

Player Development



ActiveStart practice plan - Week 31 Station D
 Small sided game—All for one!



Organization: Two teams of 3v3 are placed on to a 30 x 22 field with 1 or 2 goals at each end. Each player starts with a soccer ball. Spare balls are placed around the outside of the field. Parents stand on the outside of the field.
Procedure: On the coaches call the game begins. Each player will play as an individual and the parent on the outside will count how many goals they score. Players can score in any goal. Once a player scores they get their ball or another ball and go to try to score in another goal. If a player is dribbling towards the side line a parent who is close will help them stay within the field. After an allotted time, collect the total amount of goals scored (Keep the game close and finish with a tie if possible)

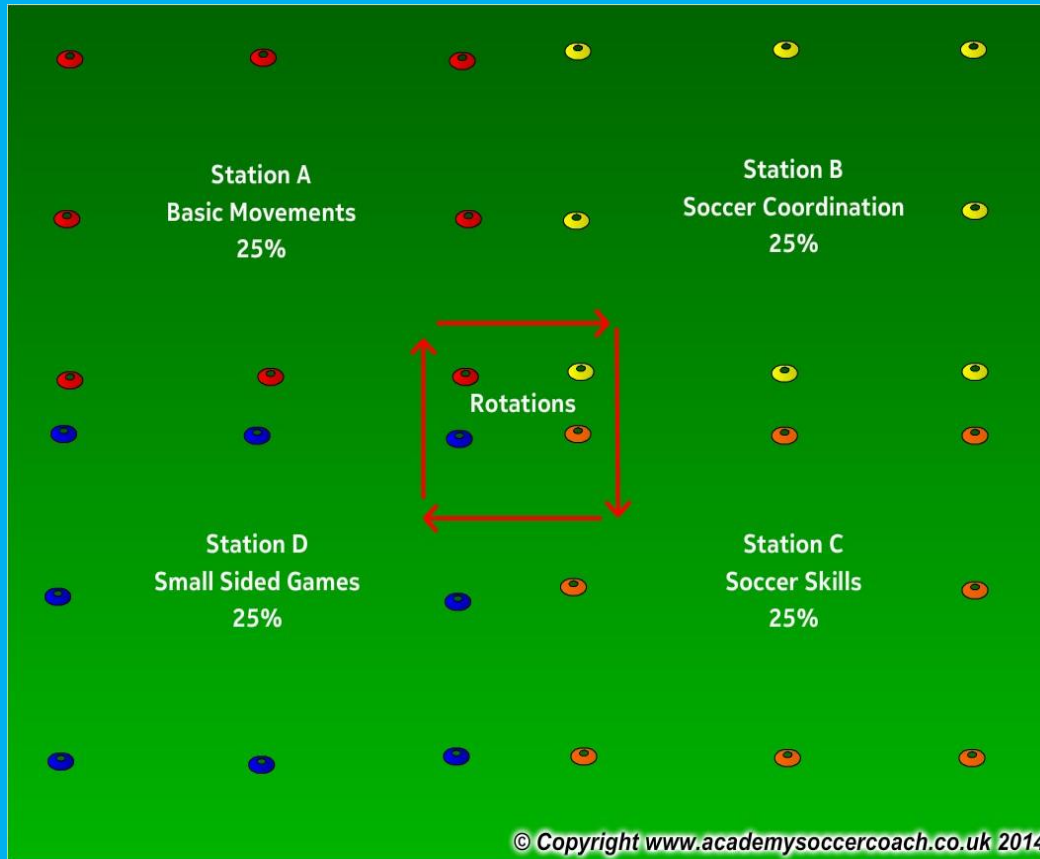
Time Frame. 8 minutes

Emphasis:

Running with the ball
 Dribbling Imagination
 FUN!

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

ActiveStart practice plan
How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

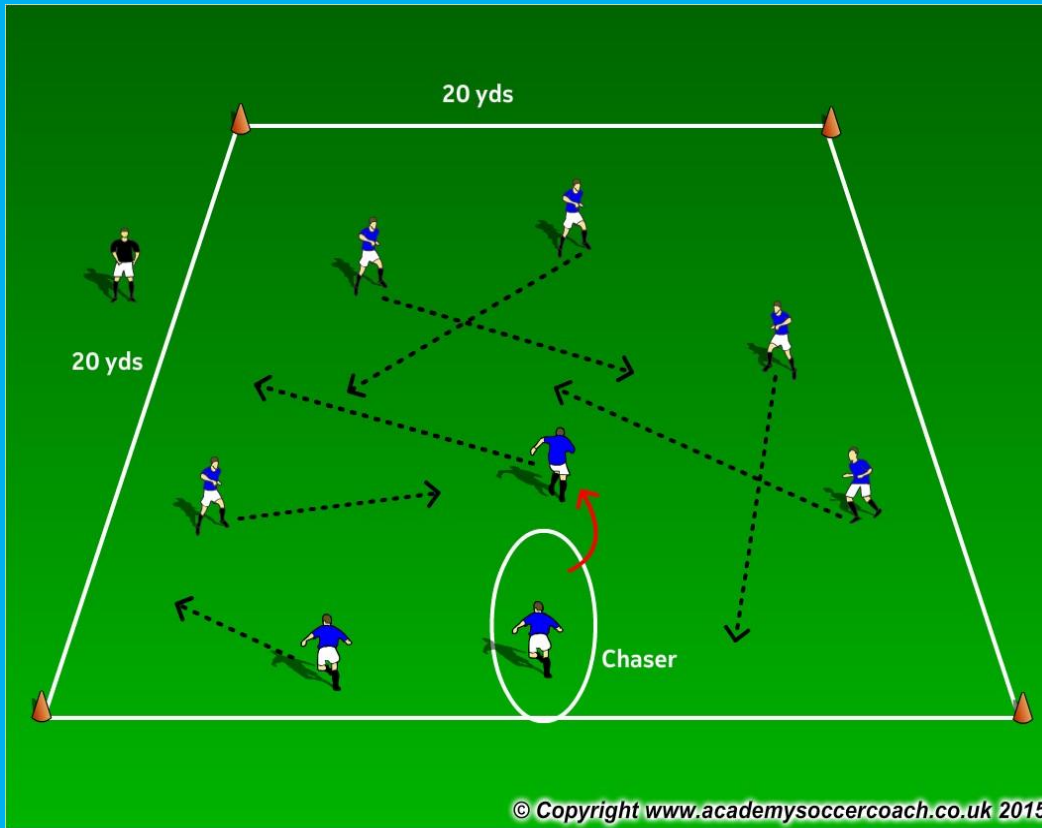
If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Active Start practice plan – Week 32

Station A

General movement – TAG



Organization: Players are placed in a 20x20 yard area. 1 player starts as the chaser

Procedure: Chaser attempts to catch other players by tagging them. If a player is caught they also become a chaser. Last person left wins.

Progressions: Different types of Tag games.

Time Frame 6- 8 minutes Emphasis:

Running with the ball Dribbling
Changing direction Agility, Balance,
Coordination

Imagination FUN!

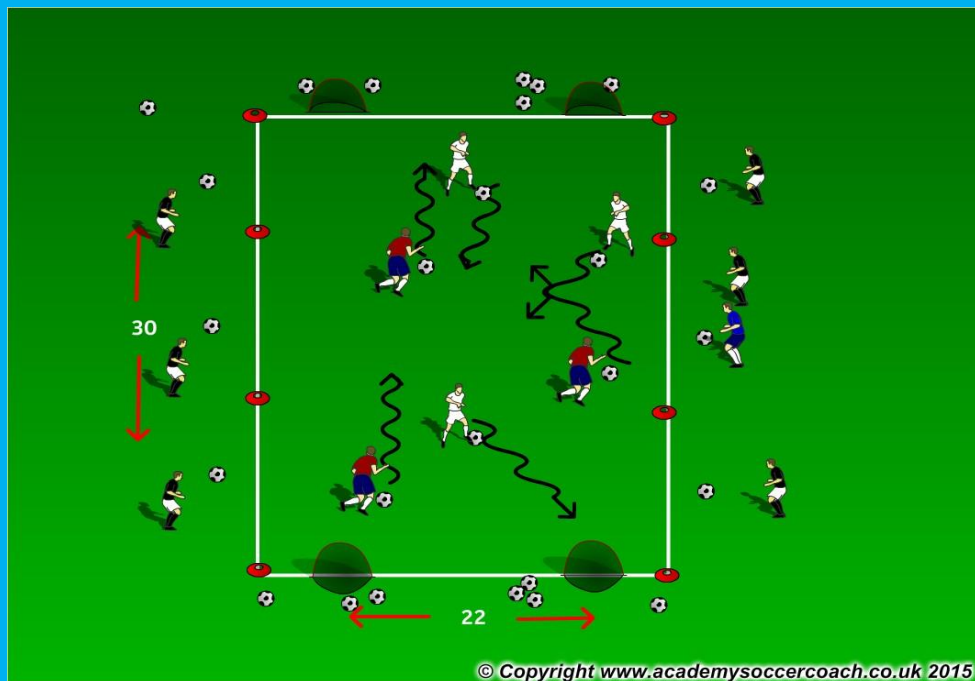
<u>Psychologi</u> <u>cal</u> Confidence Awareness FUN	<u>Technical</u>
<u>Physical</u> A,B,C's Change of Speed	<u>Social</u> Problem Solving Communicating



Active Start practice plan - Week 32

Station B

SSG- 3v3 (Playing as individuals)



Organization: Two teams of 3v3 are placed on to a 30 x 22 field with 1 or 2 goals at each end. Each player starts with a soccer ball. Spare balls are placed around the outside of the field. Parents stand on the outside of the field.

Procedure: On the coaches call the game begins. Each player will play as an individual and the parent on the outside will count how many goals they score. Players can score in any goal. Once a player scores they get their ball or another ball and go to try to score in another goal. If a player is dribbling towards the side line a parent who is close will help them stay within the field. After an allotted time, collect the total amount of goals scored (Keep the game close and finish with a tie if possible)

Time Frame. 8 minutes

Emphasis:

Running with the ball

Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!

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





Active Start practice plan – Week 32
Station C
Soccer Technique – Hungry Hippo

Time Frame. 8 minutes

Emphasis:

Physical Literacy
 Dribbling Changing direction FUN!



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Organization: Players are placed in a 20x20m area with a ball (Hippo food) per player. Parents can accompany the players (yellow). The Hungry Hippo (the coach) is positioned in the middle of the playing area.

Procedure: Players start with ball in hands and throw it to the coach who throws it away and they have to bring it back as quick as they can using: a certain # of steps, a different body part (touching elbow, knee, head, etc.), dribble the ball back etc.

<u>Psychologi</u> <u>cal</u> Confidence Being safe FUN	<u>Technical</u> Dribbling Lots of small touches
<u>Physical</u> A,B,C's Change of Direction Change of Speed	<u>Social</u> Solving problems FUN

Player Development





Active Start practice plan – Week 32
Station D
SSG:2v2 (parent & child v parent & child)

Time Frame. 8 minutes

Emphasis:

Free Play

FUN!



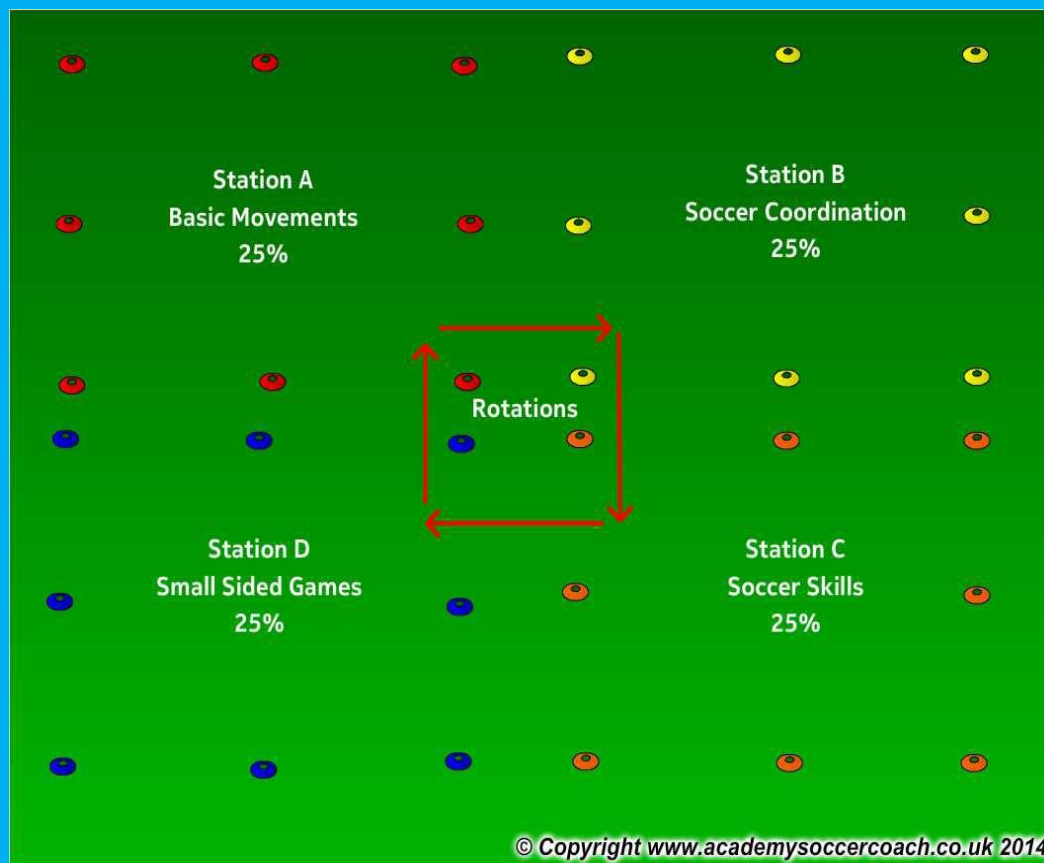
Organization: 20m x 30m are set up. Organize players into 2v2 (1 player and 1 parent vs 1 player and 1 parent).
 Procedure: Child and Parent play a 2v2 game. If the ball goes out of the field take the closest ball to keep the game moving. Parents should help the children as much as possible

<p align="center"><u>Psychologi</u> <u>cal</u> Confidence Being safe Reactions</p>	<p align="center"><u>Technical</u> Dribbling Lots of touches Ball mastery</p>
<p align="center"><u>Physical</u> A,B,C's Change of Direction</p>	<p align="center"><u>Social</u> Cooperation Communicating FUN</p>

Player Development



Active Start practice plan How The Player Development Model works



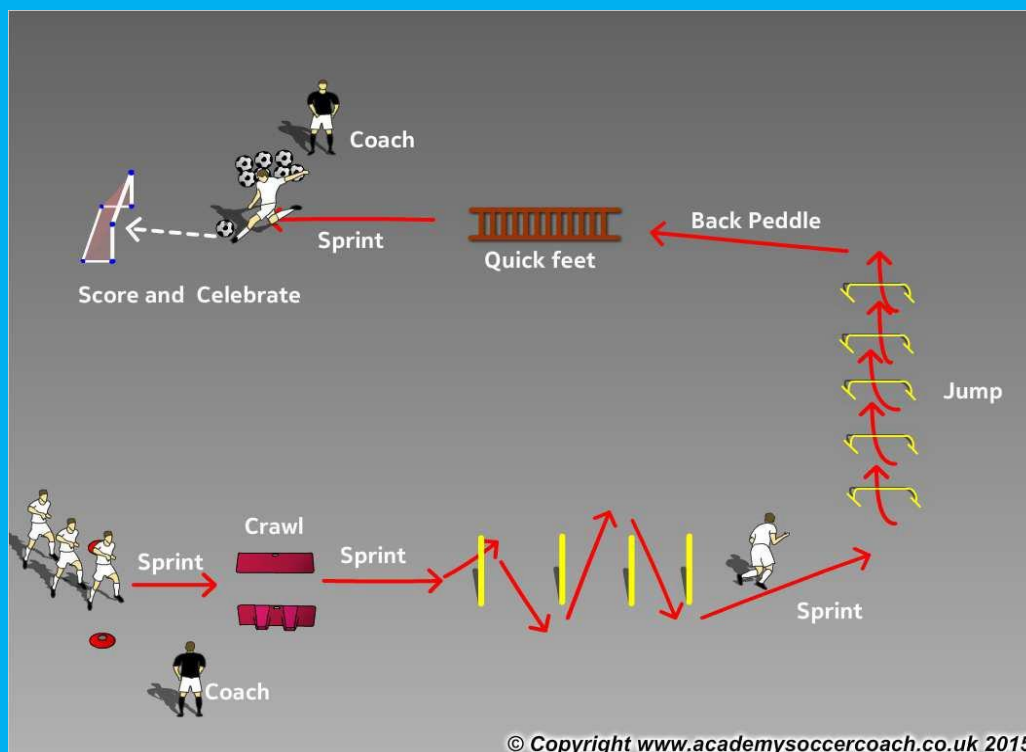
If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



Active Start practice plan—Week 33 Station A
 General movement—Physical Literacy course



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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.

