

Grassroots Session

Active Start – U4-U6

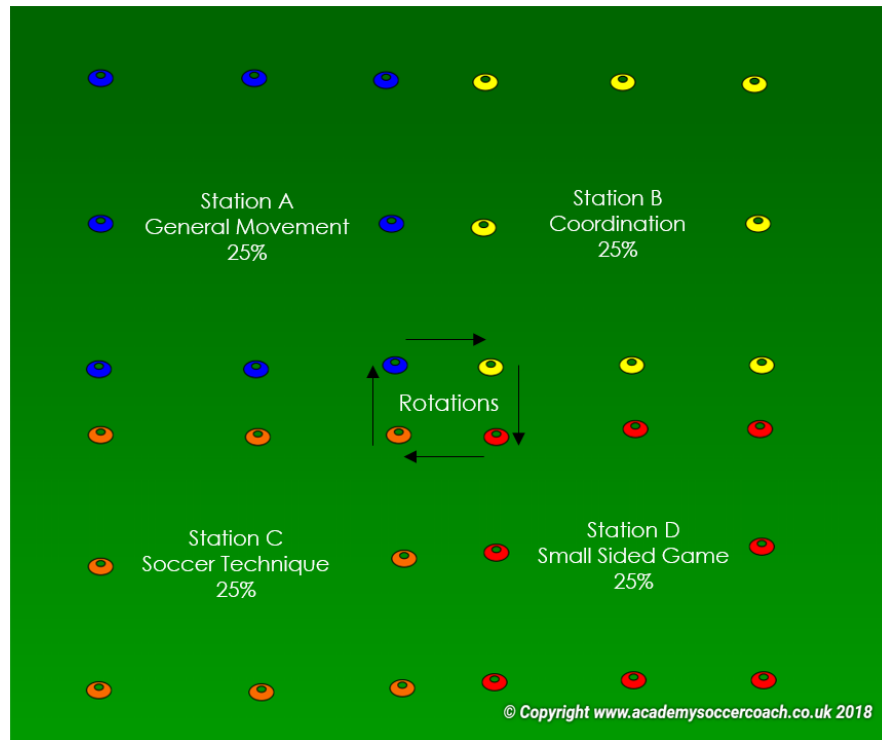


Manitoba Soccer Association
Grassroots Development



Active Start – Practice Plan

How the Preferred Training Model Works



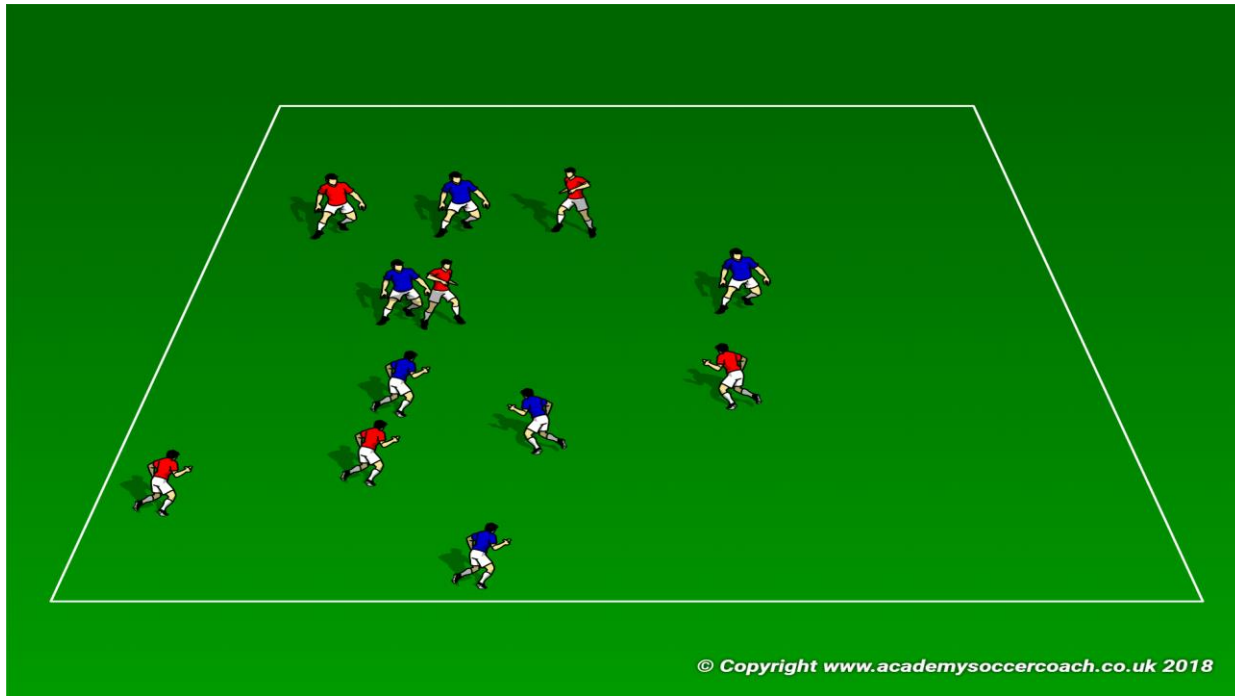
- 4 Stations (General Movement, Coordination, Soccer Technique, Small Sided-Game).
- Holistic approach - develop the individual both as a soccer player and as a person.
- Physical Literacy – develop fundamental movement skills.
- FUN! Develop a love for the game.



Active Start practice plan – Week 1

Station A

General Movement - TAG



Station Time:

Focus

FUN

All players are engaged

<u>Technical</u> Awareness	<u>Psychological</u> Confidence
<u>Physical</u> ABC,s Change of Direction	<u>Social</u> Peer Interaction

Organization: 15m x 15m Area.

Procedure: Every player for themselves! Point for every tag a player makes. Progress with different movements (backwards, hops, jumps) or/and specifying a body part that a player must tag (back only)

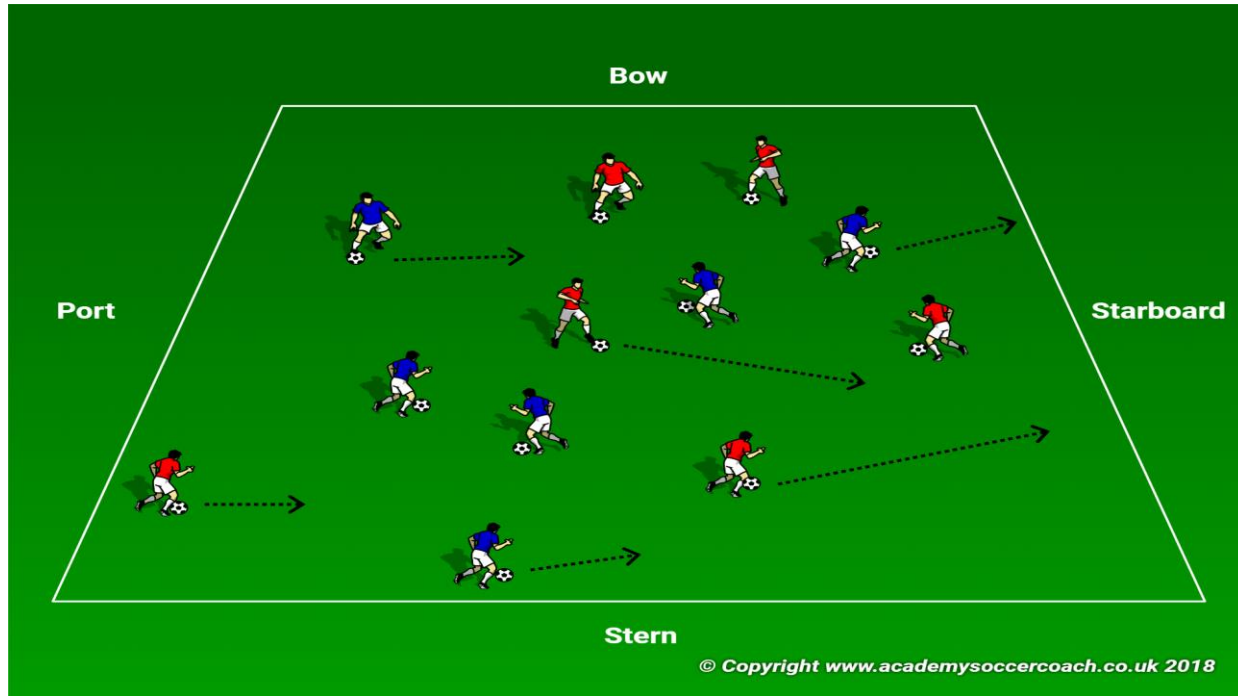
Objective: Engage & activate every player



Active Start practice plan – Week 1

Station B

Coordination (with ball) – Ship Captain



Station Time:

Focus

Running with the Ball
Spatial Awareness

<p><u>Technical</u> Awareness Dribbling Running with the Ball</p>	<p><u>Psychological</u> Confidence</p>
<p><u>Physical</u> ABC,s Change of Direction</p>	<p><u>Social</u> Peer Interaction</p>

Organization: 20m x 20m Area.

Procedure: Every player with a ball. On coaches command players dribble to the side associated with the word and put a specific body part on the ball, example head, chest, elbow. Progression – players suggest tasks for the group. Make it competitive.

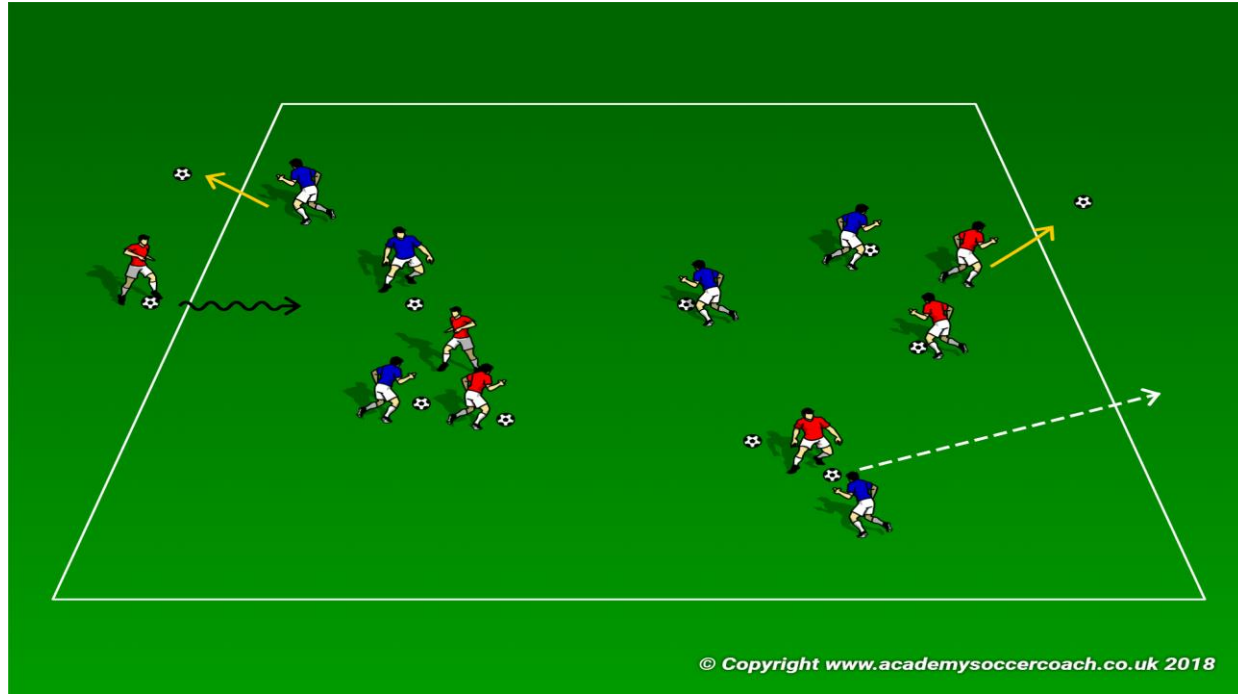
Objective: Players use all body parts.



Active Start practice plan – Week 1

Station C

Skill Development – At Sea



Station Time: 8 minutes

Focus

Awareness of other players
Dribbling under pressure

<p><u>Technical</u></p> <p>Dribbling Running with the Ball</p>	<p><u>Psychological</u></p> <p>Confidence</p>
<p><u>Physical</u></p> <p>ABC,s Change of Direction</p>	<p><u>Social</u></p> <p>Peer Interaction</p>

Organization: 20m x 20m Area.

