

Manitoba Soccer Association

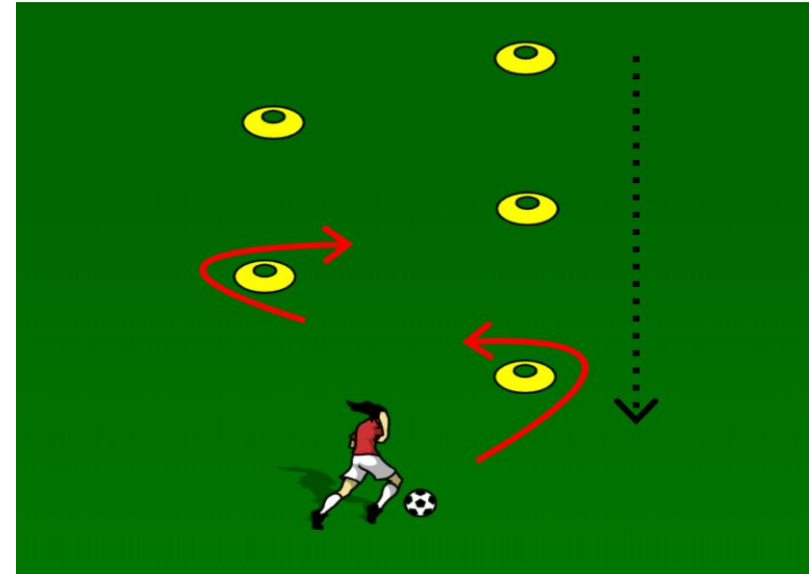
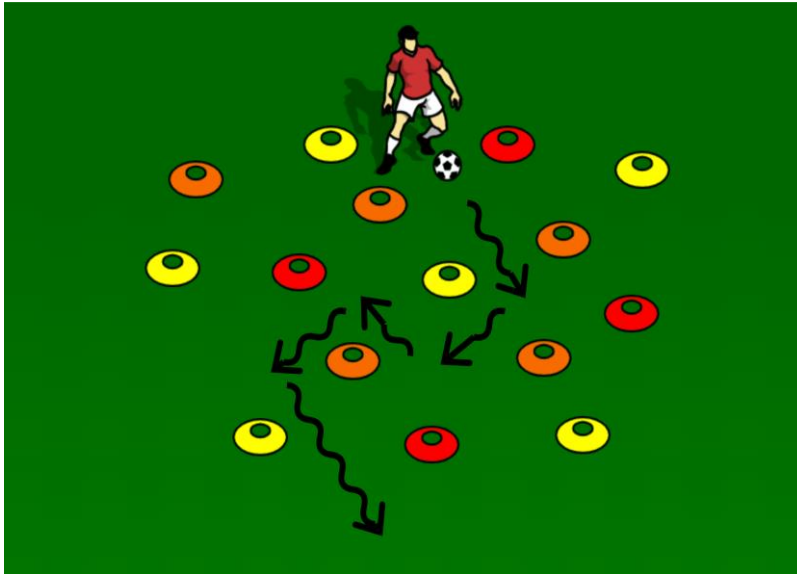
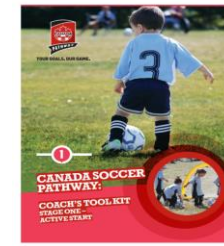
Active Start
Individual Skill Development
U4-U5

Grassroots Development





Active Start



Equipment: 1 ball and multiple cones



What to do: Dribble through the cones and try to avoid touching them. Use different patterns when moving throughout.



Variations/Progressions: Use different colour cones – ex. only dribble around the yellow cones



Keep in mind: Keep the ball close to your feet and touch the ball slightly in front when dribbling.



Equipment: 1 ball and 5 cones



What to do: Dribble in a zig-zag pattern. When you reach the end, dribble straight back and repeat.



Variations/Progressions: Start slow and try to add some more speed, but without losing control of the ball.



Keep in mind: Keep the ball close to your feet and touch the ball slightly in front when dribbling.