Time Frame. 8 minutes

Emphasis:

General Movements
 A,B,C's

<u>Psychological</u> Confidence Awareness FUN	<u>Technical</u> Shooting
<u>Physical</u> A,B,C's Change of Speed	<u>Social</u> Problem Solving Communicating

>Player Development



ActiveStart practice plan—Week 33

Station B

Soccer Technique— Builders and bulldozers



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Organization: Players are placed inside a 30m x 30m area, each with a ball. Tall cones (buildings) are placed inside the area. Parents (builders) are also inside the area.
Procedure: The players (bulldozers) have to knock all the buildings over with their soccer ball while the builders try to get them all back up. If the bulldozers can knock over all the buildings in 60 seconds they are the winners!
 You can change the roles of the players and adults.

Time Frame. 8 minutes

Different parts of the foot

FUN!

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Team work Celebrating</p>

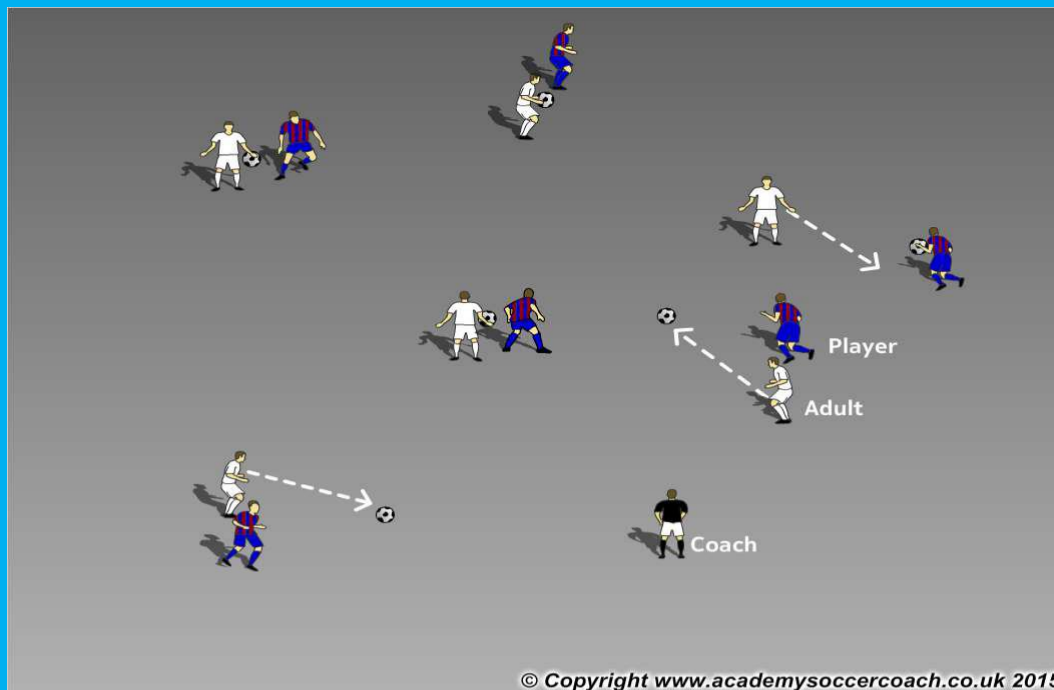
Player Development



Active Start practice plan – Week 33
Station C
Soccer Technique with Physical Literacy

Time Frame. 8 minutes

Changing direction
 Moments Imagination
 FUN!



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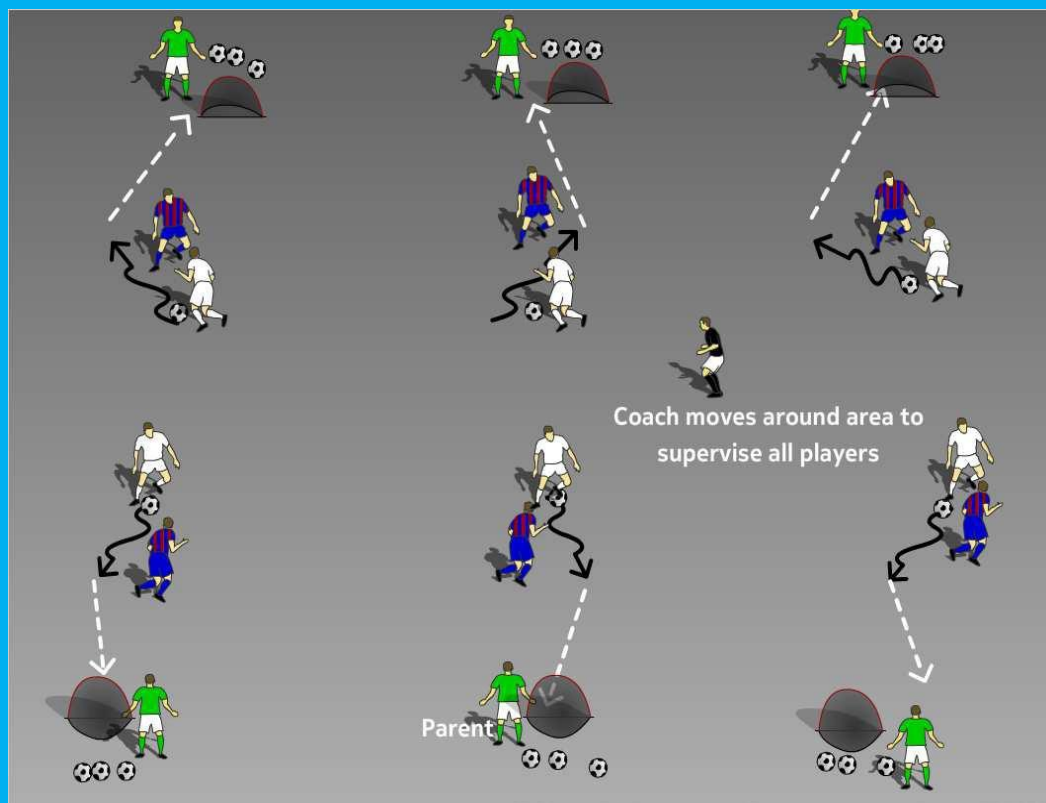
Organization: Players play with a parent, sibling or guardian.
 Each player has a soccer ball.
Procedure: The adult will roll the ball and the player will run and collect the ball. The player runs back to the adult with the ball in their hands, crawl through the adults legs and hand the ball back to the adult, repeat 6 times.
 The coach can also ask the player to perform different movements such as jumping, hoping, running backwards, side stepping etc.
 You can also look to make this a competition to see how many times the players can collect the ball in 60 seconds.

<p><u>Psychological</u> Confidence Being safe Managing problems</p>	<p><u>Technical</u> Dribbling Lots of touches</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating Celebrating</p>

Player Development



Active Start practice plan- Week 33 Station D
Small sided game—1v1 to goal



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Organization: Player placed into groups of 2. They play 1v1 to goal.
Procedure: Parent rolls the ball out and the 2 players play 1v1. Players look to score in the pug goal. After 90 seconds rotate partners.

Time Frame. 8 minutes

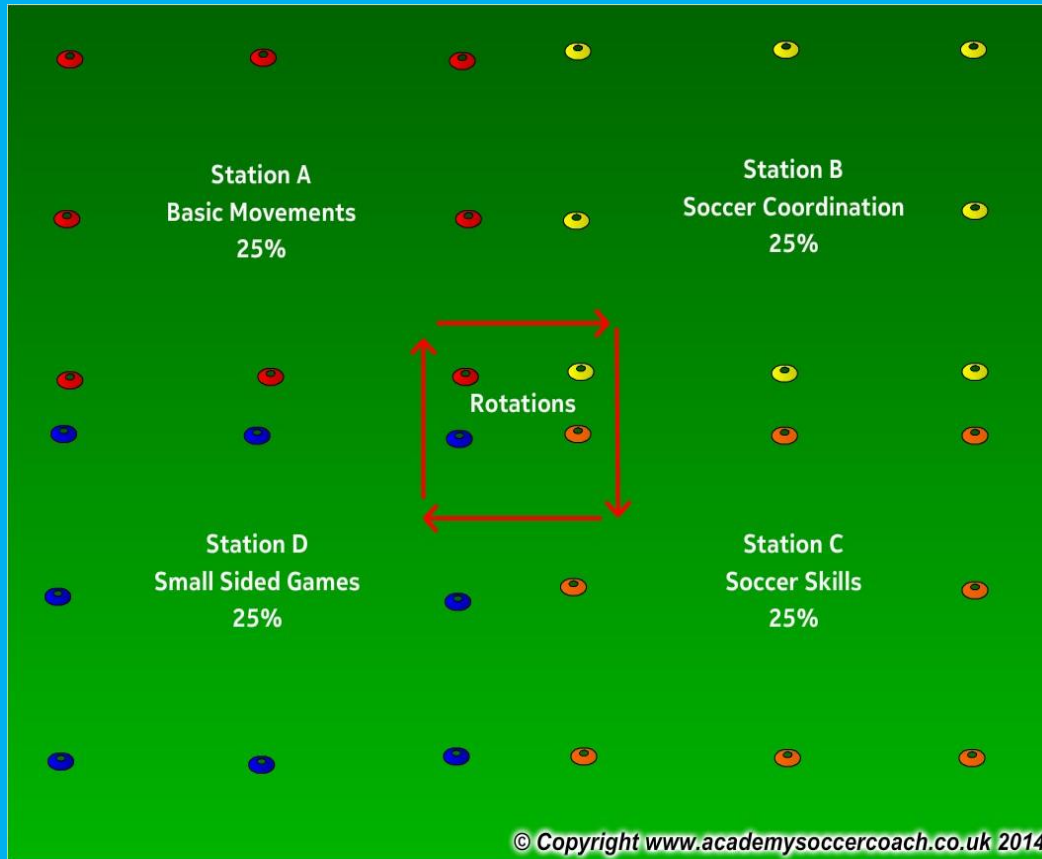
Emphasis:

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

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

Active Start practice plan

How The OSA Player Development Model works

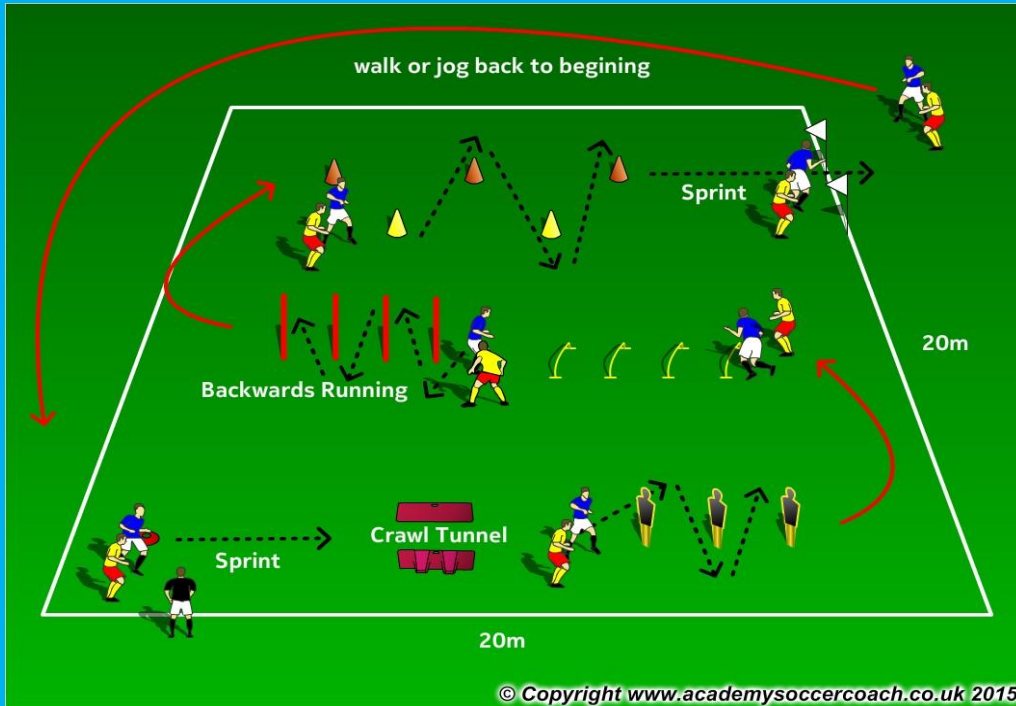


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

ActiveStart practice plan—Week 34 Station A
General movement—Crazy Maze



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Organization: Using a 20x20m area set up a variety of obstacles that the players can move through. Parents (Yellows) should accompany the children through the course.

Procedure: One-by-one the children will enter the obstacle course and move through the different obstacles. The coach should position his/herself at the start of the course to help start the players at the correct time. Be creative and develop obstacles that will challenge the children to use different movement skills to overcome each part of the course. A,B,C'S: Hop's, Skip's, Jumps, Sprints, Forward/backwards running, shuffles etc. should all be incorporated.

Time Frame. 8 minutes

Emphasis:

- **FUNDmental Movement Skills**

<p><u>Psychological</u> Problem Solving Creativity</p>	<p><u>Technical</u></p>
<p><u>Physical</u> Agility, Balance, Coordination, Speed</p>	<p><u>Social</u> FUN Player/parent interaction</p>

Player Development

Active Start practice plan – Week 34

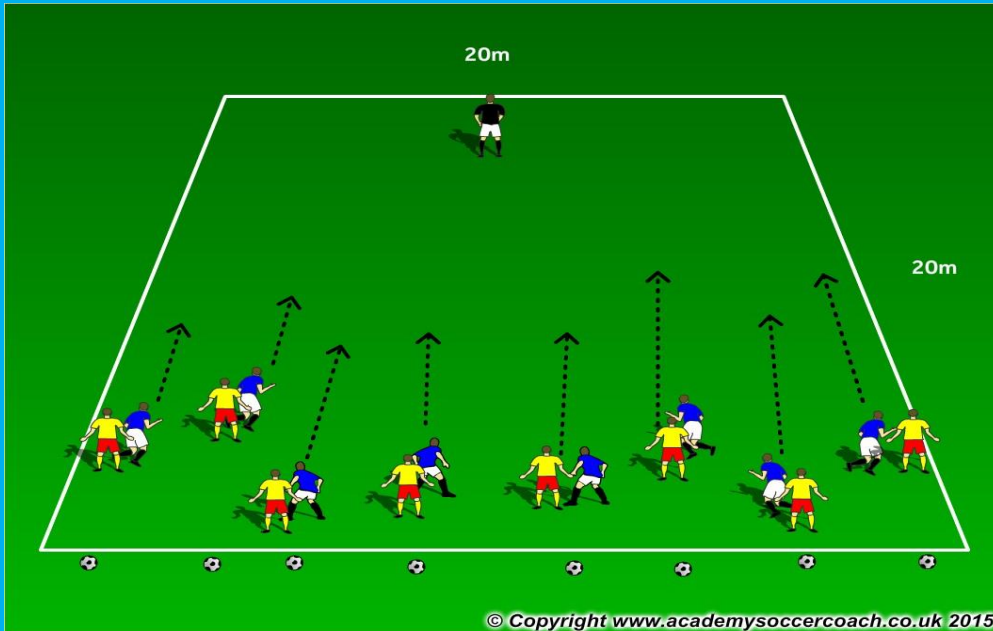
Station B

Soccer Technique – “What’s the Time Mr. Wolf?”



Time Frame. 8 minutes

- FUNdamental Movement Skills
 - Ball Mastery
 - Dribbling



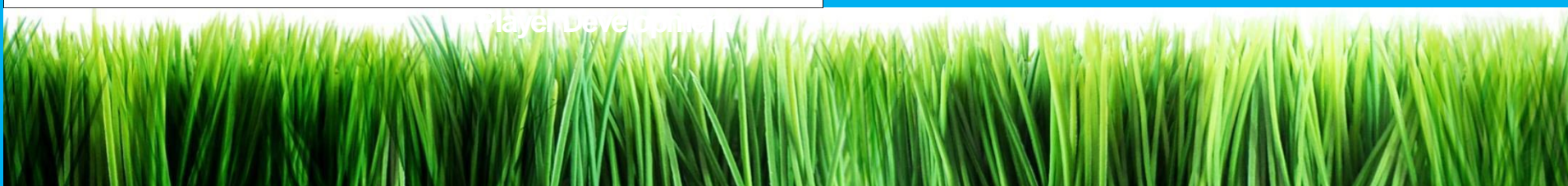
Organization: All Players are positioned on 1 side of a 20x20m area. At the youngest age group's U4-U5 parents should take part with the child (Yellows).