Procedure: Every player with a ball. Players dribble and perform specific skill tasks, example toe taps, side to sides, left foot, turn. Progression – King/Queen of the Ship, players can now kick other players balls out of the square. If a players ball is kicked from the square they simply dribble back into the square and rejoin the game.

Objective: Players use all surfaces of both feet.



Active Start practice plan – Week 1

Station D

Small Sided Game – 1v1 (player v parent)



Station Time:

Focus

Creativity
FUN!

<u>Technical</u> Dribbling Running with the Ball	<u>Psychological</u> Confidence
<u>Physical</u> ABC,s Change of Direction	<u>Social</u> Peer Interaction

Organization: 20m x 20m Area.

Procedure: Player vs parent. Optional rotation of players.

Objective: Fun and creativity.

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development

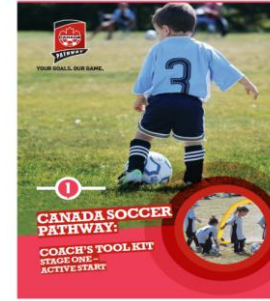




Active Start

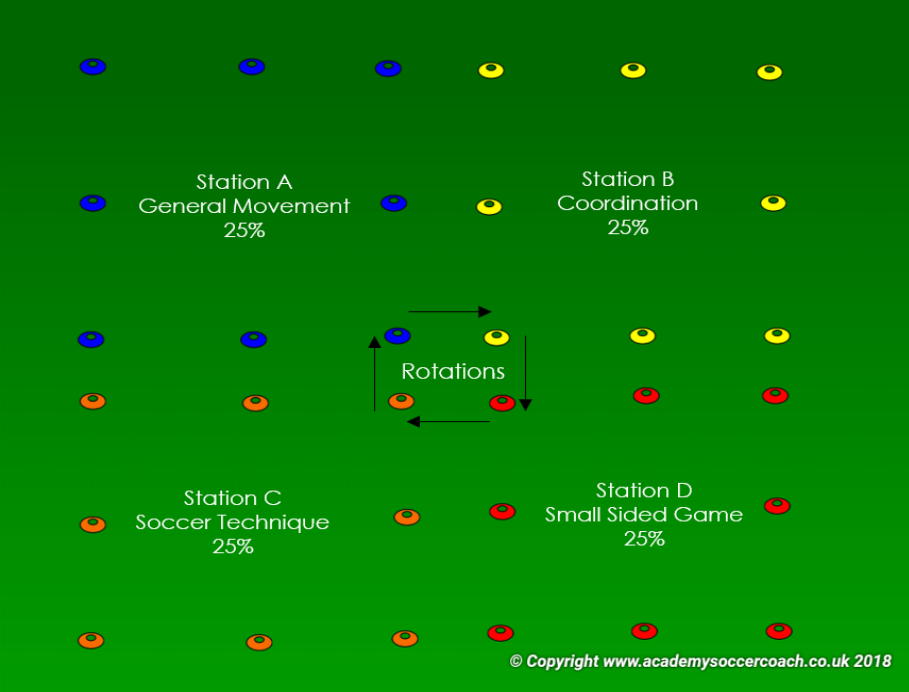
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



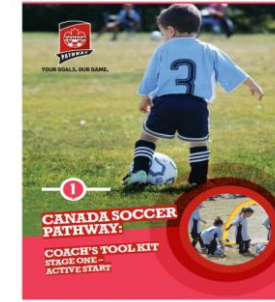
Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	



Active Start

General Movement

Follow the Leader



Organization

Pair each player with a parent or teammate.

Procedure

Either with a partner or parent, players take in turns leading partner/parent through different movements. Be creative and demonstrate a variety of movements to give ideas (turns, rolls, crawls, backwards, hops, jumps). Challenge players to try and lose their teammate! Switch partners regularly.

Progression

Introduce Ball (in hands).

Conditions

N/A

Station Time

6-8 Minutes

Area

25m x 25m



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Objective

Give players opportunity to lead, and make decisions in a fun, safe environment

Technical

Awareness
Decision Making

Psychological

Confidence

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

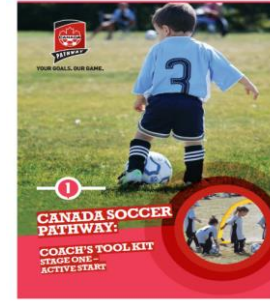
Individual: Players try a variety of movements.
Collective: All players are given leadership role.



Active Start

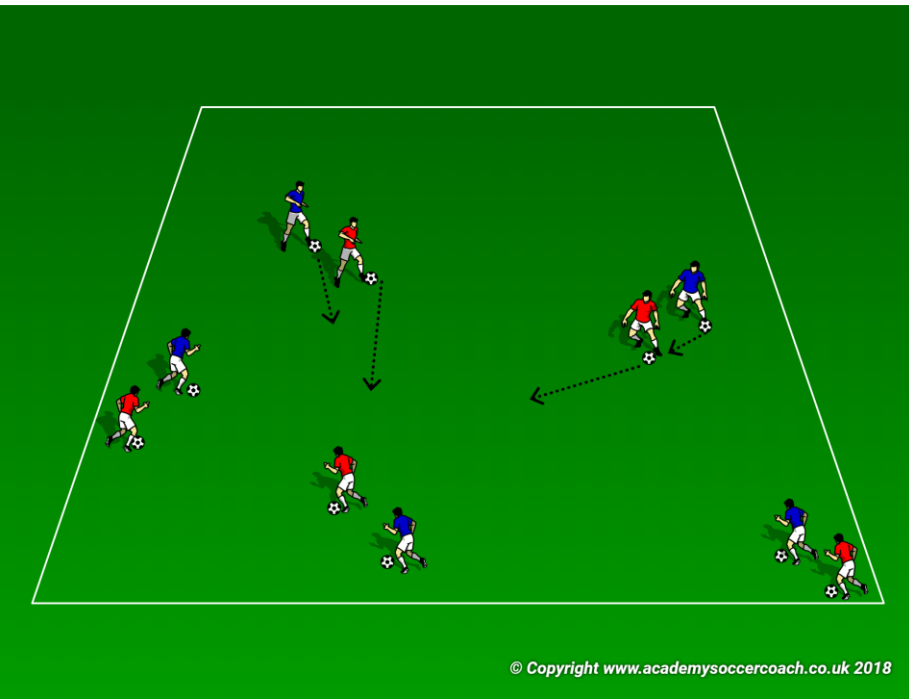
Coordination Game

Follow the Leader



Organization
Pair each player with a parent or teammate.
Procedure
Every player with a ball in partners or with a parent. Player or parent leads, partner/parent follows and copies partners actions. Encourage players to use both feet and all surfaces – players can get creative using other body parts – introduce juggling ideas (dropping ball onto foot).
Progression
Work in 3's or 4's.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



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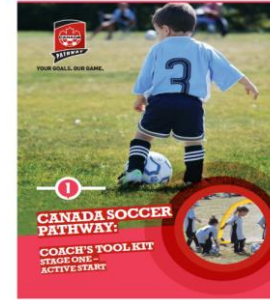
Objective	
Players try using different surfaces of both feet and are creative!	
Technical	Psychological
Awareness Dribbling Running with the Ball	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players challenge each other with various of dribbling techniques and moves.	
Collective: All players are given leadership role.	



Active Start

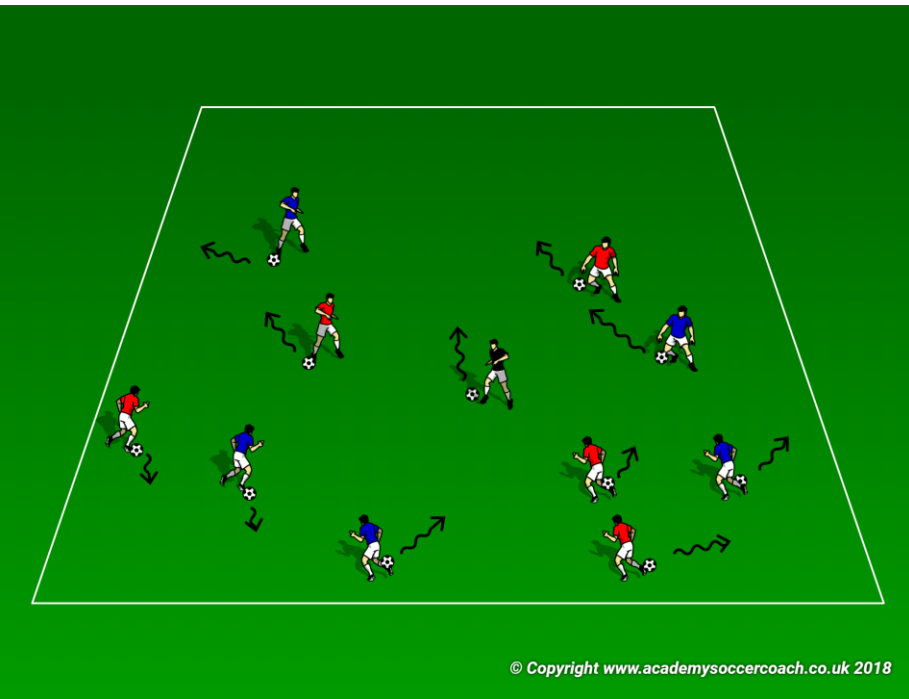
Skill Activity

Follow the Leader



Organization
Pair each player with a parent or teammate.
Procedure
Players copy Coach/parent actions with ball. Use all surfaces of feet, and different body parts – introduce numbers/words/coloured pinnies that require an action from players. Example, call a number and players must get into groups of that number.
Progression
Progress to competition – (30 seconds to keep ball away from coach or teammates).
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



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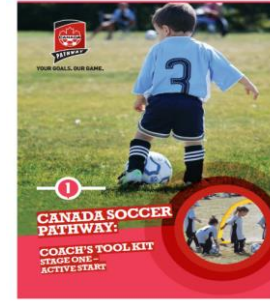
Objective	
Awareness of other players Dribbling under pressure	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques.	
Collective: Players are aware of other players.	



Active Start

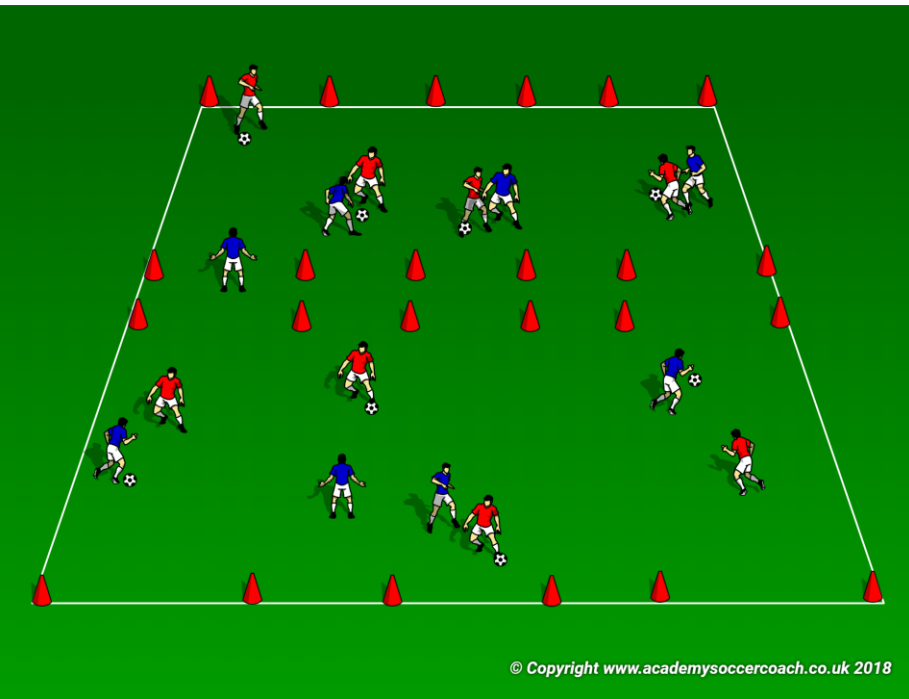
Small Sided Game

1v1



Organization	Pair each player with a parent or teammate.
Procedure	Player vs player/parent. Optional rotation of players
Progression	N/A
Conditions	N/A

Station Time	Area
6-8 Minutes	20m x 20m



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Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players beat opponents in 1v1.	
Collective: Players are confident on the ball.	