Procedure: The coach is "Mr Wolf" stands at the opposite end of the playing area from the other players, facing away from them. A call-and-response then takes place: all players except for Mr Wolf chant in unison "What's the time, Mr Wolf?", and Mr Wolf will answer in one of the two ways:

1) Mr Wolf may call a clock time (e.g., "3 o'clock"). The other players will then take that many steps out long as they go ("One, two, three"). Then they ask the question again. 2) Mr Wolf may call "Dinner time!", when Mr Wolf will turn around and chase the other players back to their starting point. If Mr Wolf successfully tags a player, that player becomes the new Mr Wolf for the next round.

Variations: Change up the types of moves the players make e.g. instead of taking steps they can hop, skip, jump, shuffle or even kick the ball.

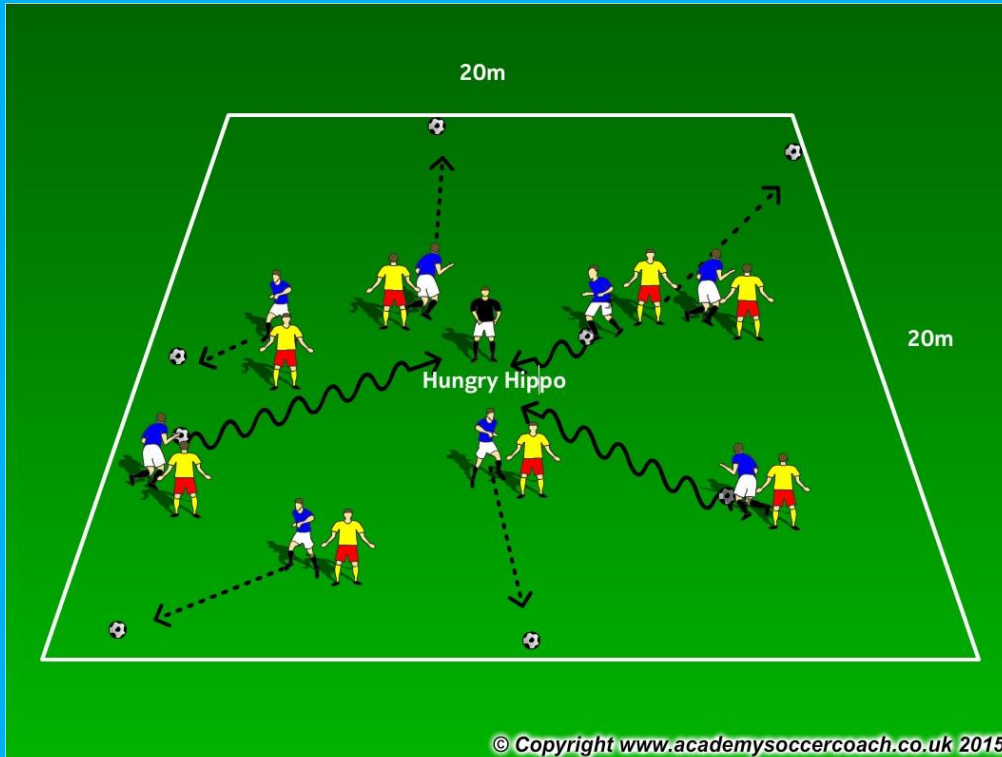
Psychological Confidence Problem Solving Decision Making	Technical Dribbling Lots of small touches
Physical A,B,C's Change of Direction Change of Speed	Social FUN



Active Start practice plan – Week 34

Station C

Soccer Technique – Hungry Hippo



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Organization: Players are placed in a 20x20m area with a ball (Hippo food) per player. Parents can accompany the players (yellow). The Hungry Hippo (the coach) is positioned in the middle of the playing area.

Procedure: Players start with ball in hands and throw it to the coach who throws it away and they have to bring it back as quick as they can using: a certain # of steps, a different body part (touching elbow, knee, head, etc.), dribble the ball back etc.

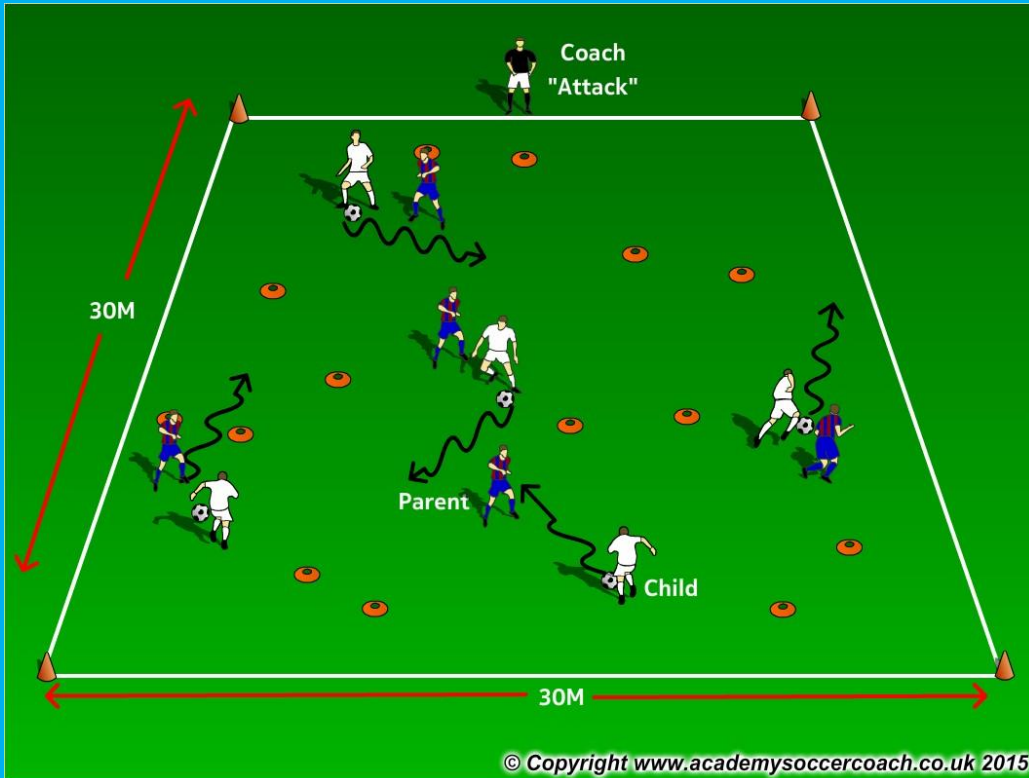
Time Frame. 8 minutes

- Dribbling
- Changing direction
- Imagination
- FUN!

<u>Psychological</u> Confidence Problem Solving Creativity	<u>Technical</u> Dribbling Lots of touches
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> FUN



ActiveStart practice plan - Week 34 Station D
 Small sided game— 1v1 through gates (Parent v Child)



Organization: Players are paired with a parent inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent 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. The child should always be the winner in the games.

Time Frame. 8 minutes

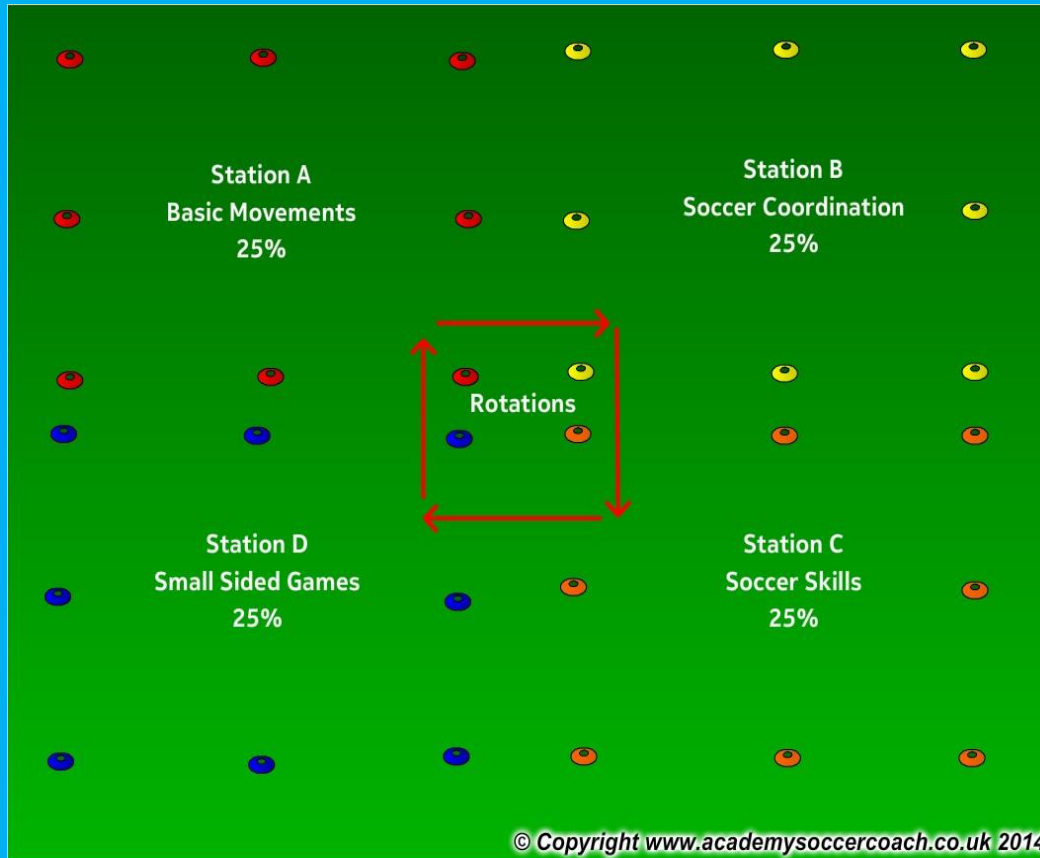
Emphasis:

- Running with the ball
 - Dribbling
- Agility, Balance, Coordination

<p><u>Psychological</u> Confidence Creativity Problem Solving Being safe</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> FUN Competition Celebrating</p>

Active Start practice plan

How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

ActiveStart practice plan—Week 35 Station A
 General movement—Physical literacy FUN!



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Organization: Using a 20x20 yard area set up a variety of obstacles that the players can move through. Parents (Yellows) should accompany the children through the course.

Procedure: One-by-one the children will enter the obstacle course and move through the different obstacles. The coach should position his/herself at the start of the course to help start the players at the correct time. Be creative and develop obstacles that will challenge the children to use different movement skills to overcome each part of the course. A,B,C'S: Hop's, Skip's, Jumps, Sprints, Forward/backwards running, shuffles etc. should all be incorporated.

Time Frame. 8 minutes

Emphasis:

Agility, Balance, Coordination, Speed
 Different movements
 FUN

<p><u>Psychological</u> Confidence Manage problems FUN</p>	<p><u>Technical</u> Scoring Goals</p>
<p><u>Physical</u> A,B,C's Change of Speed Different movements</p>	<p><u>Social</u> Problem Solving Communicating Celebrating</p>



Player Development



Active Start practice plan – Week 35

Station B

Soccer Technique – Hungry Hippo



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Organization: Players are placed in a 20x20 yard area with a ball (Hippo food) per player. Parents can accompany the players (yellow). The Hungry Hippo (the coach) is positioned in the middle of the playing area.

Procedure: Players start with ball in hands and throw it to the coach who throws it away and they have to bring it back as quick as they can using: a certain # of steps, a different body part (touching elbow, knee, head, etc.), dribble the ball back etc.

Time Frame. 8 minutes

Emphasis: Dribbling

Different parts of the foot
 Changing direction Competition
FUN!

Psychologi
cal Confidence
 Being safe FUN

Technical
 Dribbling
 Lots of small touches

Physical
 A,B,C's
 Change of Direction
 Change of Speed

Social
 Solving problems
 Celebrating
 Creativity

Player Development





Active Start practice plan – Week 35
Station C
Soccer Technique – Bulldozers and Cranes

Time Frame. 8 minutes

Emphasis: Dribbling Passing

Changing direction

Competition Imagination

FUN!



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Organization: Players are placed inside a 30m x 30m area, each with a ball. Tall cones (buildings) are placed inside the area. Parents (Cranes) are also inside the area.

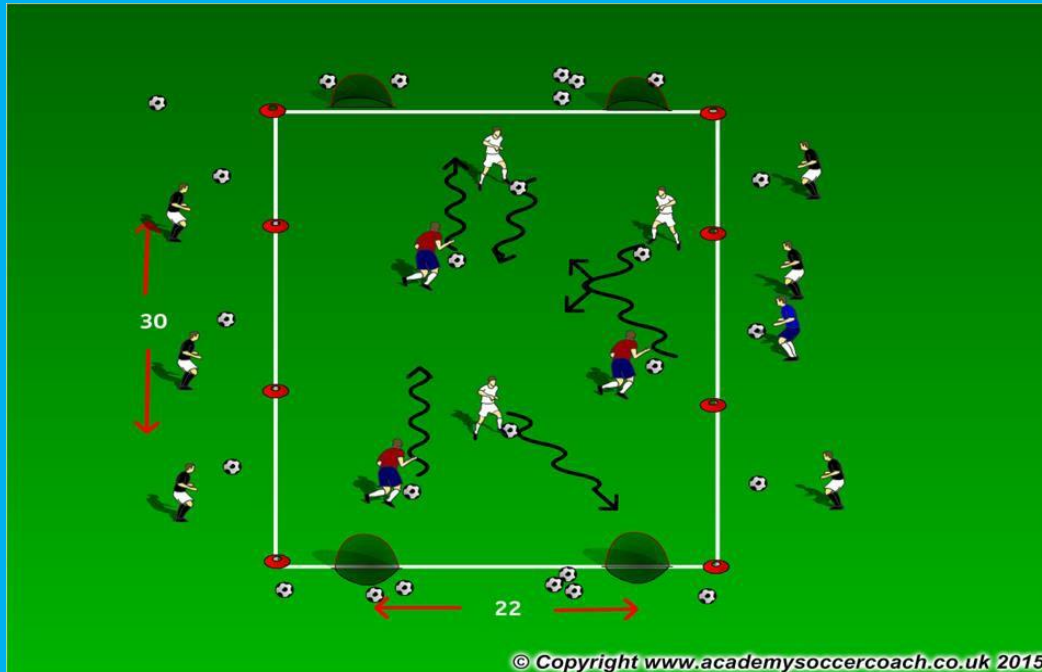
Procedure: The players (bulldozers) have to knock all the buildings over with their soccer ball while the Cranes try to get them all back up. If the bulldozers can knock over all the buildings in 60 seconds they are the winners!

You can change the roles of the players and adults.

<p align="center"><u>Psychologi</u> <u>cal</u> Confidence Being safe Managing problems</p>	<p align="center"><u>Technic</u> <u>al</u> Dribbling Passing</p>
<p align="center"><u>Physical</u> A,B,C's Change of Direction Acceleration</p>	<p align="center"><u>Social</u> Cooperation Communicating Celebrating</p>



ActiveStart practice plan - Week 35 Station D
 Small sided game—How many goals can you score?



Organization: Two teams of 3v3 are placed on to a 30 x 22 field with 1 or 2 goals at each end. Each player starts with a soccer ball. Spare balls are placed around the outside of the field. Parents stand on the outside of the field.