Manitoba Soccer Association

Active Start Practice Plan
U4-U6

Grassroots Development





Active Start

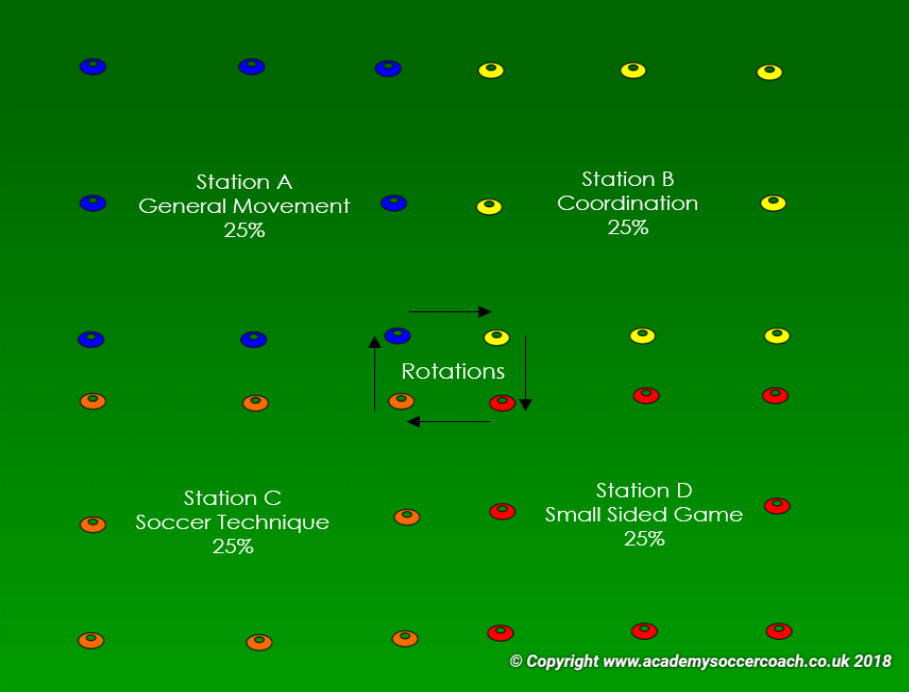
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	

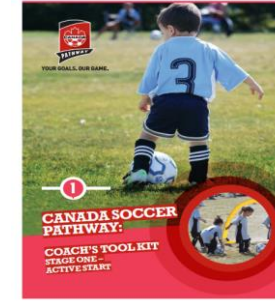


Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



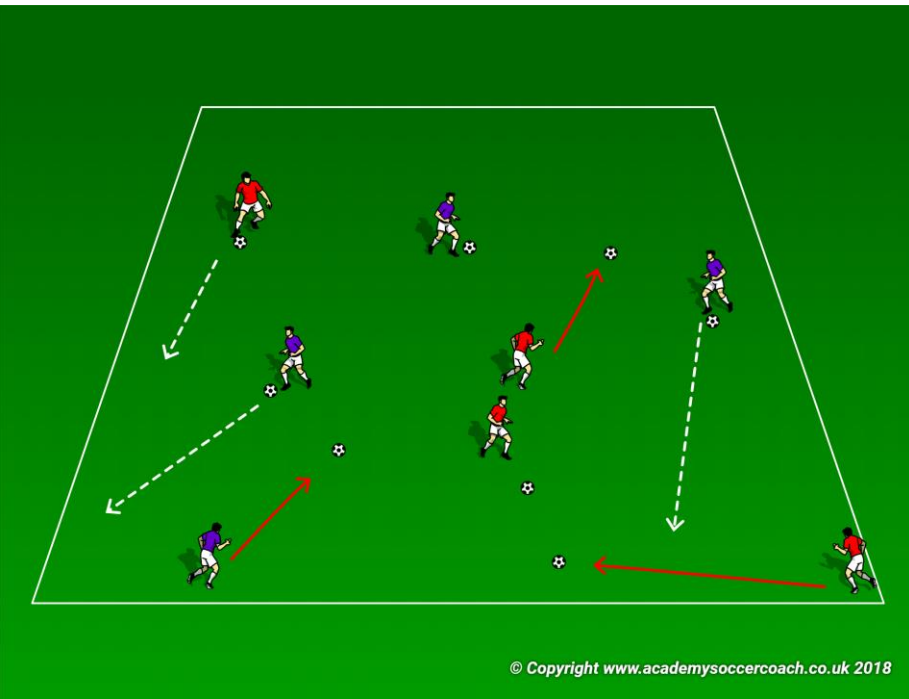
Active Start

General Movement



Organization
Every players with a ball.
Procedure
Players begin by striking the ball anywhere in the area. Players simply retrieve ball and continue to strike using different parts of the foot (free play).
Progression
1. Introduce different movements every time ball is played, example, players crab walk to ball.
Conditions
1. Players alternate feet.

Station Time	Area
6-8 Minutes	25m x 25m



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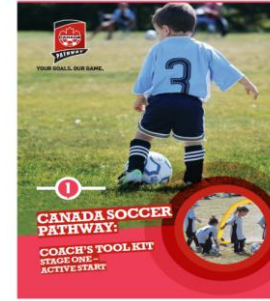
Objective	
Allow players opportunity to be creative and take leadership by letting them give suggestions for different movements or tasks within the activity.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try a variety of movements and striking techniques.	
Collective: Players feel valued.	



Active Start

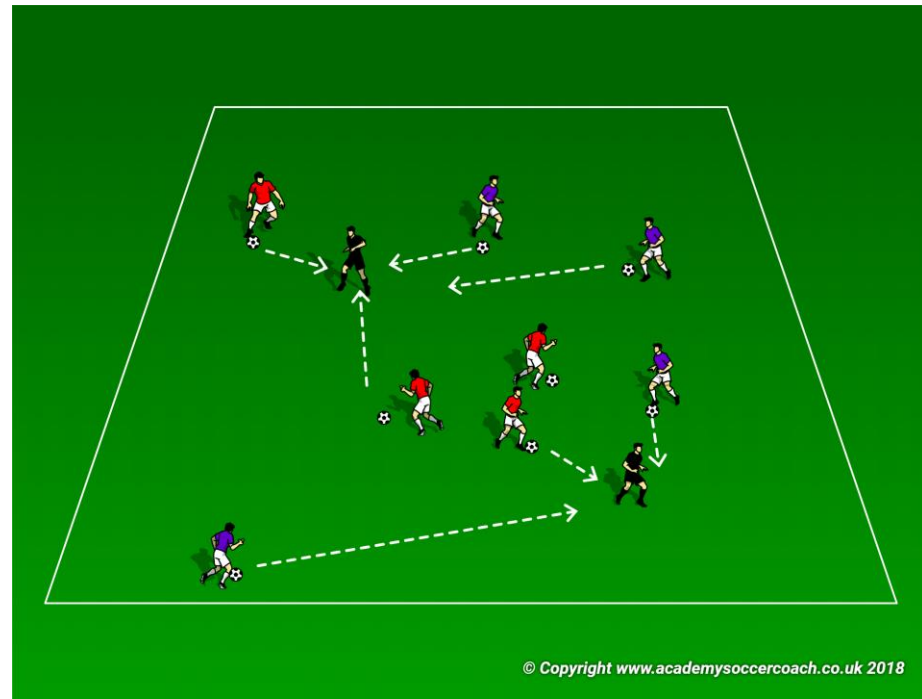
Coordination Game

Asteroids



Organization
Each player with ball, set up cones around the area.
Procedure
Players try to knock down as many cones as possible in time limit.
Progression
<ol style="list-style-type: none"> 1. Introduce defenders – players who pick cones back up after they are knocked down. 2. Have coaches/parents as moving targets! Players try to hit coaches/parents as they move around area.
Conditions
<ol style="list-style-type: none"> 1. Alternate feet.

Station Time	Area
6-8 Minutes	25m x 25m



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Objective	
Players try using different surfaces of both feet and are creative!	
Technical	Psychological
Awareness Ball striking Running with the Ball	Confidence Composure
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players adjust body positioning when striking at moving target, Collective: All players are active and engaged.	



Active Start

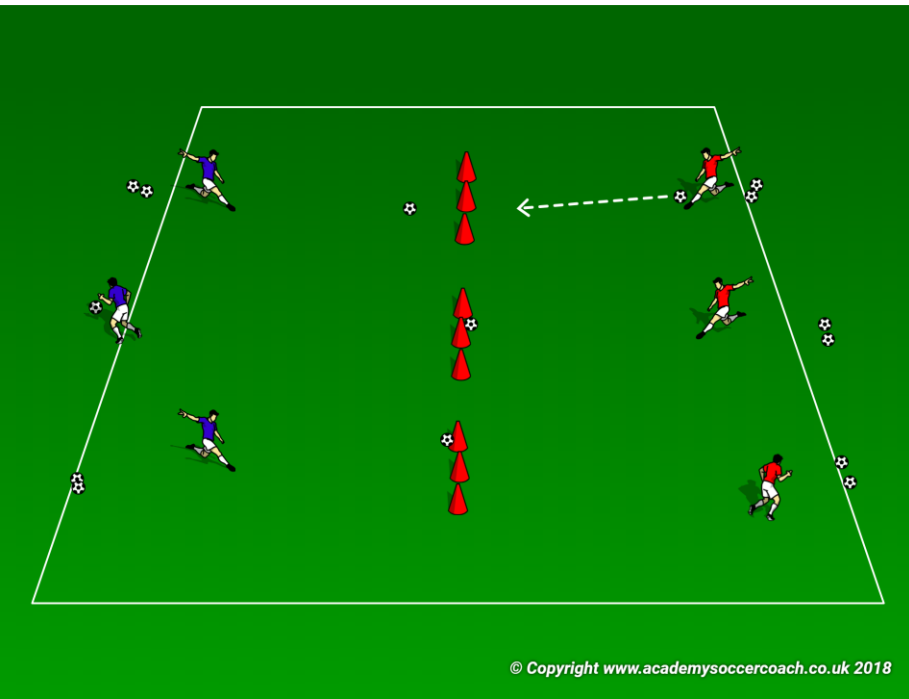
Skill Activity

Soccer Bowling



Organization
Pair each player with a parent or teammate. Set-up cones in-between players.
Procedure
Players attempt to knock over cones from a suitable distance. Can either have 3 cones for each player to knock over or have 3 between both players.
Progression
1. Can make a competition, first player or team to knock over all 3 cones.
Conditions
<ol style="list-style-type: none"> 1. Left foot only. 2. Limit touches. 3. Set appropriate distance from cones for each individual.

Station Time	Area
6-8 Minutes	25m x 25m



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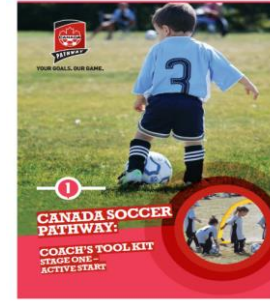
Objective	
Players become comfortable striking the ball.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players become comfortable striking the ball.	
Collective: Players recognize open targets.	



Active Start

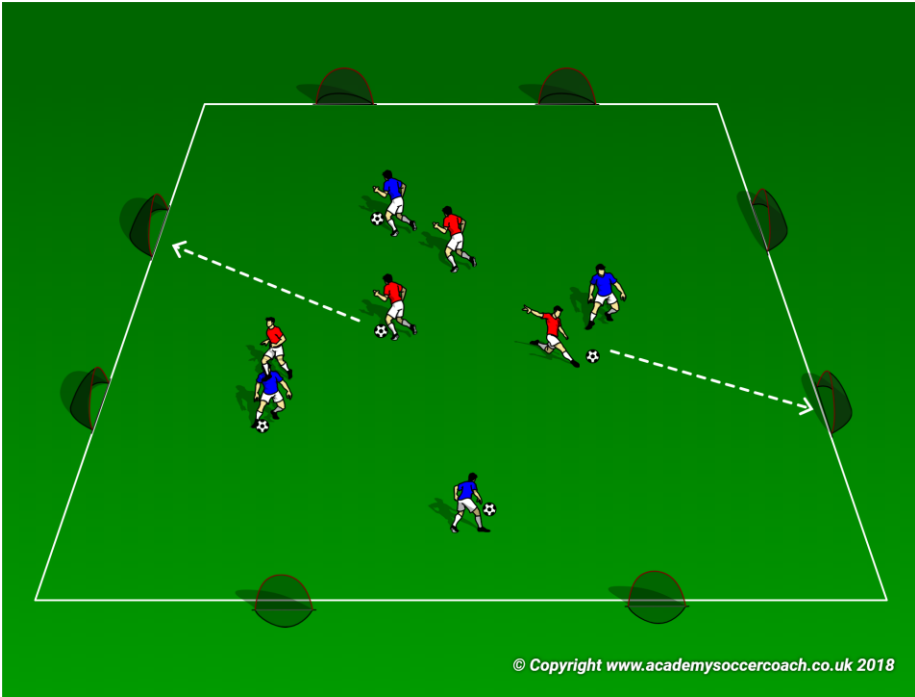
Small Sided Game

Finishing Bonanza



Organization
Every player with a ball. Set up goals around the playing area.
Procedure
Players have a timed period to score as many goals as possible.
Progression
<ol style="list-style-type: none"> 1. Shorten time period. 2. Make competitive. 3. Introduce defenders.
Conditions
<ol style="list-style-type: none"> 1. Left foot finishes only. 2. Cannot go to the same goal twice until every goal has been scored in.

Station Time	Area
6-8 Minutes	20m x 20m



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Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction Competition
Outcome	
<p>Individual: Players identify which nets are open.</p> <p>Collective: Players accomplish task whilst being aware of other players.</p>	



Manitoba Soccer Association

Active Start
Practice Plan
U4-U6

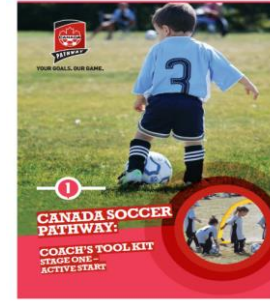
Grassroots Development



Active Start

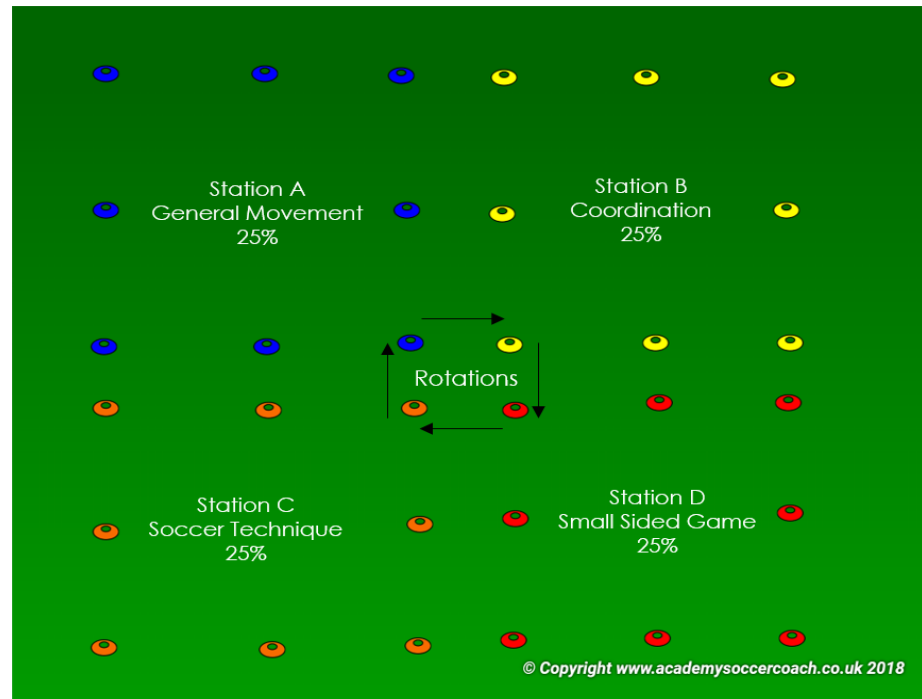
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



Active Start

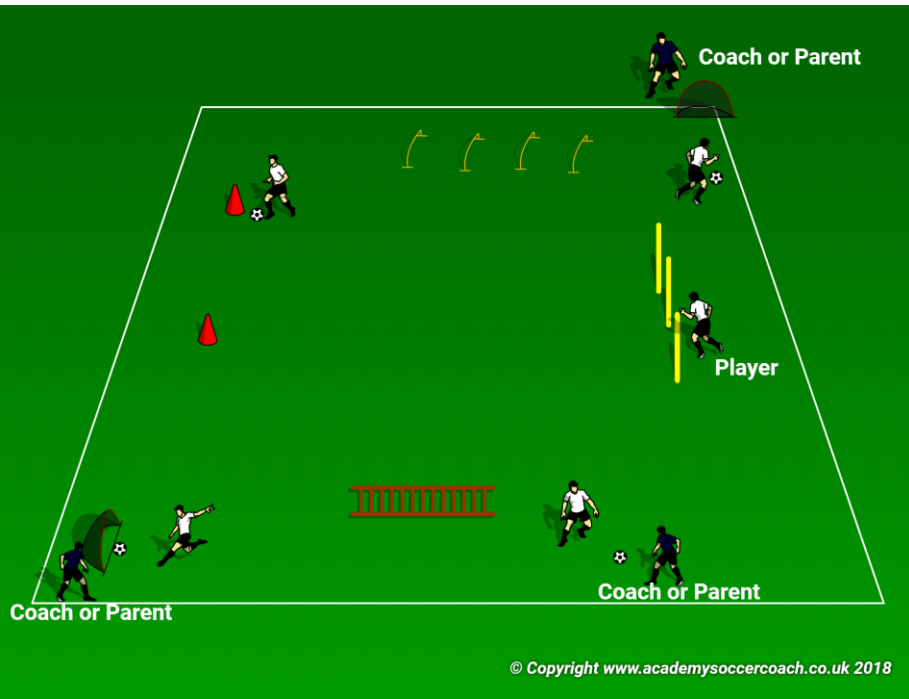
General Movement

Obstacle Course



Organization
Set up different obstacle activities within a circuit. Have parents at various obstacles to encourage and help players.
Procedure
Players complete tasks as set up Coach.
Progression
<ol style="list-style-type: none"> 1. Vary each task with different instructions. 2. Get suggestions from players for each activity (give them ownership)
Conditions
<ol style="list-style-type: none"> 1. Players set conditions.

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Allow players opportunity to be creative and take leadership by letting them give suggestions for different movements or tasks within the activity.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try a variety of movements and ball manipulation tasks.	
Collective: Players feel valued.	



Active Start

Coordination Game

Playground Soccer



Organization
Pair each player with a parent or teammate. 2v2, set up multiple games.
Procedure
Teams play 2v2, if ball goes out of play get the nearest ball and restart play.
Progression
N/A
Conditions
N/A

Station Time	Area
6-8 Minutes	15m x 25m



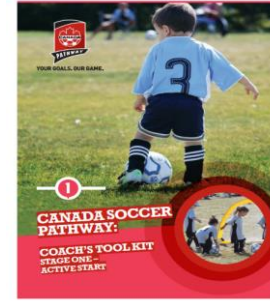
Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players become more comfortable with the ball.	
Collective: Players recognize support players.	



Active Start

Skill Activity

Sharks Den



Organization

Each player with ball. Different coloured cones in the middle of the area guarded by a coach or parent.

Procedure

Players dribble their ball around the area and attempt to steal cones. Parent attempt to steal players ball, or grab it and throw/kick it away from centre.

Progression

1. Set different values for coloured cones, example Red Cones = 3, Blue Cones = 2.
2. Multiple Parents act as sharks.
3. Players can be sharks.

Conditions

1. Players can only steal one cone at a time.
2. Players hold 3 cones at one time so they try to steal most valuable cones.

Station Time

6-8 Minutes

Area

25m x 25m



Manitoba Soccer Association – Grassroots Development

Objective

Players identify open spaces based on opponent (parents) movement.

Technical

Awareness
Ball striking
Running with the Ball

Psychological

Confidence
Composure

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

Individual: Players maximize touches on the ball while under pressure.

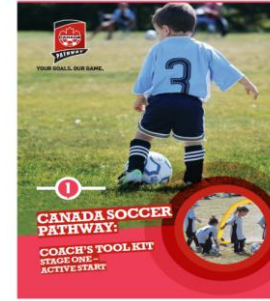
Collective: All players are active and engaged.



Active Start

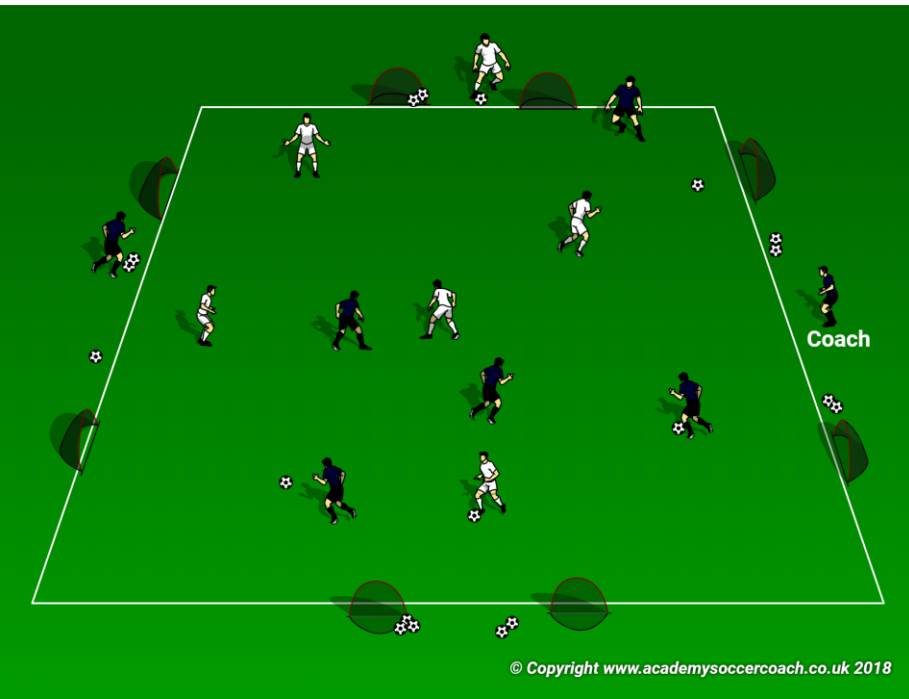
Small Sided Game

World Cup Finishing



Organization
Player teams up with a parent. Set up mini-nets around the area, with balls spread around.
Procedure
Players pick their favourite country. Players attempt to score as many goals as possible in time limit. After player scores, the parent can give the player another ball to score in another goal.
Progression
<ol style="list-style-type: none"> 1. Change competition to first player to score in every goal. 2. The parent becomes the defender.
Conditions
<ol style="list-style-type: none"> 1. Players must celebrate goals.

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction Competition
Outcome	
<p>Individual: Players are aware of teammates, and open spaces/goals.</p> <p>Collective: Players are creative within the game.</p>	



Manitoba Soccer Association

Active Start
Practice Plan
U4-U5

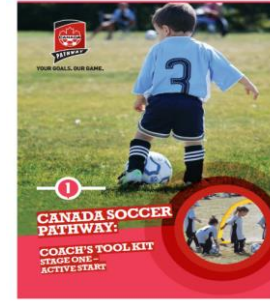
Grassroots Development



FUNdamentals

Preferred Training Model

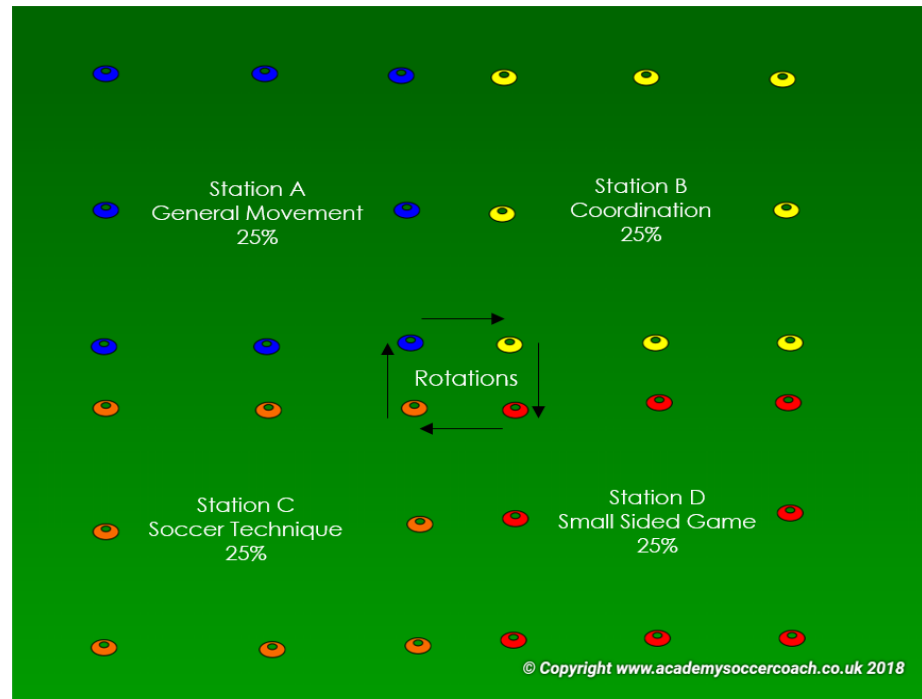
How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	

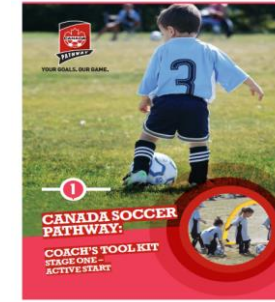




Active Start

General Movement

Relay Races



Organization

Partner player with a parent. (Optional) obstacles, and soccer balls in-between or at either start/end point. (Be creative)

Procedure

Coach sets tasks that incorporate as many of the following movements as possible; walking, running, hopping, skipping, backwards, crab/bear walking, slithering, crawling. Ask the players to give suggestions.