Procedure: On the coaches call the game begins. Each player will play as an individual and the parent on the outside will count how many goals they score. Players can score in any goal. Once a player scores they get their ball or another ball and go to try to score in another goal. If a player is dribbling towards the side line a parent who is close will help them stay within the field. After an allotted time, collect the total amount of goals scored (Keep the game close and finish with a tie if possible)

Time Frame. 8 minutes

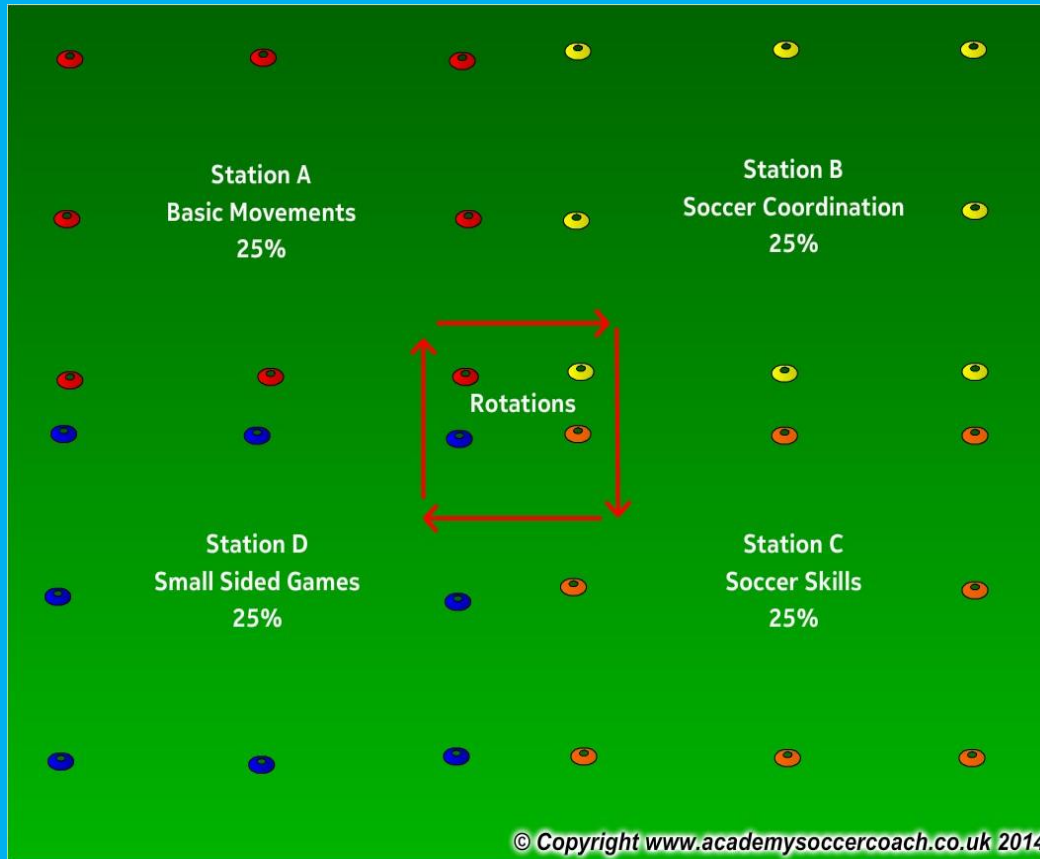
Emphasis:

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

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



ActiveStart practice plan
How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Active Start practice plan—Week 36 Station A
General movement—Obstacle Course



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Organization: Using a 20x20m area set up a variety of obstacles that the players can move through. Parents (Yellows) should accompany the children through the course.

Procedure: One-by-one the children will enter the obstacle course and move through the different obstacles. The coach should position his/herself at the start of the course to help start the players at the correct time. Be creative and develop obstacles that will challenge the children to use different movement skills to overcome each part of the course. A,B,C'S: Hop's, Skip's, Jumps, Sprints, Forward/backwards running, shuffles etc. should all be incorporated.

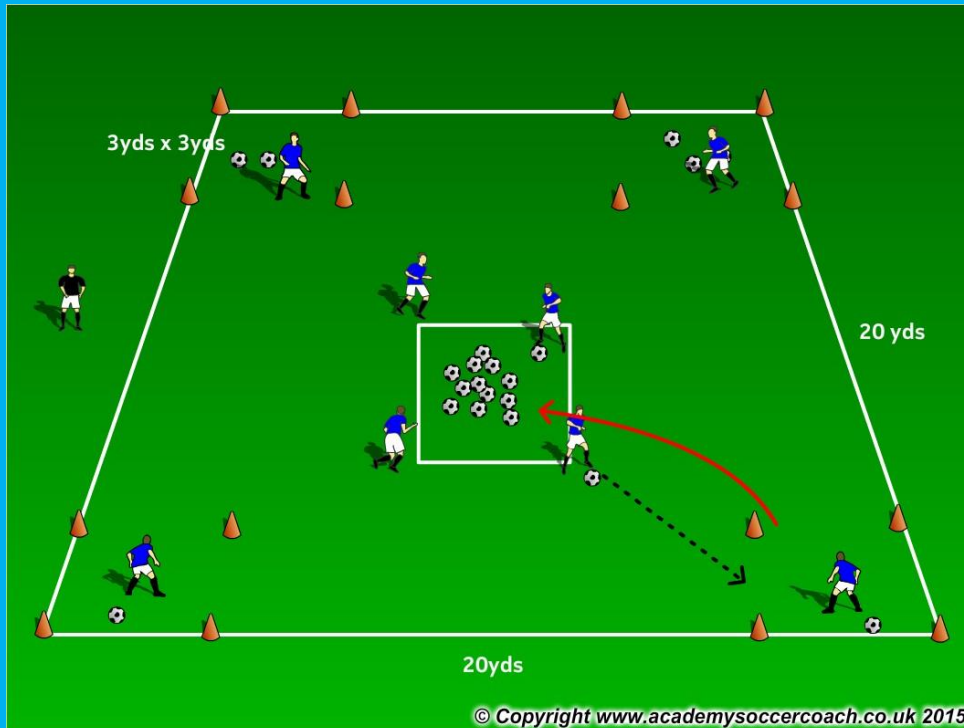
Time Frame. 8 minutes

Emphasis:

Agility,
Balance,
Coordination,
Speed,
FUN

<p><u>Psychologi</u> <u>cal</u> Confidence Awareness FUN</p>	<p><u>Technical</u></p>
<p><u>Physical</u> A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Decision Making</p>

Active Start practice plan – Week 36
Station B
Soccer Technique – Treasure Island



Organization: Set up a 20x20 yard grid - "Treasure Island". 3x3yard squares created in either corner - "Rowing Boats". Create another 3x3 yard square in the centre of the grid - "Treasure Chest" and place all of the "Treasure" (balls) inside. Players are then divided evenly to each "rowing boat".

Procedure: 1 pirate from each rowing boat runs to steal 1 piece of treasure from the chest and dribbles back to their rowing boat.

Progression: once all of the treasure has been stolen from the chest the pirates can then steal from each other.

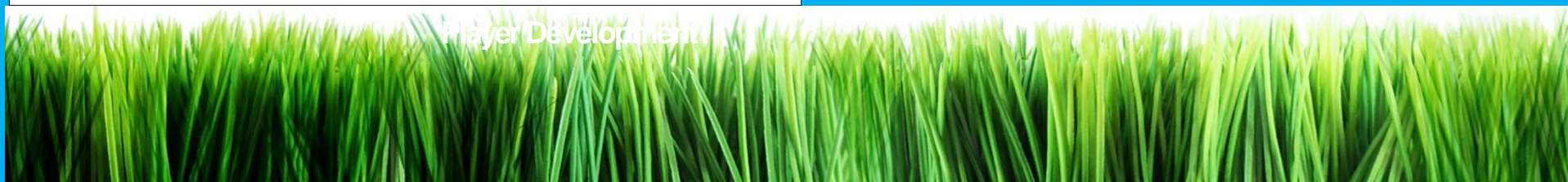
Time Frame. 8 minutes

Emphasis:

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

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Celebrating</p>

Player Development

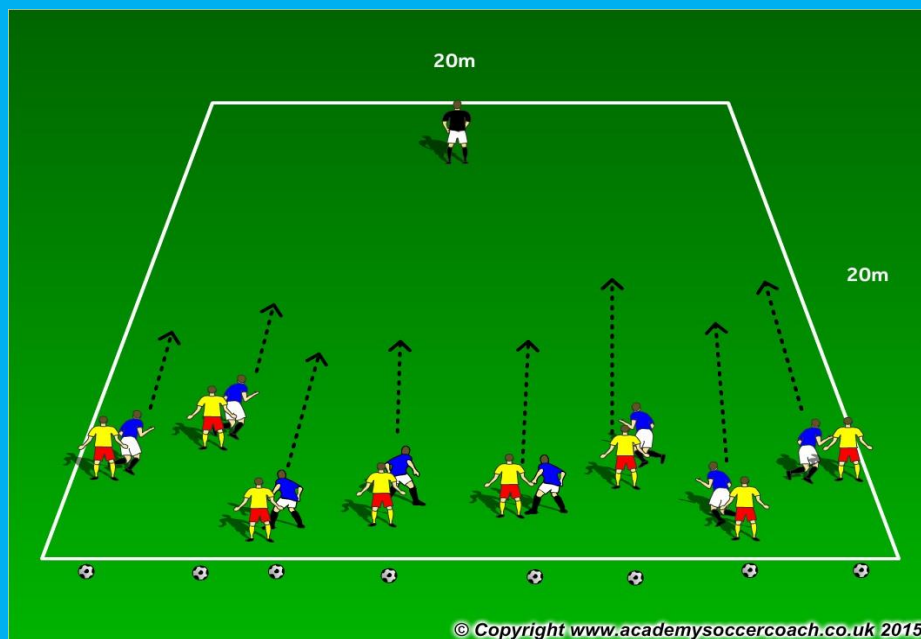




Active Start practice plan – Week 36

Station C

Soccer Technique – “Whats the Time Mr. Wolf”



Organization: All Players are positioned on 1 side of a 20x20m area. At the youngest age group's U4-U5 parents should take part with the child (Yellows).
Procedure: The coach is "Mr Wolf" stands at the opposite end of the playing area from the other players, facing away from them. A call-and-response then takes place: all players except for Mr Wolf chant in unison "What's the time, Mr Wolf?", and Mr Wolf will answer in one of the two ways:

1) Mr Wolf may call a clock time (e.g., "3 o'clock"). The other players will then take that many steps out long as they go ("One, two, three"). Then they ask the question again. 2) Mr Wolf may call "Dinner time!", when Mr Wolf will turn around and chase the other players back to their starting point. If Mr Wolf successfully tags a player, that player becomes the new Mr Wolf for the next round.

Variations: Change up the types of moves the players make e.g. instead of taking steps they can hop, skip, jump, shuffle or even kick the ball.

Player Development

Time Frame. 8 minutes

Emphasis:

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

<u>Psychological</u> Confidence Being safe Problem solving	<u>Technical</u> Dribbling Lots of touches
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Cooperation Communicating Celebrating

ActiveStart practice plan - Week 36 Station D
 Small sided game—2v2—Parent & Child



Time Frame. 8 minutes

Emphasis:

Free Play
 FUN with mum or dad

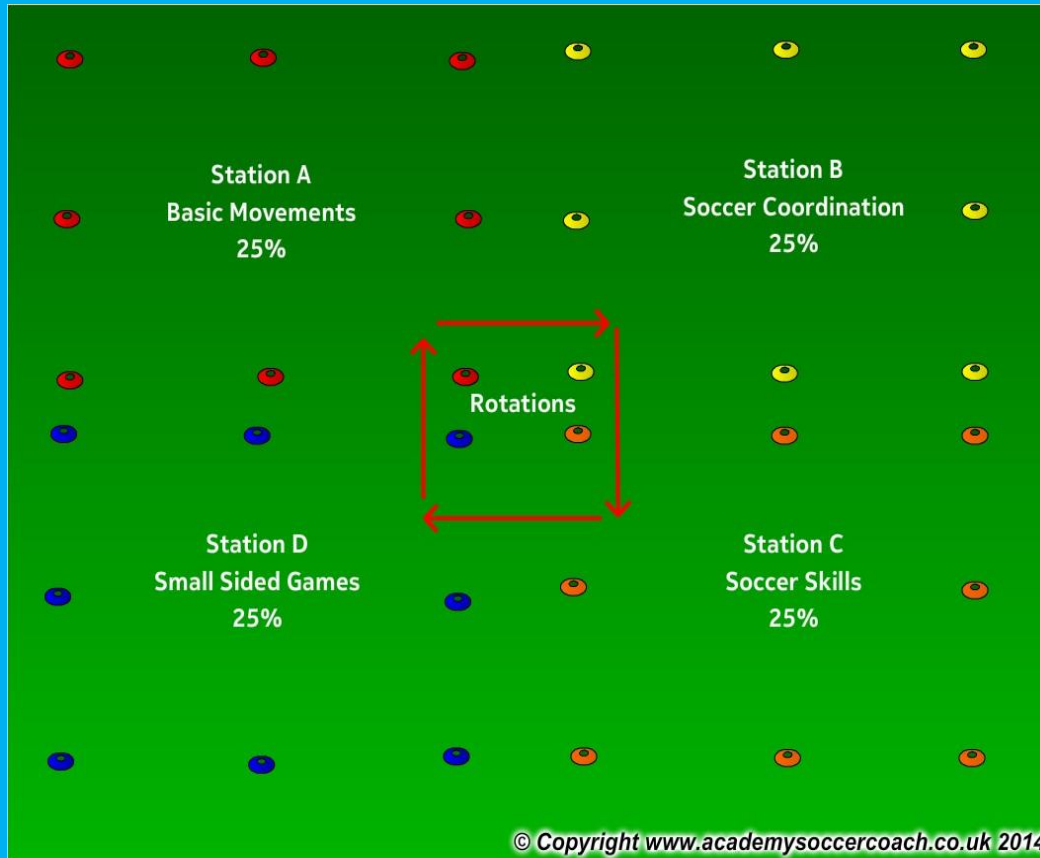


Organization: 20m x 30m are set up. Organize players into 2v2 (1 player and 1 parent vs 1 player and 1 parent).
Procedure: Child and Parent play a 2v2 game. If the ball goes out of the field take the closest ball to keep the game moving. Parents should help the children as much as possible

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



ActiveStart practice plan
How The Player Development Model works

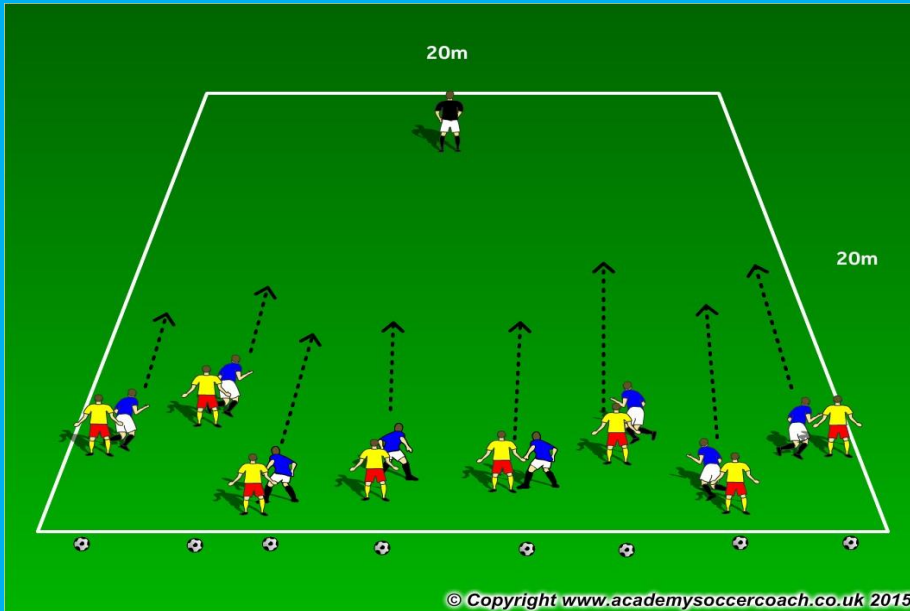


If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

ActiveStart practice plan—Week 37 Station A
 General movement—What's the Time Mr. Wolf?



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Organization: All Players are positioned on 1 side of a 20x20m area. At the youngest age group's U4-U5 parents should take part with the child (Yellows).

Procedure: The coach is "Mr Wolf" stands at the opposite end of the playing area from the other players, facing away from them. A call-and-response then takes place: all players except for Mr Wolf chant in unison "What's the time, Mr Wolf?", and Mr Wolf will answer in one of the two ways:

1) Mr Wolf may call a clock time (e.g., "3 o'clock"). The other players will then take that many steps out long as they go ("One, two, three"). Then they ask the question again. 2) Mr Wolf may call "Dinner time!", when Mr Wolf will turn around and chase the other players back to their starting point. If Mr Wolf successfully tags a player, that player becomes the new Mr Wolf for the next round.

Variations: Change up the types of moves the players make e.g. instead of taking steps they can hop, skip, jump, shuffle or even kick the ball.

Time Frame. 8 minutes

Emphasis:

- Agility, Balance, Coordination
 - Awareness,
 - Ball Mastery
 - Dribbling

<p><u>Psychologi</u> <u>cal</u> Confidence Awareness FUN</p>	<p><u>Technical</u> Running with the ball Ball Mastery Dribbling</p>
<p><u>Physical</u> A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Communicating</p>





Soccer Technique – Pirate Ship Adventure



Organization: Players with ball each inside a 20x20 yard area -"the pirate ship".