Progression

1. Add a ball.

Conditions

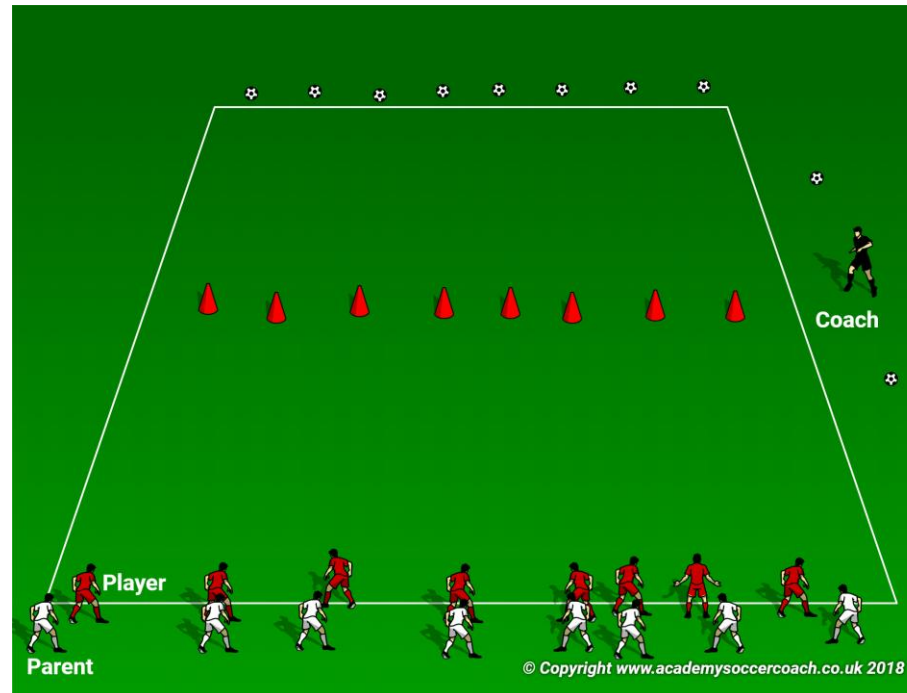
1. Relate movement to an animal of choice and include animal sounds.
2. Players set conditions.

Station Time

6-8 Minutes

Area

25m x 25m



Objective

Players perform a variety of movement exercises and tasks, whilst having fun and being creative in suggestions for group.

Technical

Dribbling
Running with Ball

Psychological

Confidence
Competitiveness

Physical

ABC,s
Change of Direction

Social

Listening
Communication

Outcome

Individual: Players try a variety of movements and ball manipulation tasks.

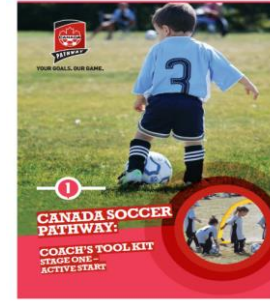
Collective: Players feel valued.



Active Start

Coordination Game

Playground Soccer



Organization
Pair each player with a parent or teammate. 2v2, set up multiple games.
Procedure
Teams play 2v2, if ball goes out of play get the nearest ball and restart play.
Progression
N/A
Conditions
N/A

Station Time	Area
6-8 Minutes	15m x 25m



Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players become more comfortable with the ball.	
Collective: Players recognize support players.	



Active Start

Skill Activity

Swamp Lands



Organization

Place a stack of different coloured cones in middle of area. Split group into 2 teams with a camp/base for each team. With 1-2 parents in the middle area.

Procedure

Players choose their favourite animal, and take 1 cone at a time to their Base. While players have a cone in their hand they make the sound of their animal. Crocodiles (parents) who are crawling/crab walking act as obstacles for players. When all cones are gone from middle players can steal from opponents base.

Progression

1. Coloured cones have different values, RED=3pts, Blue=1pt etc.

Conditions

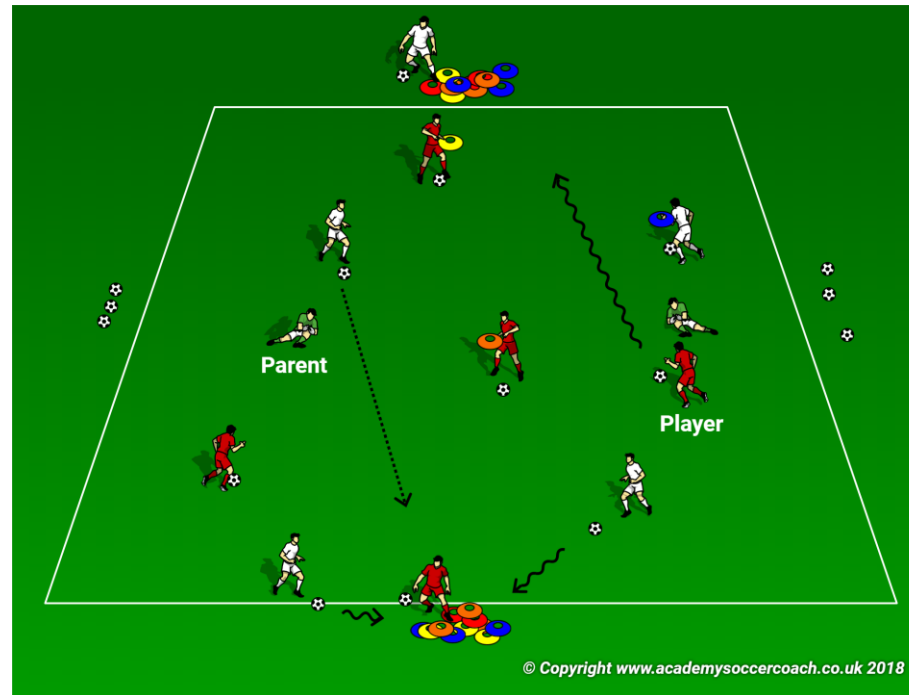
N/A

Station Time

6-8 Minutes

Area

25m x 25m



Objective

Players are aware of parents, teammates and opponents whilst dribbling/running with the ball.

Technical

Dribbling
Running with the Ball

Psychological

Confidence
Competitiveness

Physical

ABC,s
Change of Direction
General Fitness

Social

Cooperation
Decision Making
Problem Solving

Outcome

Individual: Players have their heads up when dribbling/running with the ball.

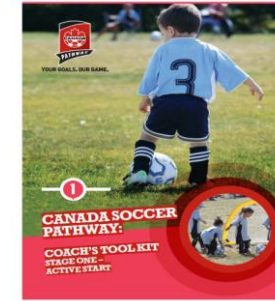
Collective: All players are active and engaged.



Active Start

Small Sided Game

Finishing Challenge



Organization

Set up goals around the perimeter. Coach gives players 4 different ways to score, example laces, instep, weaker foot, backheel, toe poke, half-volley (players can pick ball up and bounce it before striking).

Procedure

Player + Parent pair up, after every goal parent gives player a new ball. Players have a set time to score as many goals as possible using the chosen technique.

Progression

1. Players pick their own finishing technique without assistance from coach.
2. Players can score on a net that doesn't have a ball in it.

Conditions

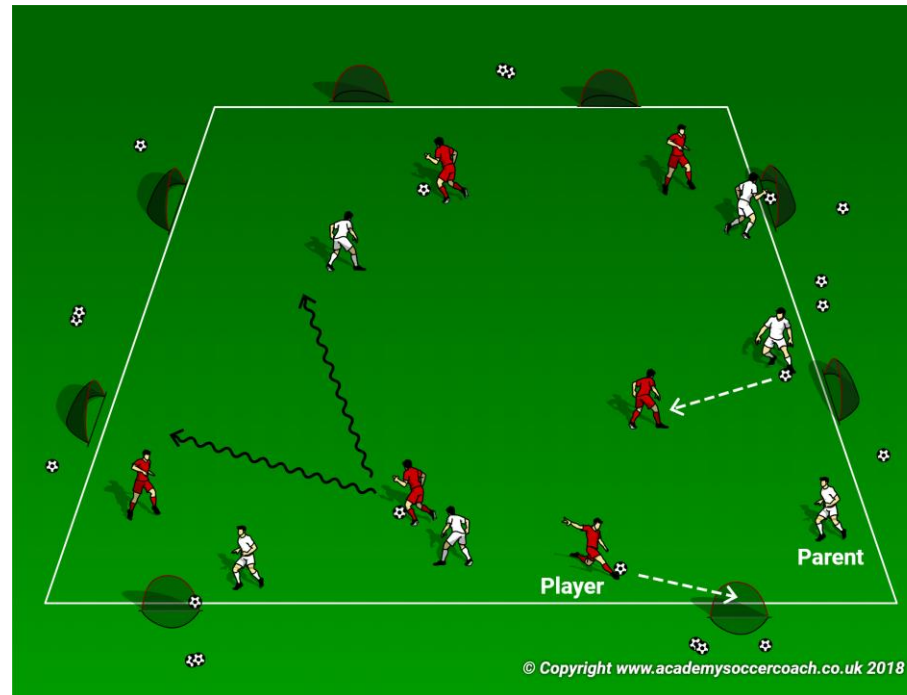
1. Players score only from chosen technique.

Station Time

6-8 Minutes

Area

25m x 25m



Objective

Fun and creativity.

Technical

Finishing
First Touch
Dribbling
Running with Ball

Psychological

Self - Confidence
Competitiveness
Concentration

Physical

ABC,s
Change of Direction
General Fitness

Social

Decision Making
Fair Play

Outcome

Individual: Players understand task and get repetition of finishing techniques..
Collective: Players are creative and come up with their own suggestions for the activity.



Manitoba Soccer Association

Active Start Practice Plan
U4-U5

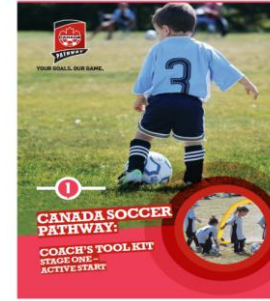
Topic: Ball Mastery
Grassroots Development



FUNdamentals

Preferred Training Model

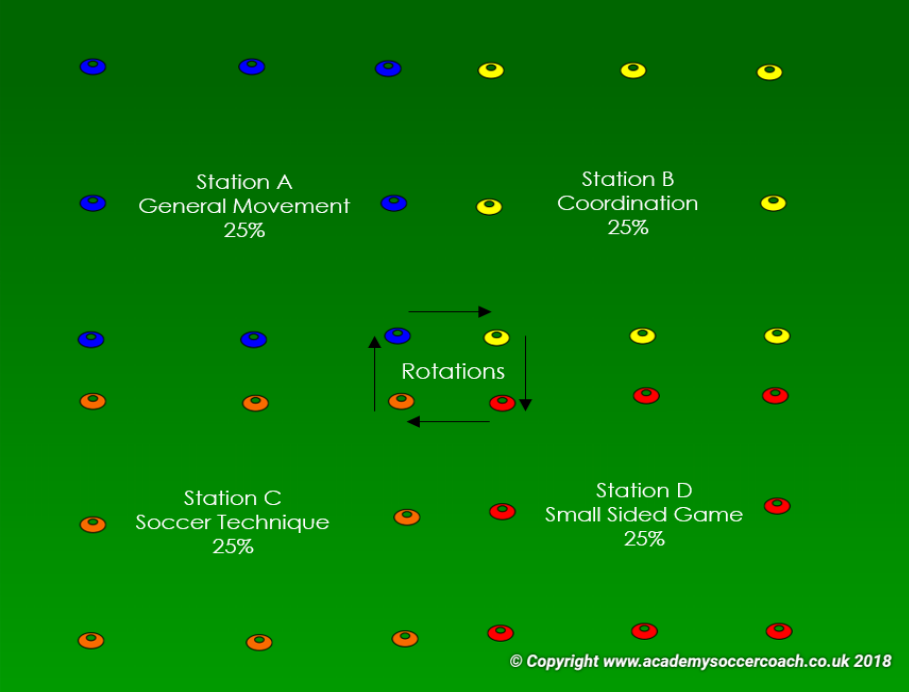
How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	

Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	

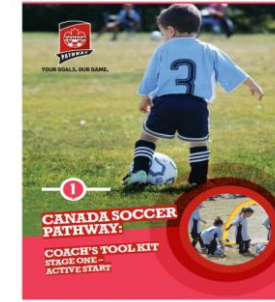




Active Start

General Movement

1v1 Tag Challenge



Organization

Partner player with a parent. Set up 2 cones which acts as a 'safe' zone, and 2 end lines.

Procedure

1 partner is attacker, 1 is defender. Attacker uses the 'safe' zone to try and deceive/unbalance defender and beat the defender to either end line. Defender must tag attacker between 'safe' zone and end line.

Progression

1. Make it competitive (play for points).
2. Add different movements, for example, outside safe zone players must hop/jump/walk/skip/run backwards.

Conditions

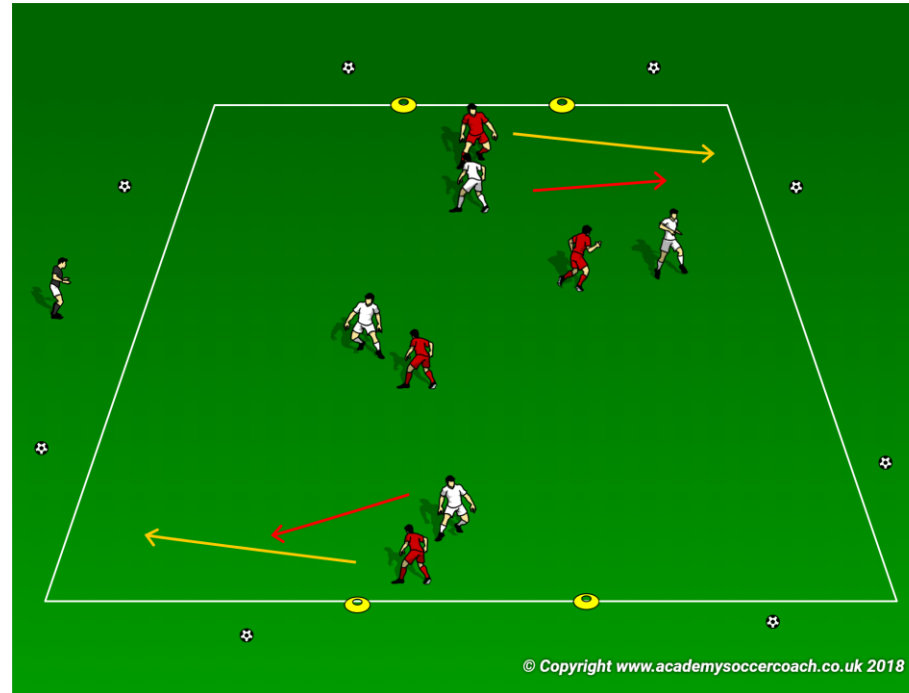
1. Defenders cannot tag inside 'safe' zone.
2. Time Limit for attacker to get out of 'safe' zone.

Station Time

6-8 Minutes

Area

25m x 25m



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Manitoba Soccer Association – Grassroots Development

Objective

Players demonstrate an understanding of how they can use their body to deceive an opponent.

Technical

N/A

Psychological

Confidence
Competitiveness

Physical

ABC,s
Change of Direction

Social

Problem Solving
Decision Making

Outcome

Individual: Players try a variety of movements to create space for themselves.

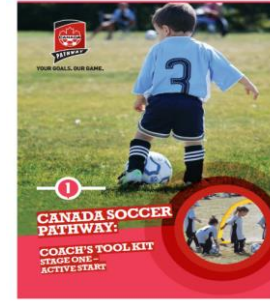
Collective: Players change direction at speed continually.



Active Start

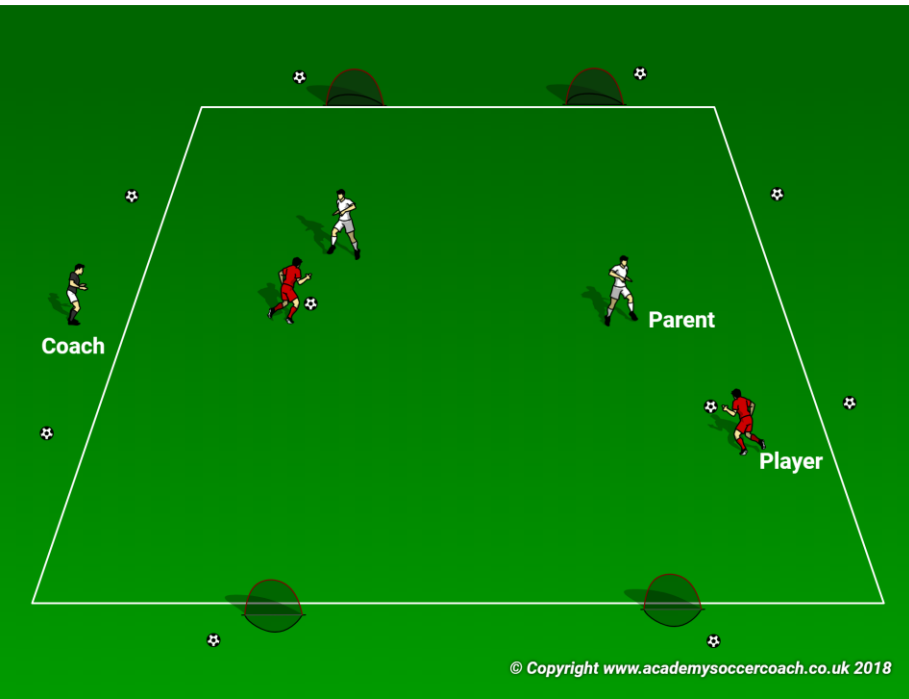
Coordination Game

Playground Soccer



Organization	2-4 mini nets on field.
Procedure	Partner (parent) and player play 1v1.
Progression	1. 2v2
Conditions	N/A

Station Time	Area
6-8 Minutes	15m x 25m



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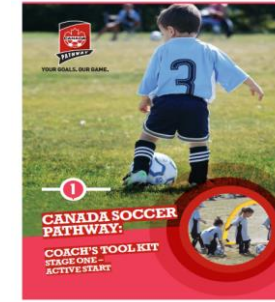
Objective		Players become more comfortable with the ball.	
Technical	Psychological	Awareness Decision Making	Confidence
Physical	Social	ABC,s Change of Direction General Fitness	Peer Interaction
Outcome			
Individual: Players can get their heads up while dribbling to find open spaces.			
Collective: Players are competitive.			



Active Start

Skill Activity

Capture the Cones



Organization

Place a stack of different coloured cones in middle of area. Split group into 2 teams with a camp/base for each team. With 1-2 parents in the middle area as taggers.

Procedure

Players steal cones from the middle (1 at a time) while dribbling. If tagged by a parent they freeze (with ball) until freed (tagged) by a teammate. Once all cones are taken from middle players can steal from opponents.

Progression

1. Coloured cones have different values, RED=3pts, Blue=1pt etc.
2. Split into 3-4 teams.
3. Players can tag opponents.

Conditions

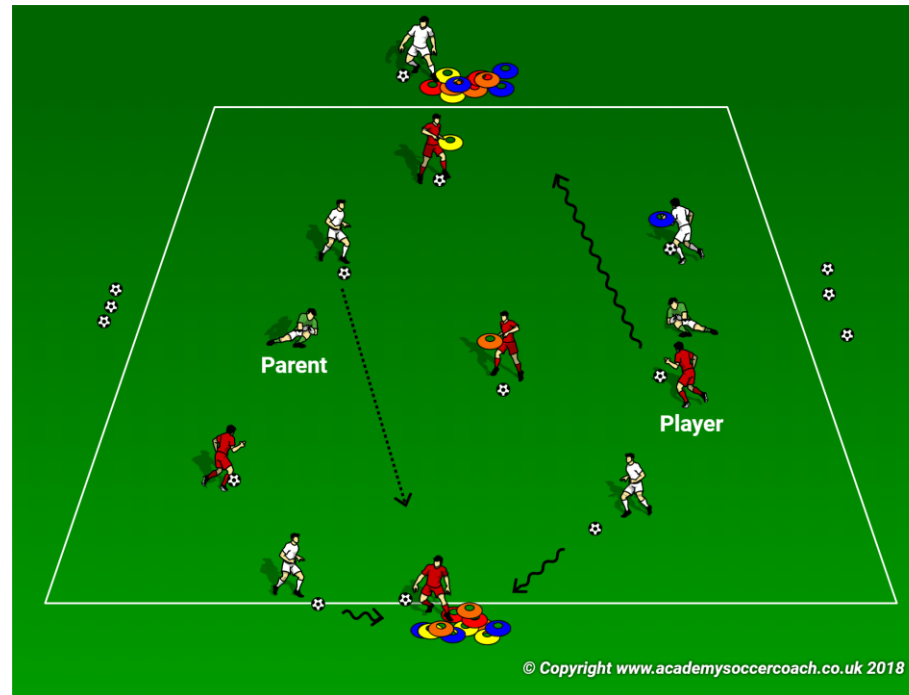
N/A

Station Time

6-8 Minutes

Area

25m x 25m



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Objective

Players are aware of parents, teammates and opponents whilst dribbling/running with the ball.

Technical

Dribbling
Running with the Ball

Psychological

Confidence
Competitiveness

Physical

ABC,s
Change of Direction
General Fitness

Social

Cooperation
Decision Making
Problem Solving

Outcome

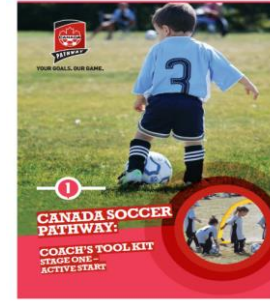
Individual: Players can identify open spaces.
Collective: All players are active and engaged.



Active Start

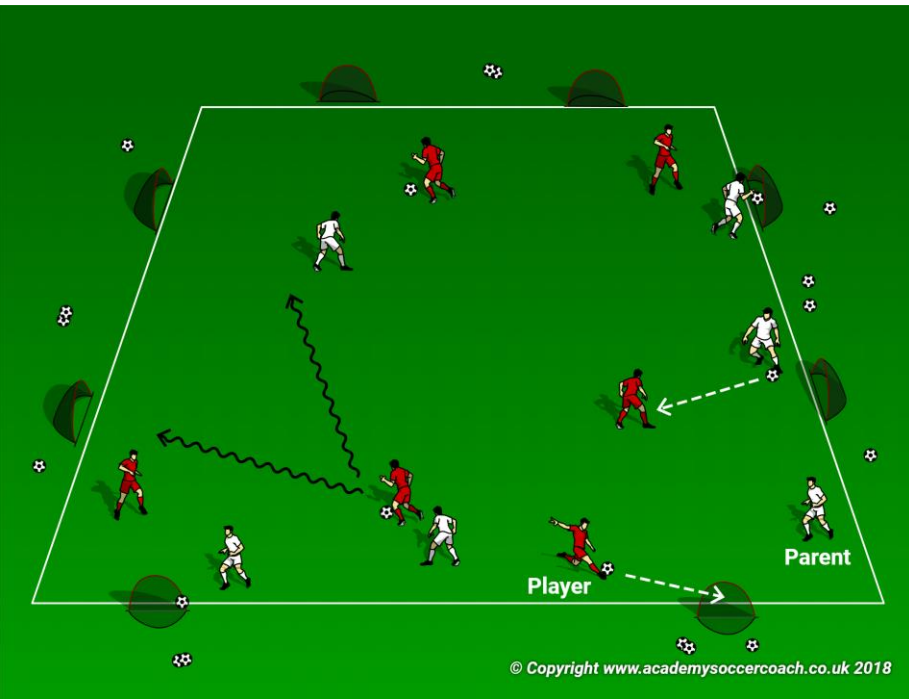
Small Sided Game

Finishing Challenge



Organization
Set up goals around the perimeter. Player and parent partner up with 1 ball.
Procedure
Players complete tasks set by coach, example first player to score 10 goals. After player scores, parent is ready with a new ball.
Progression
<ol style="list-style-type: none"> 1. Double points for weaker foot finish. 2. Player vs Parent. 3. Higher number of goals required.
Conditions
N/A

Station Time	Area
6-8 Minutes	20m x 20m



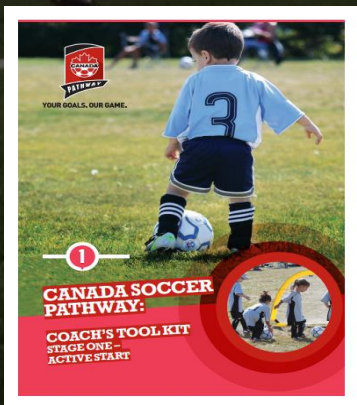
Objective	
Fun and creativity.	
Technical	Psychological
Finishing First Touch Dribbling Running with Ball	Self - Confidence Competitiveness Concentration
Physical	Social
ABC,s Change of Direction General Fitness	Decision Making Fair Play
Outcome	
Individual: Players understand task and get repetition of finishing techniques.. Collective: Players are creative and come up with their own suggestions for the activity.	