Procedure: Players dribble the ball and perform different moves on the coaches command:

SCRUB THE DECKS = inside taps, **CAPTAINS COMING** = 1 foot on the ball and salute the captain & shout "ay, ay captain", **MAN OVERBOARD** = Players dribble ball to edge of the area and pretend to look overboard (hand on forehead) and shout "man overboard", **FIRE THE CANNON** = players dribble to edge of area and kick their ball out at other pirates.

Time Frame. 8 minutes

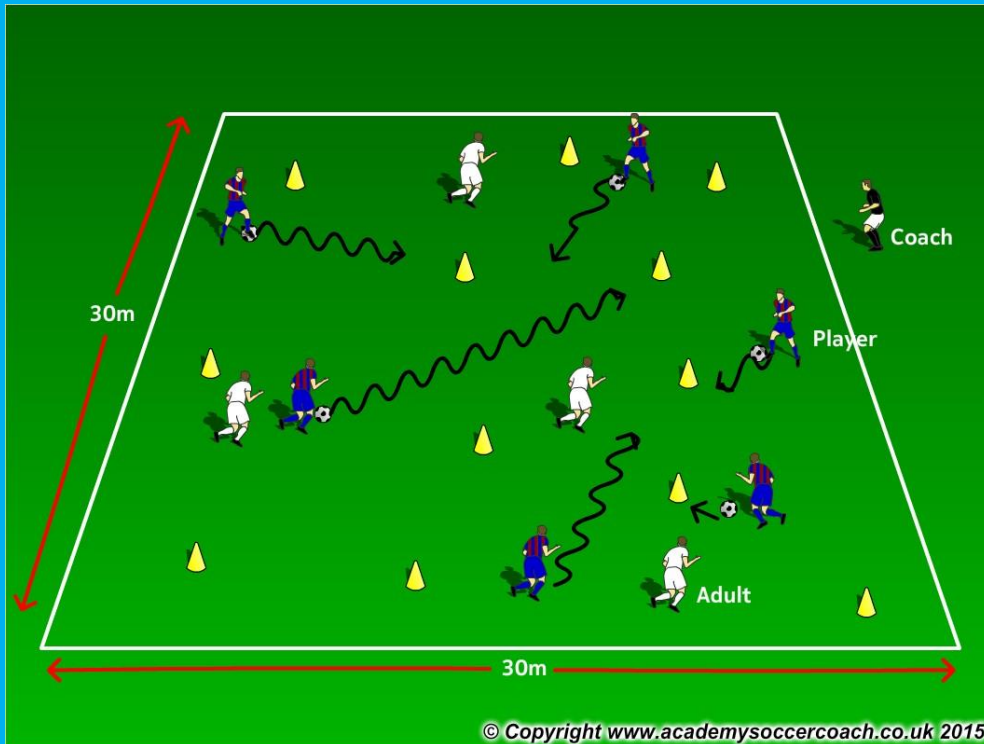
- Changing direction
 - Ball Mastery
 - Imagination
 - FUN!

<p><u>Psychological</u> Confidence Being safe Reactions</p>	<p><u>Technical</u> Dribbling Lots of touches Ball mastery</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating</p>

Player Development



ActiveStart practice plan- Week 37 Station C
Soccer Technique—Bulldozers & Cranes



Organization: Players are placed inside a 30m x 30m area, each with a ball. Tall cones (buildings) are placed inside the area. Parents (Cranes) are also inside the area.
Procedure: The players (bulldozers) have to knock all the buildings over with their soccer ball while the Cranes try to get them all back up. If the bulldozers can knock over all the buildings in 60 seconds they are the winners!
You can change the roles of the players and adults.

Time Frame. 8 minutes

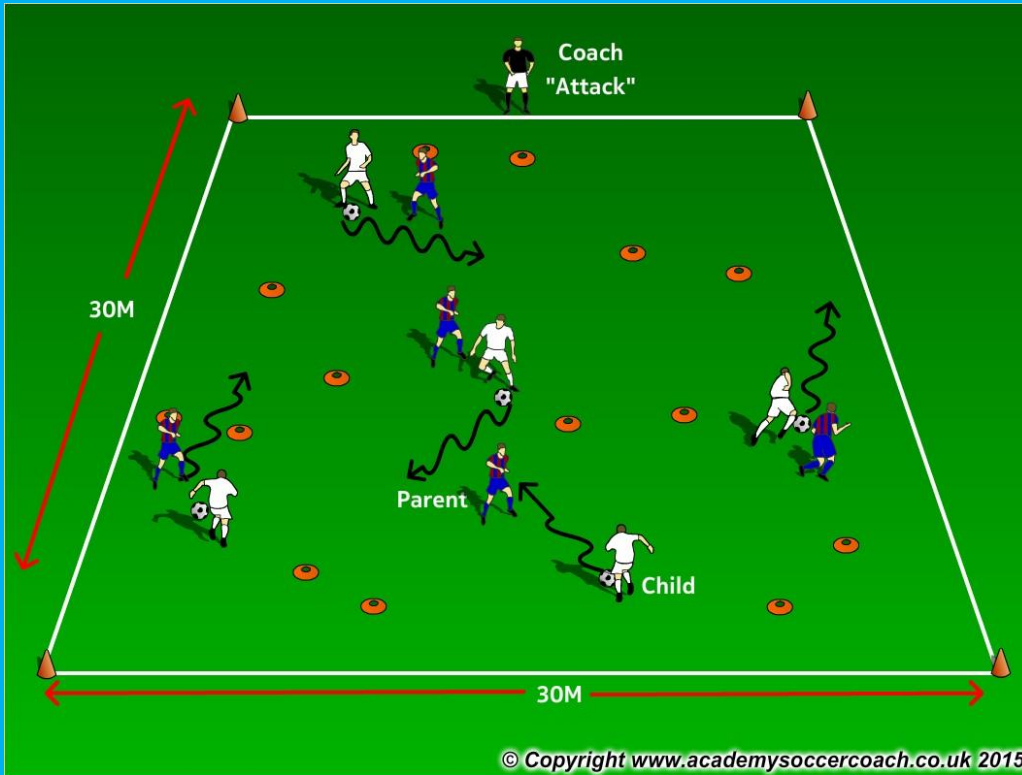
Emphasis:

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

<p><u>Psychologi</u> <u>cal</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Competition</p>

Station D

Small Sided Game – Shark Attack



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Organization: Players are paired with a parent inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent 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. The child should always be the winner in the games.

Time Frame. 8 minutes

- Dribbling
- Ball Mastery
- Changing direction
- Competition
- FUN!

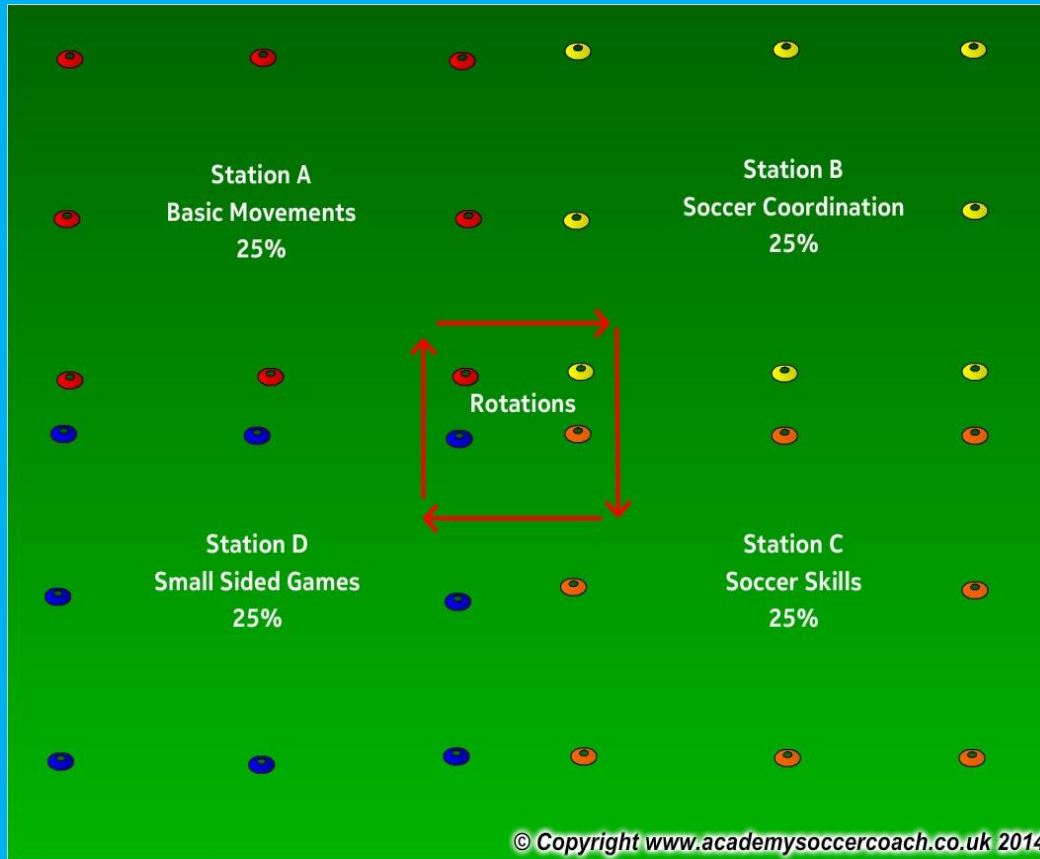
<u>Psychological</u> Confidence Being safe FUN	<u>Technical</u> Dribbling Ball Mastery
<u>Physical</u> A,B,C's Change of Direction Change of Speed	<u>Social</u> Solving problems Celebrating

Player Development



Active Start practice plan

How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Active Start practice plan – Week 38
Station A
Soccer Technique – The Hungry Hippo



Organization: Players are placed in a 20x20m area with a ball (Hippo food) per player. Parents can accompany the players (yellow). The Hungry Hippo (the coach) is positioned in the middle of the playing area.
Procedure: Players start with ball in hands and throw it to the coach who throws it away and they have to bring it back as quick as they can using: a certain # of steps, a different body part (touching elbow, knee, head, etc.), dribble the ball back etc.

Time Frame. 8 minutes

Emphasis:

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

<p><u>Psychologi</u> <u>cal</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Celebrating</p>

Player Development



Active Start practice plan – Week 38
Station B
Soccer Technique – Pirate Ship Adventure



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Organization: Players with ball each inside a 20x20 yard area -"the pirate ship".

Procedure: Players dribble the ball and perform different moves on the coaches command:

SCRUB THE DECKS = inside taps, **CAPTAINS COMING** = 1 foot on the ball and salute the captain & shout "ay, ay captain", **MAN OVERBOARD** = Players dribble ball to edge of the area and pretend to look overboard (hand on forehead) and shout "man overboard", **FIRE THE CANNON** = players dribble to edge of area and kick their ball out at other pirates.

Time Frame. 8 minutes

Emphasis:

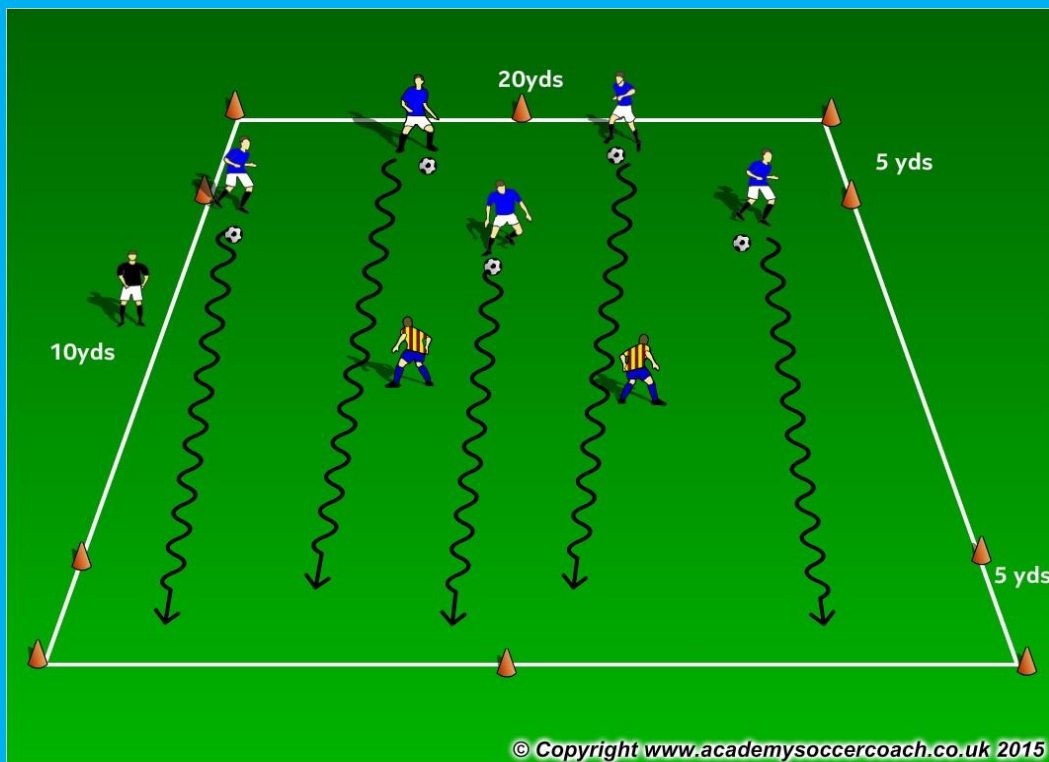
- Listening
- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe Reactions</p>	<p><u>Technical</u></p> <p>Dribbling Lots of touches Ball mastery</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Cooperation Communicating</p>



Active Start practice plan - Week 38

Station C Pirate Beach



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Organization: Set up a 20x20 yard area. 2 5 yard endzones are created on either side - "the pirate beaches" and a 10 yard central area - "Shark infested water". 1 or 2 players start in the middle without a ball - "the Sharks". All other players have a ball each and start in 1 of the endzones - "the Pirate beach"

Procedure: On the Captains command (the coach) the players look to dribble their ball through the Shark infested water to the safety of the other Beach. If the shark steals the ball from a pirate, the pirate then becomes a shark.

Time Frame. 8 minutes

Emphasis:

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

Psychological Confidence Being safe FUN	Technical Dribbling Running with the ball
Physical A,B,C's Change of Direction	Social Listening Competition

Player Development



Active Start practice plan – Week 38
Station D
Small Sided Game – 3v3 as individuals



Organization: Two teams of 3v3 are placed on to a 30 x 22 field with 1 or 2 goals at each end. Each player starts with a soccer ball. Spare balls are placed around the outside of the field. Parents stand on the outside of the field.

Procedure: On the coaches call the game begins. Each player will play as an individual and the parent on the outside will count how many goals they score. Players can score in any goal. Once a player scores they get their ball or another ball and go to try to score in another goal. If a player is dribbling towards the side line a parent who is close will help them stay within the field. After an allotted time, collect the total amount of goals scored (Keep the game close and finish with a tie if possible)

Time Frame. 8 minutes

Emphasis:

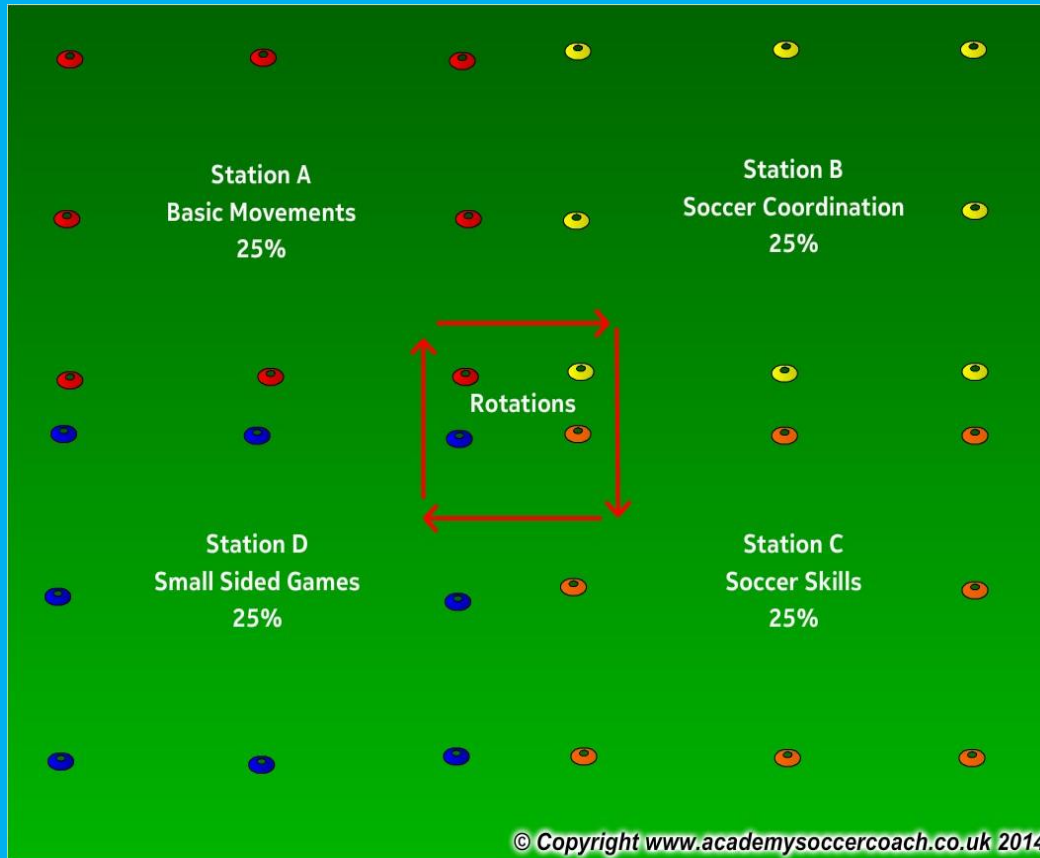
FUN
Creativity
Celebrating

<p><u>Psychological</u> Confidence Awareness FUN</p>	<p><u>Technical</u> Ball mastery Running with the ball Dribbling</p>
<p><u>Physical</u> A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Communicating</p>



Active Start practice plan

How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Active Start practice plan—Week 39 Station A
General movement—Obstacle Course



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Organization: Using a 20x20m area set up a variety of obstacles that the players can move through. Parents (Yellows) should accompany the children through the course.

Procedure: One-by-one the children will enter the obstacle course and move through the different obstacles. The coach should position his/herself at the start of the course to help start the players at the correct time. Be creative and develop obstacles that will challenge the children to use different movement skills to overcome each part of the course. A,B,C'S: Hop's, Skip's, Jumps, Sprints, Forward/backwards running, shuffles etc. should all be incorporated.

Time Frame. 8 minutes

Emphasis:

Agility,
Balance,
Coordination,
Speed,
FUN

<p><u>Psychologi</u> <u>cal</u> Confidence Awareness FUN</p>	<p><u>Technical</u></p>
<p><u>Physical</u> A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Decision Making</p>

Active Start practice plan – Week 39

Station B

Soccer Technique – Treasure Island



Time Frame. 8 minutes

Emphasis:

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

Organization: Set up a 20x20 yard grid - "Treasure Island". 3x3yard squares created in either corner - "Rowing Boats". Create another 3x3 yard square in the centre of the grid - "Treasure Chest" and place all of the "Treasure" (balls) inside. Players are then divided evenly to each "rowing boat".
Procedure: 1 pirate from each rowing boat runs to steal 1 piece of treasure from the chest and dribbles back to their rowing boat.
Progression: once all of the treasure has been stolen from the chest the pirates can then steal from each other.

<u>Psychological</u> Confidence Being safe FUN	<u>Technical</u> Dribbling Lots of small touches
<u>Physical</u> A,B,C's Change of Direction Change of Speed	<u>Social</u> Solving problems Team work Celebrating





Active Start practice plan – Week 39
Station C
SSG:2v2 (parent & child v parent & child)

Time Frame. 8 minutes

Emphasis:

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



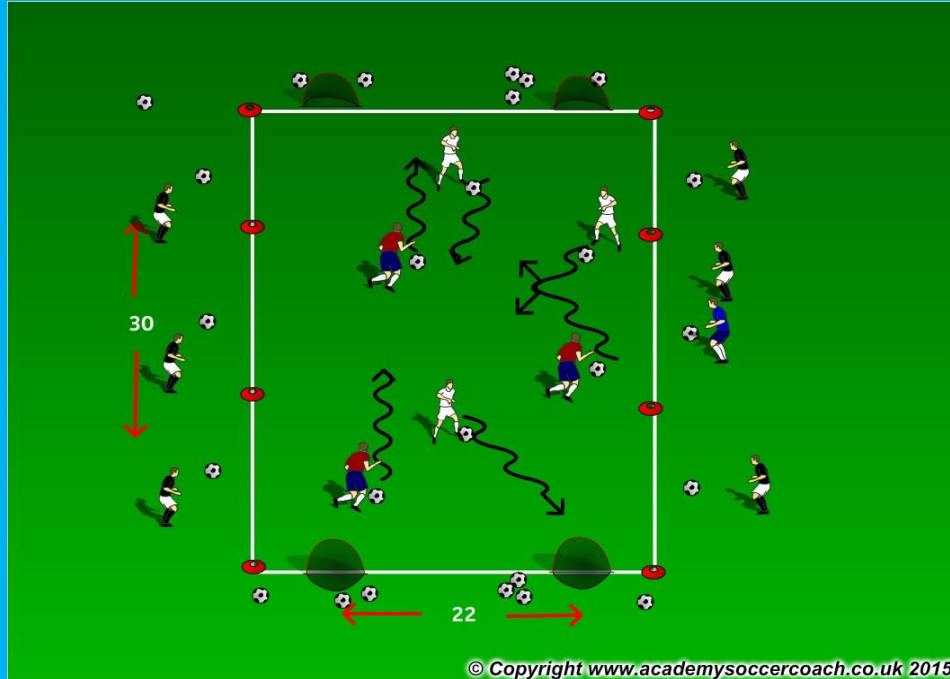
Organization: 20m x 30m are set up. Organize players into 2v2 (1 player and 1 parent vs 1 player and 1 parent).

Procedure: Child and Parent play a 2v2 game. If the ball goes out of the field take the closest ball to keep the game moving. Parents should help the children as much as possible

<p align="center"><u>Psychologi</u> <u>cal</u> Confidence Being safe Reactions</p>	<p align="center"><u>Technical</u> Dribbling Lots of touches Ball mastery</p>
<p align="center"><u>Physical</u> A,B,C's Change of Direction</p>	<p align="center"><u>Social</u> Cooperation Communicating FUN</p>

Player Development

Active Start practice plan – Week 39
Station D
Small Sided Game – 3v3 as individuals



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Organization: Two teams of 3v3 are placed on to a 30 x 22 field with 1 or 2 goals at each end. Each player starts with a soccer ball. Spare balls are placed around the outside of the field. Parents stand on the outside of the field.
Procedure: On the coaches call the game begins. Each player will play as an individual and the parent on the outside will count how many goals they score. Players can score in any goal. Once a player scores they get their ball or another ball and go to try to score in another goal. If a player is dribbling towards the side line a parent who is close will help them stay within the field. After an allotted time, collect the total amount of goals scored (Keep the game close and finish with a tie if possible)

Time Frame. 8 minutes

Emphasis:

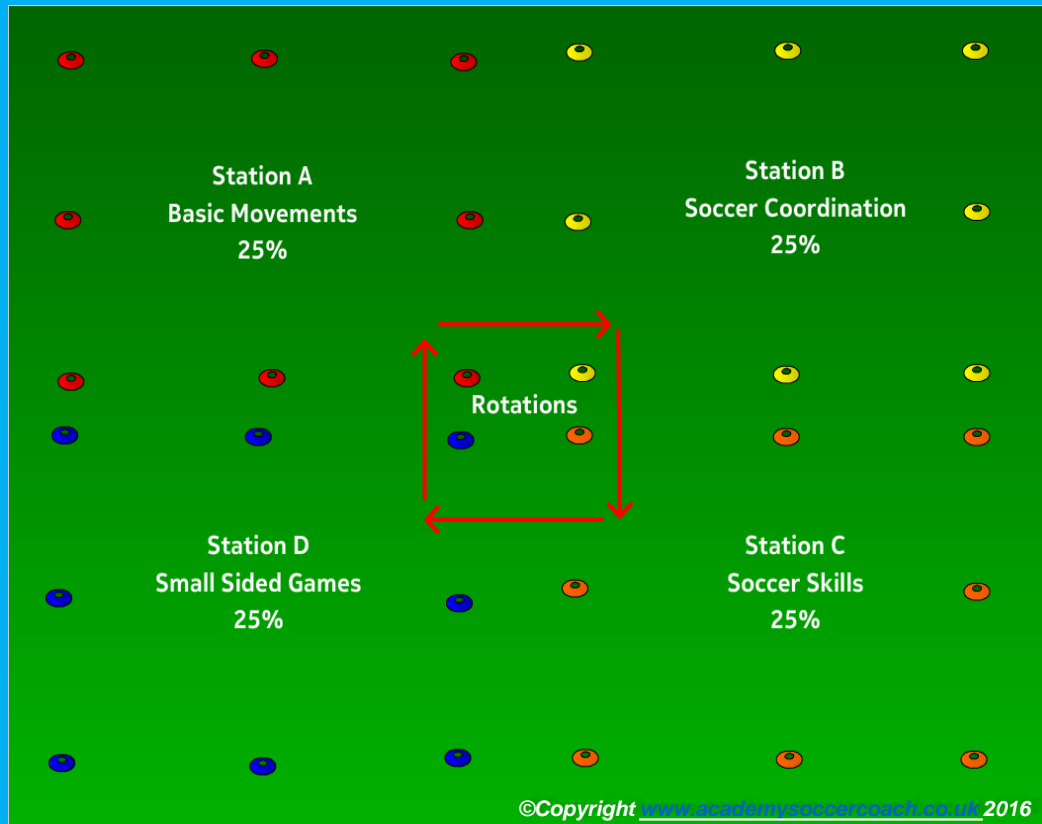
FUN
Creativity
Celebrating

<p><u>Psychological</u> Confidence Awareness FUN</p>	<p><u>Technical</u> Ball mastery Running with the ball Dribbling</p>
<p><u>Physical</u> A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Communicating</p>

Player Development

Active Start practice plan

How The Player Development Model works



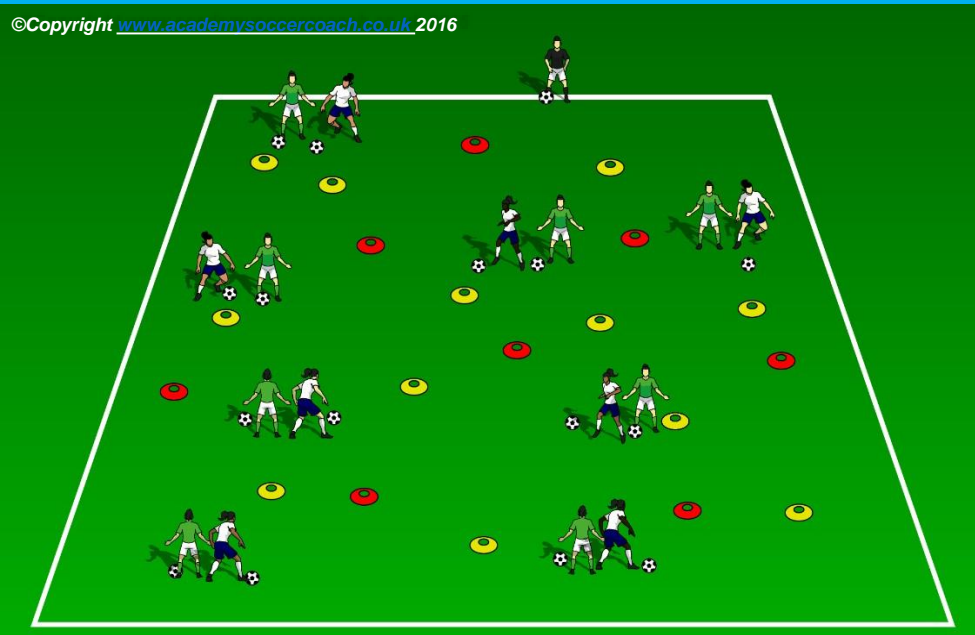
If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Active Start practice plan –Week40 Station A
 General movement –Cars/Lightning McQueen



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Time Frame. 8 minutes

Emphasis:

Agility,
 Balance,
 Coordination,
 Speed,
 FUN

<p><u>Psychologic</u> al Confidence Awareness FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physic</u> al A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Decision Making</p>

Organisation
 -Players and parent/guardian have a ball each and are placed in a 25x25 grid with cones spread out randomly across the area. Ask players to name famous racing cars. They will most likely say Lightning McQueen.

Procedure
 Use cones or bibs to indicate traffic lights. Red light = Stop, Yellow light = Go slow, Green light = move with the ball. Players

avoid bumping into others = (players can shout beep, beep)
 reverse = drag back (sole of the foot on the top of the ball and push backwards) Get gas = roll the feet back and forth over the ball, Super Green = dribble as fast as they can, round the block= dribble in a complete circle around the cone. Go to the garage = Toe taps (left foot on the ball and then right foot on the ball) ten times.

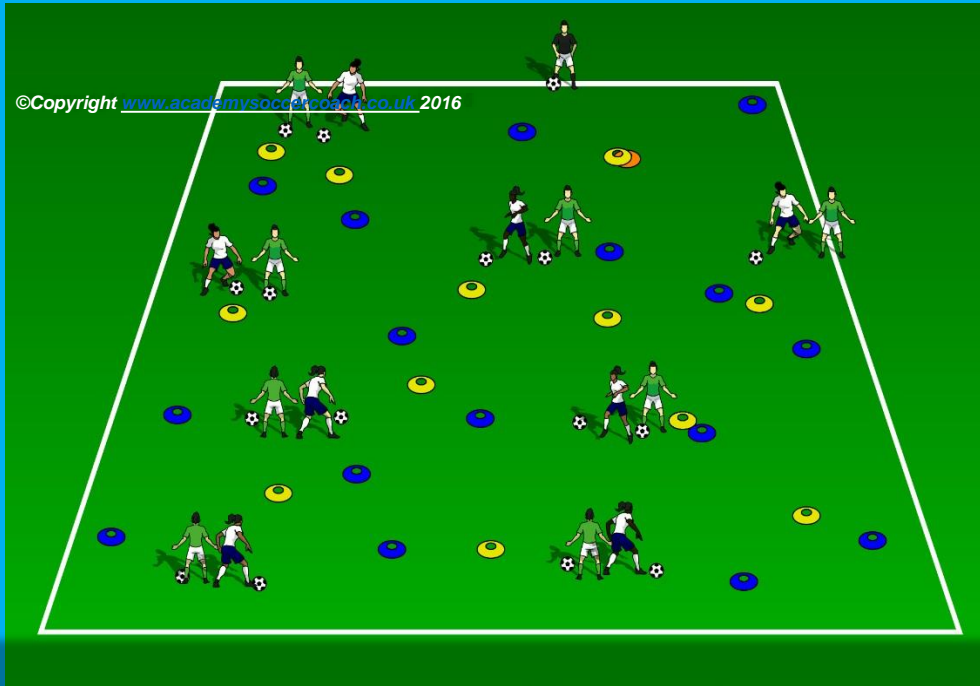
Player Development



Active Start practice plan – Week 40
Station B



Soccer Technique – Finding Nemo or Dory



Time Frame. 8 minutes

Emphasis:

Dribbling

Different parts of the foot

Changing direction

Competition

FUN!

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Team work Celebrating</p>

Organisation

- Players and parent/guardian have a ball each and are placed in a 25x25 grid with cones spread out randomly across the area.
- Tie a knot in an orange or blue bib.
- Ask players to name famous fishes. They will most likely come up with Nemo and Dory.
- Introduce the bibs and Nemo or Dory and ask the players to close their eyes. Hide the bib under a cone.

Procedure

- Players must swim round the ocean (dribbling their ball) and shout "Nemo, where are you?" Players look under the rocks (cones) on the sea bed. The first player to find Nemo under the cones wins.
- Repeat with Dory and then search for both at the same time.

Progression: Introduce a player as a defender called Bruce the Shark who has to chase the fish away.