Active Start Practice Plan

Topic: Ball Mastery

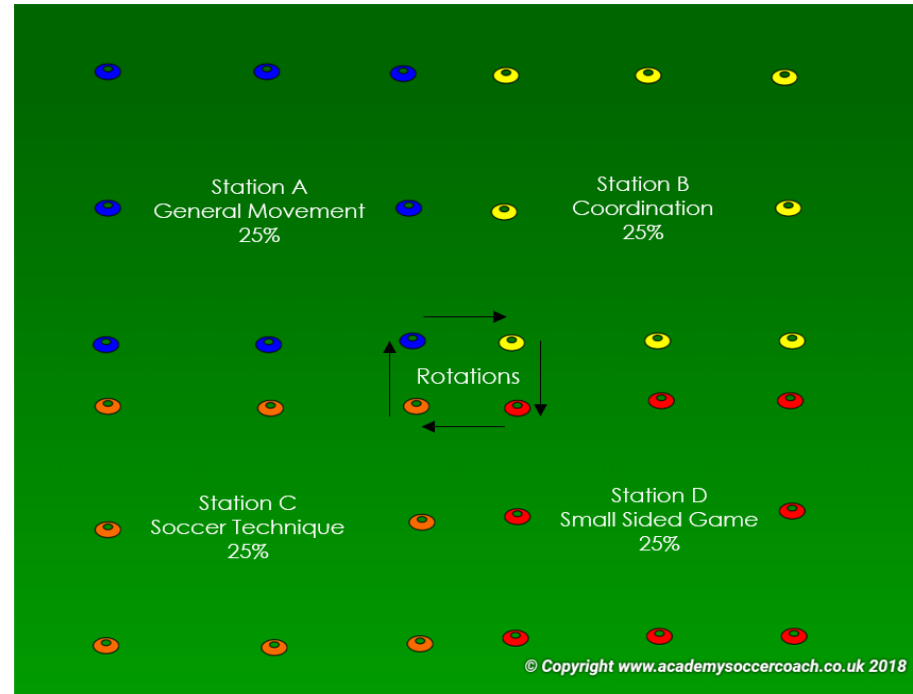
Grassroots Development U4-U5 Players



Active Start

Station

Station Time	Area
6-8 Minutes	
Organization	Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure	Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression	Be prepared to progress an activity/game based on the level of the group.
Conditions	Be prepared to add a condition that challenges the group.



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment.	
Technical	Psychological
Various Techniques	FUN
Physical	Social
Physical Literacy	Problem Solving
Outcome	

Individual:
Players develop a love for the game.

Collective:
Players are creative, engaged, and are having fun.



Active Start

General Movement - Link Tag

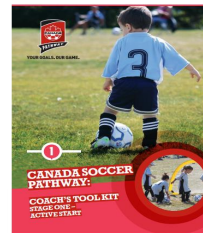
Station Time	Area
6-8 Minutes	25m x 25m
Organization	Set up 20m x 20m area. All players are inside area.
Procedure	Parent begins as tagger, when tagged player now links arms with parent, game ends when all players are linked together.
Progression	1. Start with 2 taggers and see which chain becomes biggest.
Conditions	1. (Optional) Untagged players can only walk.



Objective	
Players demonstrate an understanding of how they can use their body to deceive an opponent.	
Technical	Psychological
N/A	Confidence Competitiveness
Physical	Social
ABC,s Change of Direction	Problem Solving Decision Making
Outcome	

Individual:
Players try a variety of movements to create space for themselves.

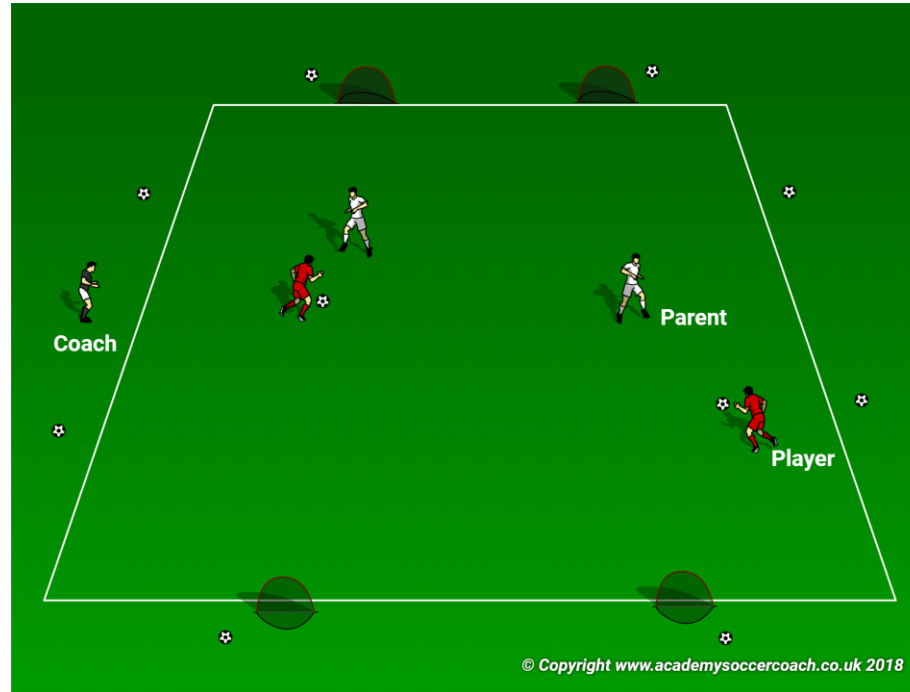
Collective:
Players change direction at speed continually.



Active Start

Soccer Coordination – Playground Soccer

Station Time	Area
6-8 Minutes	15m x 20m
Organization	
2-4 mini nets on field.	
Procedure	
Partner (parent) and player play 1v1.	
Progression	
1. 2v2	
Conditions	
N/A	



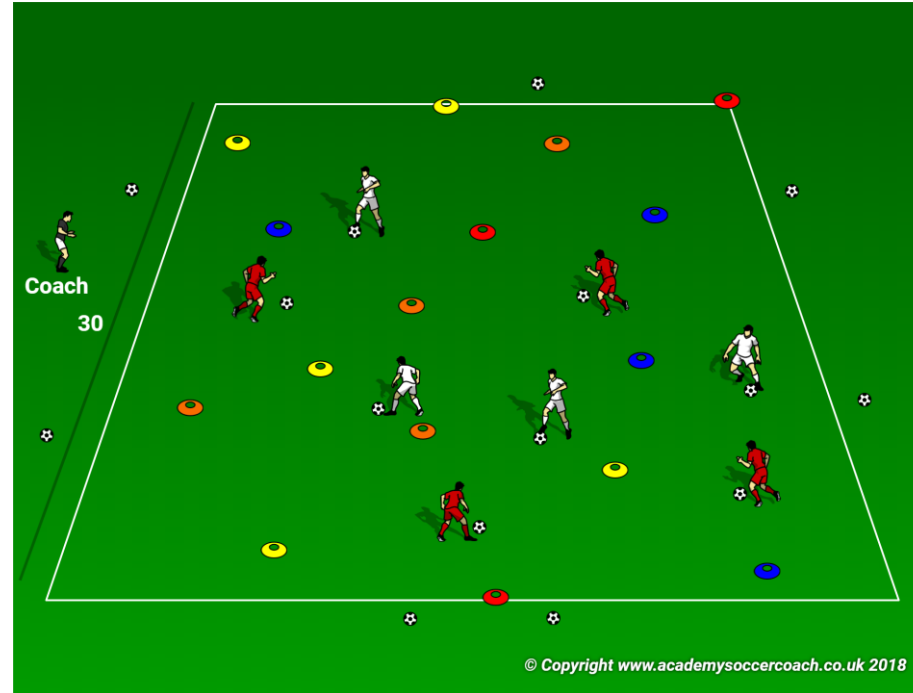
Objective	
Players become more comfortable with the ball.	
Technical	Psychological
N/A	Confidence Competitiveness
Physical	Social
ABC,s Change of Direction	Problem Solving Decision Making
Outcome	
Individual: Players can get their heads up while dribbling to find open spaces.	
Collective: Players are competitive.	



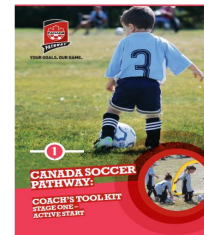
Active Start

Skill Activity – Race to 100

Station Time	Area
6-8 Minutes	25m x 25m
Organization	Scatter cones within area. Every player with ball.
Procedure	Players are tasked by the Coach with challenges, example, first player to touch the ball 20 times.
Progression	<ol style="list-style-type: none"> 1. First player to (higher number). 2. (Example) 25 touches with weaker foot. 3. First player to pick up 10 cones.
Conditions	<ol style="list-style-type: none"> 1. Players must use every surface of both feet in this exercise.



Objective	
Players are aware of parents, teammates and opponents whilst dribbling/running with the ball.	
Technical	Psychological
Dribbling Running with the Ball	Confidence Competitiveness
Physical	Social
ABC,s Change of Direction General Fitness	Cooperation Decision Making Problem Solving
Outcome	
Individual: Players can identify open spaces.	
Collective: All players are active and engaged.	



Active Start

Small Sided Game – 1v1 Playground Soccer

Station Time	Area
6-8 Minutes	25m x 25m
Organization	4 mini nets, 1 on each side line. Partner up player and parent, play head to head with each other.
Procedure	Player and parents with a ball each. Coach sets tasks, players and parents play head to head against each other to achieve task. Example, first to score 5 goals.
Progression	<ol style="list-style-type: none"> 1. Parent and player now share ball, and play 1v1. 2. Other ideas for games, first player to dribble around 5 nets, or score with weaker foot.
Conditions	N/A

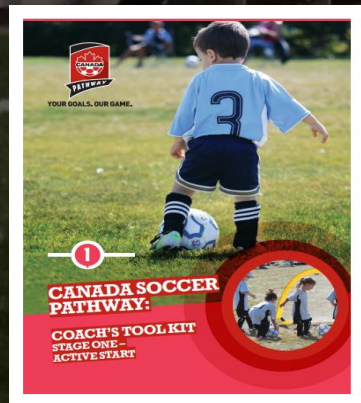


Objective	
Fun and creativity.	
Technical	Psychological
Finishing First Touch Dribbling Running with Ball	Self - Confidence Competitiveness Concentration
Physical	Social
ABC,s Change of Direction General Fitness	Decision Making Fair Play
Outcome	

Individual:
Players are confident.

Collective:
Players are comfortable playing with a partner. and engaged.