Player Development



Active Start practice plan – Week 40
Station C



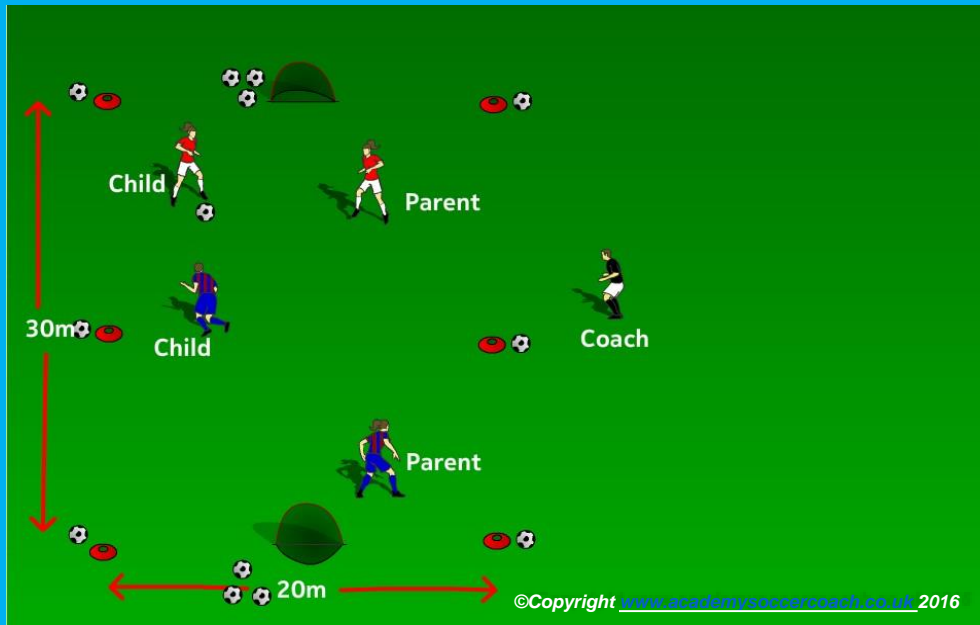
SSG: 2v2 (parent & child v parent & child)

Time Frame. 8 minutes

Emphasis:

Free Play

FUN!



<p><u>Psychological</u> Confidence Being safe Reactions</p>	<p><u>Technical</u> Dribbling Lots of touches Ball mastery</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating FUN</p>

Organization

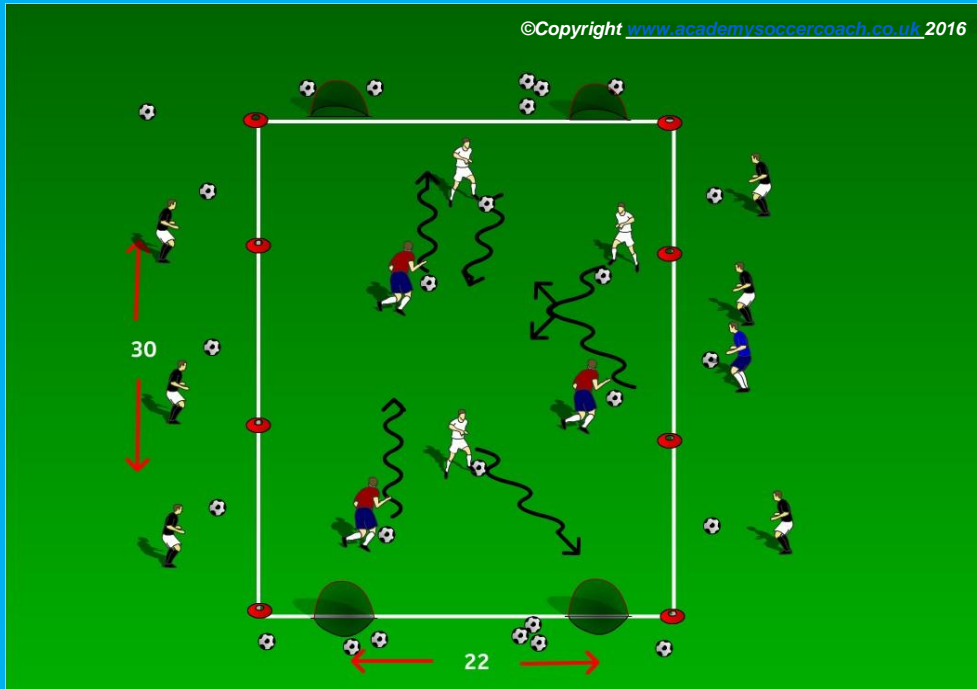
-20 x 30 set up. Organize players into 2v2 (1 player and a parent vs 1 player and a parent/guardian)

Procedure

- Child and parent/guardian play a 2v2 game. If the ball goes out of the field, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Player Development

Active Start practice plan –Week40 Station D
Small Sided Game–3v3 as individuals



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Organization

-Two teams of 3v3 are placed on to a 30x22 field with 1 or 2 goals at each end. Each player starts with a soccer ball. Spare balls are placed around the outside of the field. Parents stand on the outside of the field.

Procedure

-On the coaches call the game begins. Each player will play as an individual and the parent on the outside will count how many goals they score. Players can score in any goal. Once a player scores they get their ball or another ball and go to try and score in another goal. If a player is dribbling towards the side line, a parent who is close can help them stay within the field. After an allotted time, collect the total amount of goals scored. (Keep the game close and finish with a tie if possible)

Time Frame. 8 minutes

Emphasis:

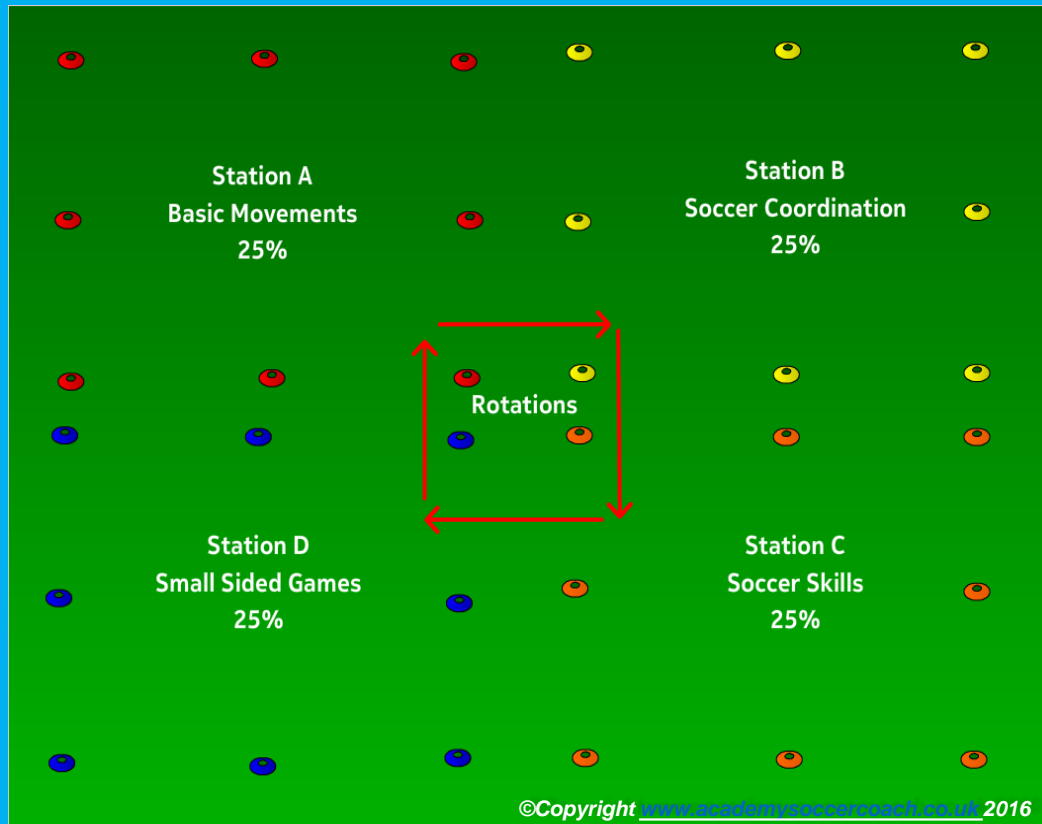
FUN
Creativity
Celebrating

<p><u>Psychologic</u> al Confidence Awareness FUN</p>	<p><u>Technical</u> Ball mastery Running with the ball Dribbling</p>
<p><u>Physic</u> al A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Communicating</p>



Active Start practice plan

How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Player Development



Active Start practice plan –Week41 Station A
General movement –Buzz Lightyear



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Time Frame. 8 minutes

Emphasis:

Agility,
Balance,
Coordination,
Speed,
FUN

<p><u>Psychologic</u> al Confidence Awareness Imagination FUN</p>	<p><u>Technical</u> Dribbling Lots of small touches</p>
<p><u>Physic</u> al A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Decision Making</p>

Organisation

-Players and parent/guardian have a ball each and are placed in a 25x25 grid with cones spread out randomly across the area and clusters of cones in the corners. A hula hoop can be used for Saturn. Ask players to name famous space person. They will most likely say Buzz Lightyear or Chris Hadfield.

Procedure

Players fly around using their ball (space rocket) Avoid the asteroids (cones). Listen to

coaches command, if they hear black hole they must dribble through an adults legs. Visit Planets: Blue - Earth, Yellow - Saturn, Red - Mars, Orange - Jupiter. White - the moon. Blast off at each planet - count down with 10 toe taps. Inside feet touches for - turbulence. Drag backs - go the other way. Toe taps to 'climb off the rocket'. Hopping or 'moon walk' when off the space ship. Strong Gravity - players crawl. Ask players what they have found or what they can see. Count down to get back to the spaceship (ball) before blasting off.

Player Development



Active Start practice plan – Week 41
Station B

Soccer Technique – SpongeBob Square Pants



Time Frame. 8 minutes

Emphasis:

Dribbling

Different parts of the foot

Changing direction

Competition

FUN!

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technic</u> <u>al</u> Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Team work Celebrating</p>

Organisation
-Players and parent/guardian have a ball each and are placed in a 25x25 grid with cones spread out randomly across the area.
- Ask players “who lives in a pineapple under the sea?”
- Introduce the characters and explain that it's ok if a player is tagged and it's part of the game.

Procedure
- The players are SpongeBob or whatever character they want to be.
They go around picking up crab cakes (cones or bibs)
The Coach, Patrick the Star must try and tag the players. If that happens, the player drops the crab cakes and go and pick up some more.
Progression: Introduce a player as a Patrick the star (defender)

Player Development



Active Start practice plan – Week 41
Station C

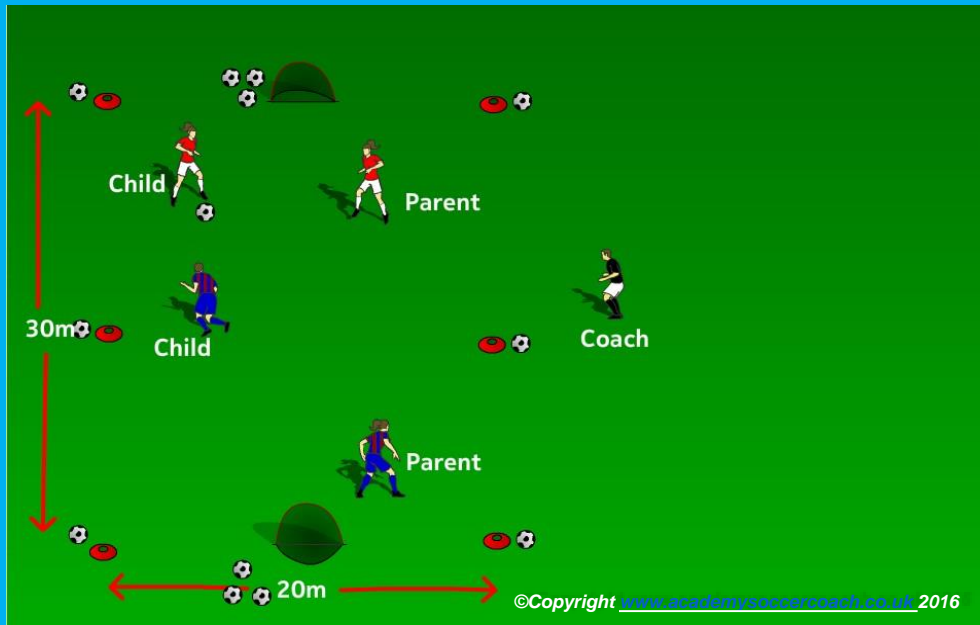


SSG:2v2 (parent & child v parent & child)

Time Frame. 8 minutes

Emphasis:

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



<p><u>Psychologic</u> <u>al</u> Confidence Being safe Reactions</p>	<p><u>Technic</u> <u>al</u> Dribbling Lots of touches Ball mastery</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating FUN</p>

Organization

-20 x 30 set up. Organize players into 2v2 (1 player and a parent vs 1 player and a parent/guardian)

Procedure

- Child and parent/guardian play a 2v2 game. If the ball goes out of the field, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Player Development



Active Start practice plan –Week41 Station D
 Small Sided Game–3v3 as individuals



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Organization

-Two teams of 3v3 are placed on to a 30x22 field with 1 or 2 goals at each end. Each player starts with a soccer ball. Spare balls are placed around the outside of the field. Parents stand on the outside of the field.

Procedure

-On the coaches call the game begins. Each player will play as an individual and the parent on the outside will count how many goals they score. Players can score in any goal. Once a player scores they get their ball or another ball and go to try and score in another goal. If a player is dribbling towards the side line, a parent who is close can help them stay within the field. After an allotted time, collect the total amount of goals scored. (Keep the game close and finish with a tie if possible)

Time Frame. 8 minutes

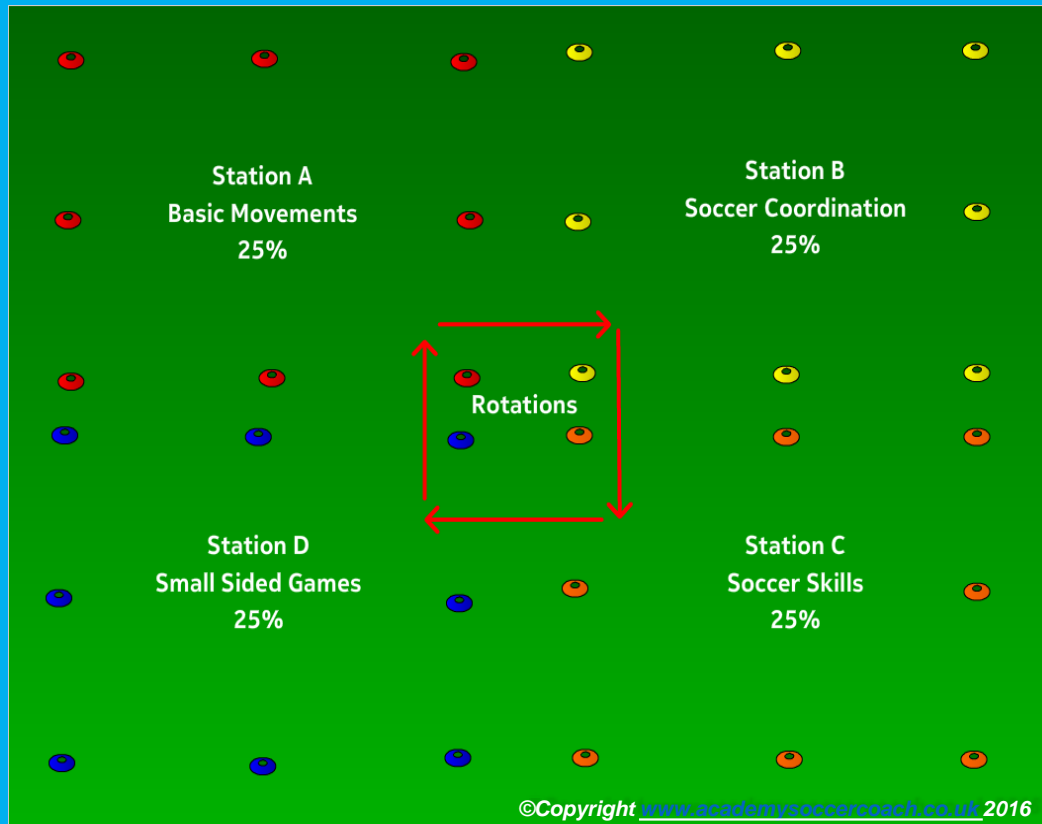
Emphasis:

FUN
 Creativity
 Celebrating

<p><u>Psychologic</u> <u>al</u> Confidence Awareness FUN</p>	<p><u>Technical</u> Ball mastery Running with the ball Dribbling</p>
<p><u>Physic</u> <u>al</u> A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Communicating</p>

Active Start practice plan

How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Active Start practice plan –Week42 Station A
General movement –Shrek



Time Frame. 8 minutes

Emphasis:

Agility,
Balance,
Coordination,
Speed,
FUN

<u>Psychologic</u> al Confidence Awareness Imagination FUN	<u>Technical</u> Dribbling Lots of small touches
<u>Physic</u> al A,B,C's Change of Speed	<u>Social</u> Problem Solving Decision Making

Organisation

-Players and parent/guardian have a ball each and are placed in a 25x25 grid. with cones arranged as shown in corner.

Ask players to name famous Ogre. They will say Shrek or Princess Fiona!

Procedure

Shrek or Fiona (Coach or parent) pretends to be asleep. In their swamp (corner with cones) villagers or fairy tail creatures have to steal their smelly clothes to wash them. (Diagram shows cones but works better with bibs).

- If Shrek / Fiona wakes up, players must drop & lie down and hide behind the ball. - The Ogre will ask "Who is in my Swamp?"

- When the Ogre goes back to sleep, players can slowly creep forward.

-Once the fairytale creatures gets close they can enter the swamp, steal the clothes and take them back to their village.

Progression: Players can pretend to be trees & stand on one leg with their arms out rather than hiding behind the ball.

OR Players crawl, hop or skip behind the ball as they approach.

Player Development

Active Start practice plan – Week 42
Station B



Soccer Technique – Mail Man Mickey / Mail Woman Minnie



Time Frame. 8 minutes

Emphasis:

Dribbling

Different parts of the foot

Changing direction

Competition

FUN!

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technic</u> <u>a</u>l Dribbling Lots of small touches</p>
<p><u>Physical</u> A,B,C's Change of Direction Change of Speed</p>	<p><u>Social</u> Solving problems Team work Celebrating</p>

Organisation

-Players and parent/guardian have a ball each and are placed in a 25x25 grid with cones spread out randomly across the area.
- Introduce the characters and explain that they can pick if they want to be Mail Man/Woman Mickey/Minnie.

houses. Must do six toe taps to ring the door bell (can say ding-dong as they are doing it). Players count how many houses they deliver to.
Can use bibs as mail to deliver through the door (cones). See how many pieces of mail a player can deliver in one minute.
Each house is a different character, Donald Duck, Goofy, Cinderella, Sleeping beauty, Aladdin, Peter Pan, Pocahontas, Winnie the Pooh, Jungle Book Characters etc.

Procedure

All the players have a ball and dribble their ball (mail van), delivering mail to different

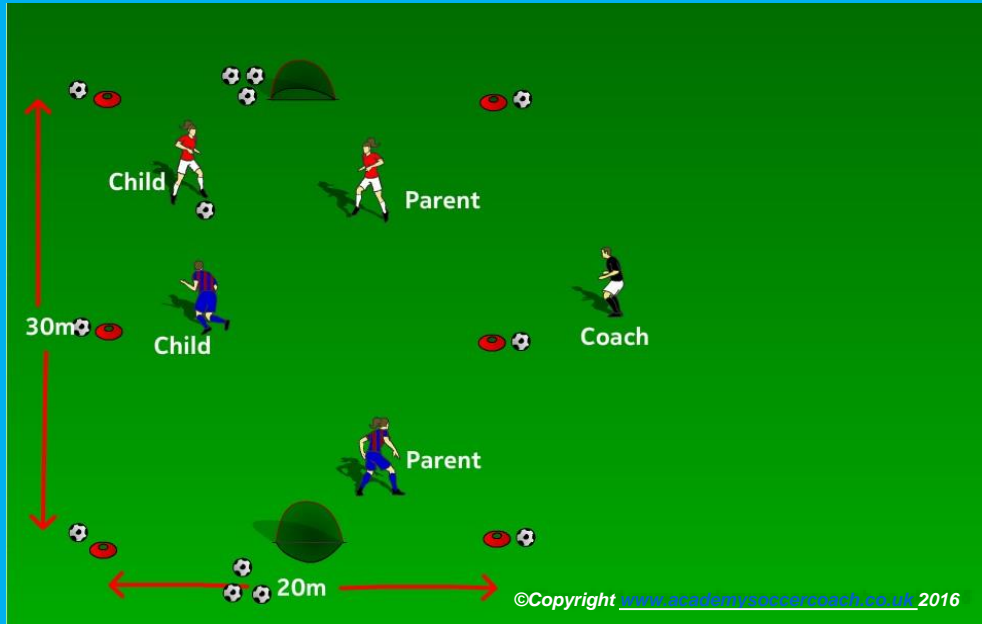
Player Development



Active Start practice plan – Week 42
Station C



SSG:2v2 (parent & child v parent & child)



Time Frame. 8

minutes Emphasis: Free Play FUN!

<p><u>Psychologic</u> <u>al</u> Confidence Being safe Reactions</p>	<p><u>Technic</u> <u>al</u> Dribbling Lots of touches Ball mastery</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating FUN</p>

Organization

-20 x 30 set up. Organize players into 2v2 (1 player and a parent vs 1 player and a parent/guardian)

Procedure

- Child and parent/guardian play a 2v2 game. If the ball goes out of the field, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Player Development



Active Start practice plan –Week42 Station D
 Small Sided Game–3v3 as individuals



Organization
 -Two teams of 3v3 are placed on to a 30x22 field with 1 or 2 goals at each end. Each player starts with a soccer ball. Spare balls are placed around the outside of the field. Parents stand on the outside of the field.

Procedure
 -On the coaches call the game begins. Each player will play as an individual and the parent on the outside will count how many goals they score. Players can score in any goal. Once a player scores they get their ball or another ball and go to try and score in another goal. If a player is dribbling towards the side line, a parent who is close can help them stay within the field. After an allotted time, collect the total amount of goals scored. (Keep the game close and finish with a tie if possible)

Time Frame. 8 minutes

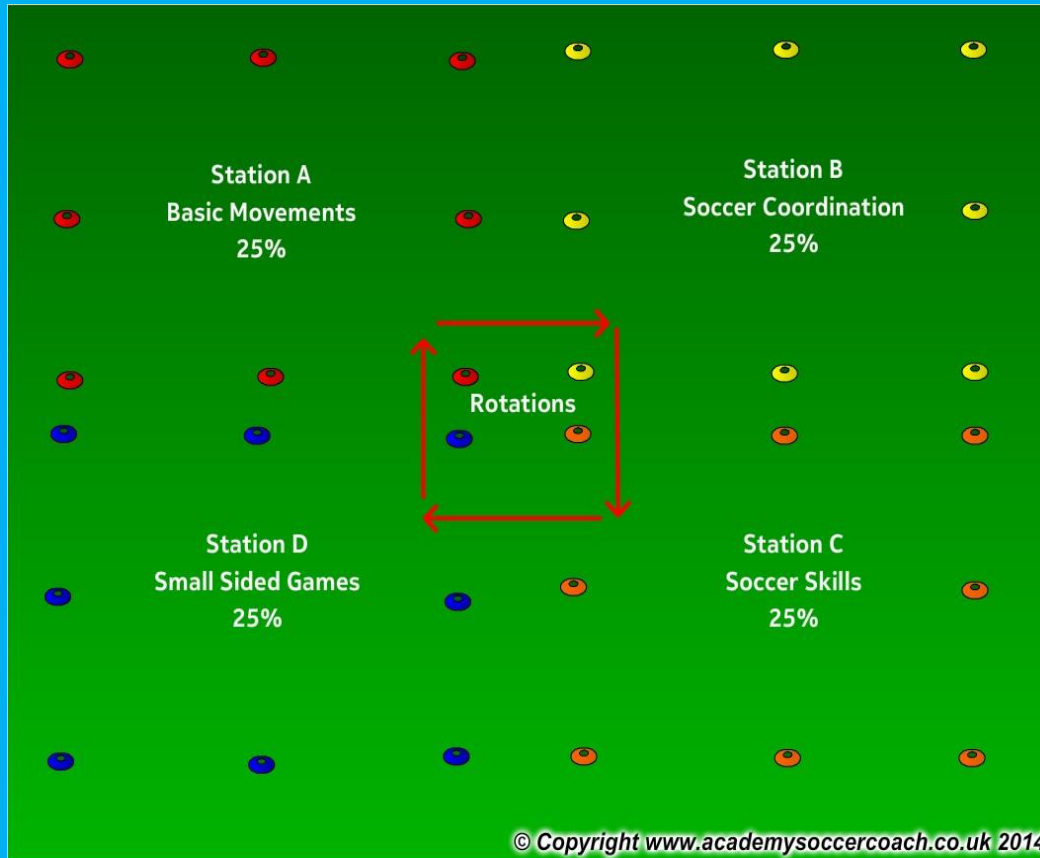
Emphasis:

FUN
 Creativity
 Celebrating

<p><u>Psychologic</u> al Confidence Awareness FUN</p>	<p><u>Technical</u> Ball mastery Running with the ball Dribbling</p>
<p><u>Physic</u> al A,B,C's Change of Speed</p>	<p><u>Social</u> Problem Solving Communicating</p>

Active Start practice plan

How The Player Development Model works



If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

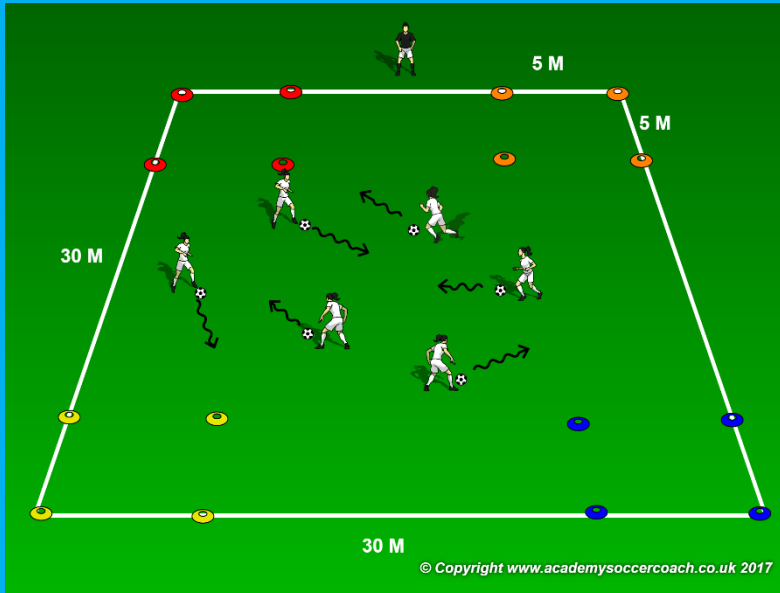
ActiveStart practice plan—Week 43 Station A
General movement



Time Frame. 8 minutes

Emphasis:

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



Organization: Each player has a ball in a 30m x 30m area. In each corner grid is a 5m x 5m area that is cone color by yellow, blue, orange and red.

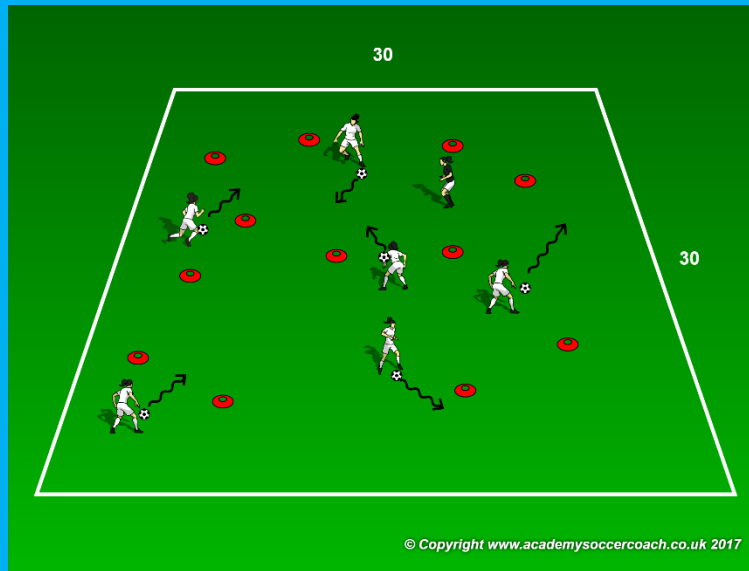
Procedure: Players dribble inside the middle area. When the coach calls out a color, the players dribble to that specific corner and perform 4 toe taps and then continue dribbling. **Progression:** Coach calls out two colors, players must dribble inside each color grid and perform 4 toe touches and continue dribbling and then allow each player to chose which 3 different colors to dribble into.

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Speed Change of Direction</p>	<p><u>Social</u></p> <p>Problem Solving Decision Making</p>

Player Development

Station B

Soccer Technique



Organization: Each player with a ball in a 30m x 30m area. Set-up gates inside grid that range in sizes 3m x 3m to 7m x 7m.

Procedure: Players dribble inside grid, when player dribbles through a gate, player must perform their own creative move and use different parts of feet.

Time Frame. 8 minutes

Emphasis:

Eye– foot coordination, lots of touches on the ball, different parts of the foot, FUN!

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

Player Development

Station C

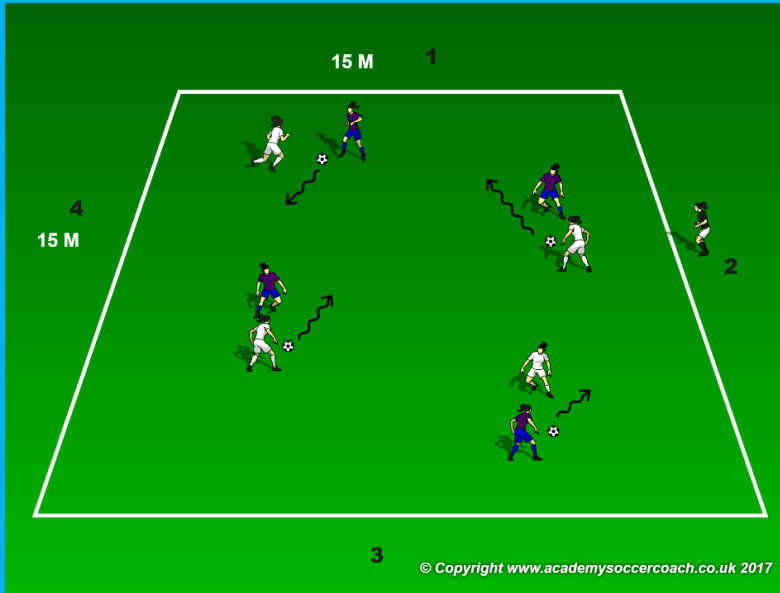
SSG: 1v1 to a line



Time Frame. 8 minutes

Emphasis:

Running with the ball Dribbling Agility,
Balance, Coordination FUN!



Organization: 15m x 15m playing 1v1 (1 player vs 1 parent)

Procedure: Player. Players make up a team of penguins and parents of dolphins. They all move freely in the ocean. The four shores side of the field have numbers. When the coach calls a number, player can look to dribble with the ball as fast as they can to the shore before parents touch them. The player who run out of the ocean first wins.

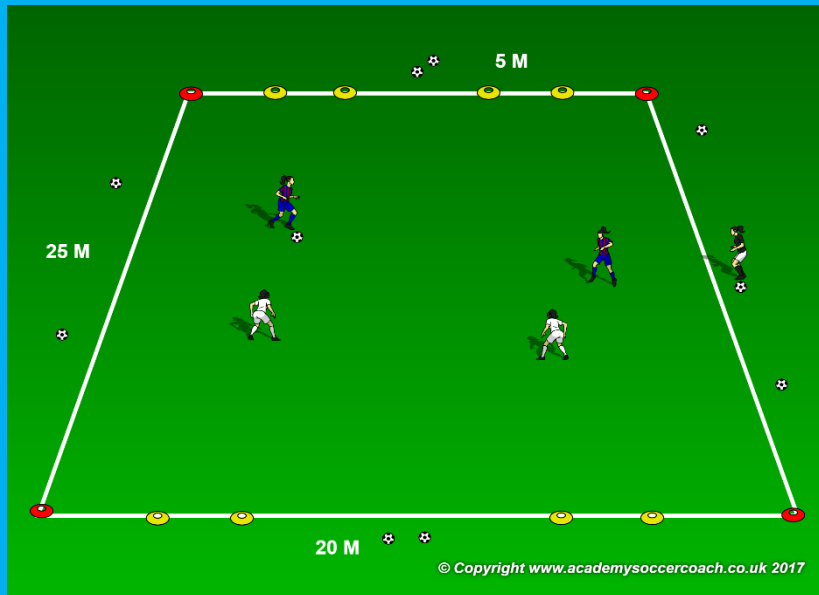
<u>Psychological</u> Confidence Being safe Reactions	<u>Technical</u> Dribbling Lots of touches Running with the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating

Player Development





SSG: 2v2 (1 parent + 1 child vs 1 parent + 1 child with two goals)



Time Frame. 8 minutes

Emphasis:

Free Play
FUN!

Organization: 25m x 20m playing field with 4 goals that is 5m as a gate. 2v2 (1 parent + 1 child vs 1 parent + 1 child). Position soccer balls around outside the playing field.

Procedure: 2v2, One team will start with ball and try to dribble pass opponents either goal to count for 1 pt. If other team wins possession in playing field, then can transition and dribble towards opponents either two goals to collect a point. If ball plays outside field, use closest ball to play ball back in game.

<p><u>Psychological</u> Confidence Being safe Reactions</p>	<p><u>Technical</u> Dribbling Lots of touches Ball mastery</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Cooperation Communicating FUN</p>



Player Development