Active Start Practice Plan

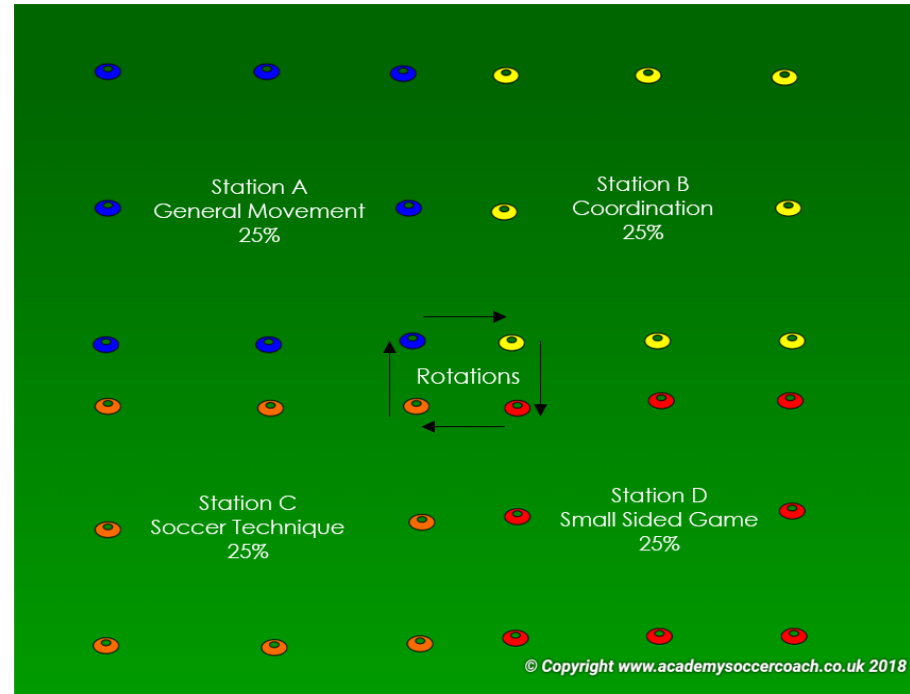


Topic: Running with the Ball
Grassroots Development U4-U5 Players

Active Start

Preferred Training Model

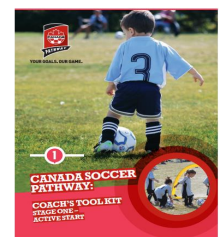
Station Time	Area
6-8 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment.	
Technical	Psychological
Various Techniques	FUN
Physical	Social
Physical Literacy	Problem Solving
Outcome	

Individual:
Players develop a love for the game.

Collective:
Players are creative, engaged, and are having fun.



Active Start

General Movement – Shark Tank Part 1

Station Time	Area
--------------	------

6-8 Minutes 20m x 20m

Organization

Set up 10m x 10m area. 1-2 sharks (defenders) in the middle. All other players surround area.

Procedure

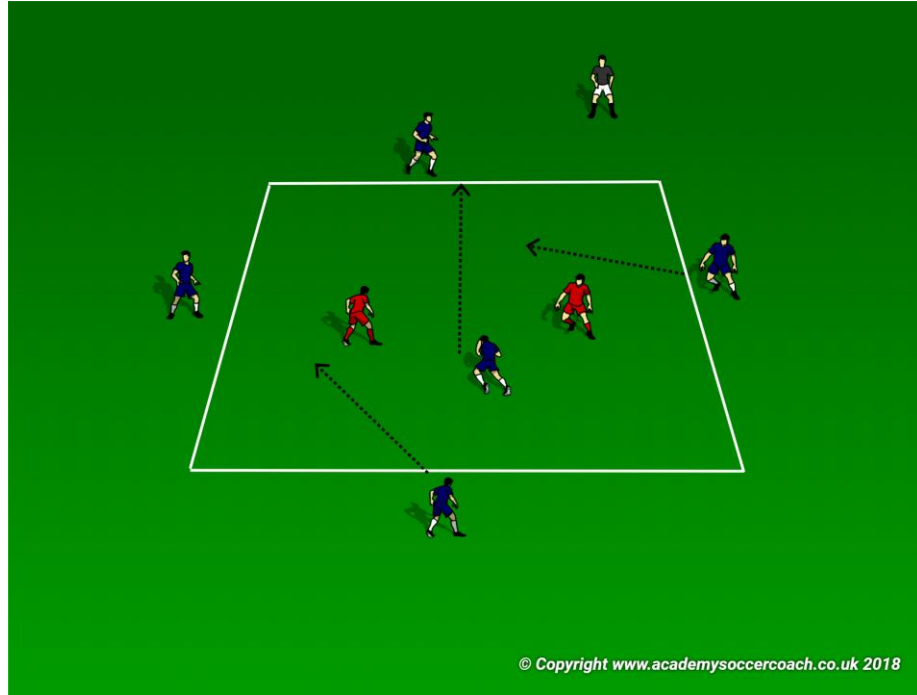
Start with a parent or coach as shark. Players run through area avoiding the shark! If shark tags a player they switch roles.

Progression

1. All players (taggers & outside players) crab walk/bear walk/hop/walk through area.
2. More sharks (2-3)

Focus

1. All players are active, engaged, and perform a variety of different movements.



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Objective

Players recognize opportunities to exploit space!

Technical	Psychological
-----------	---------------

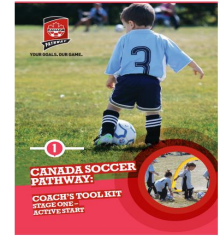
N/A Confidence
Competitiveness

Physical	Social
----------	--------

ABC,s Problem Solving
Change of Direction Decision Making

Outcome

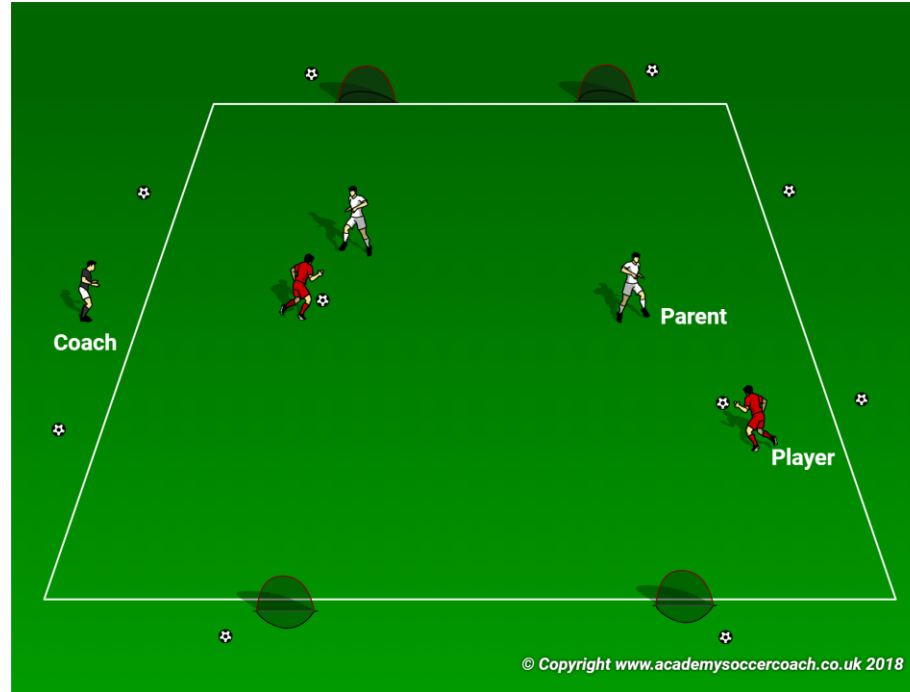
- Individual:**
Players demonstrate a change of speed to exploit space.
- Collective:**
Players can recognize gaps.



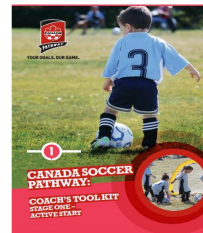
Active Start

Soccer Coordination – Playground Soccer

Station Time	Area
6-8 Minutes	15m x 20m
Organization	
2-4 mini nets on field.	
Procedure	
Partner (parent) and player play 1v1.	
Progression	
1. 2v2	
Focus	
1. Fun and creativity	



Objective	
Players become more comfortable with the ball.	
Technical	Psychological
N/A	Confidence Competitiveness
Physical	Social
ABC,s Change of Direction	Problem Solving Decision Making
Outcome	
Individual: Players can get their heads up while dribbling to find open spaces.	
Collective: Players are competitive.	



Active Start

Skill Activity – Shark Tank Part 2

Station Time	Area
--------------	------

6-8 Minutes 20m x 20m

Organization

Set up a 10x10 grid inside area. 4 pug-nets, one on each side. 1-2 sharks inside (parent/coach). Outside players (fish) with ball (can have players pick their favourite Disney sea character).

Procedure

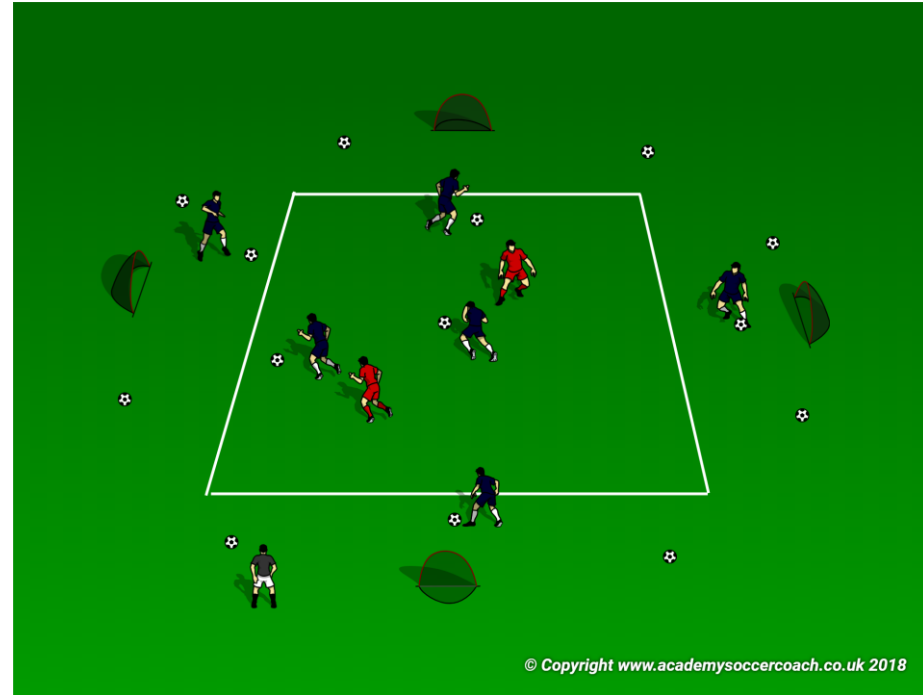
The fish try to make it through the tank without being tagged by the sharks. Once players have made it through they score in the pug net and celebrate.

Progression

1. Have players as sharks – if a shark wins the ball off a fish they switch roles.

Focus

1. Encourage players to keep their heads up at all times to identify gaps.



Objective

Players identify gaps between defenders.

Technical	Psychological
-----------	---------------

Dribbling Running with the Ball	Confidence Competitiveness
------------------------------------	-------------------------------

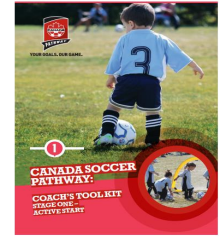
Physical	Social
----------	--------

ABC,s Change of Direction	Decision Making Problem Solving
------------------------------	------------------------------------

Outcome

Individual:
Players can identify open spaces.

Collective:
All players are active and engaged.



Active Start

Small Sided Game – 1v1 Playground Soccer

Station Time	Area
--------------	------

6-8 Minutes 20m x 20m

Organization

4 mini nets, 1 on each side line. Partner up player and parent, play head to head with each other.

Procedure

Player and parents with a ball each. Coach sets tasks, players and parents play head to head against each other to achieve task. Example, first to score 5 goals.

Progression

1. Parent and player now share ball, and play 1v1.
2. Other ideas for games, first player to dribble around 5 nets, or score with weaker foot.

Focus

1. Maximize touches on the ball (under pressure).



Objective

Fun and creativity.

Technical	Psychological
-----------	---------------

Finishing First Touch Dribbling Running with Ball	Self - Confidence Competitiveness Concentration
--	---

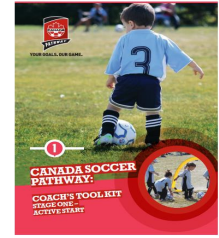
Physical	Social
----------	--------

ABC,s Change of Direction General Fitness	Decision Making Fair Play
---	------------------------------

Outcome

Individual:
Players are confident.

Collective:
Players are comfortable playing with a partner. and engaged.

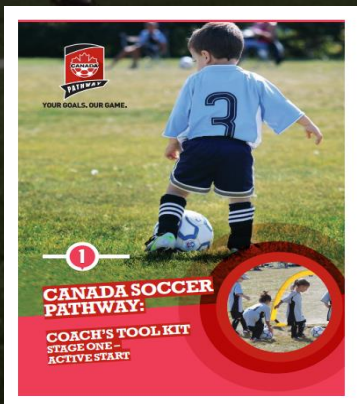




Active Start Practice Plan

Topic: Shooting

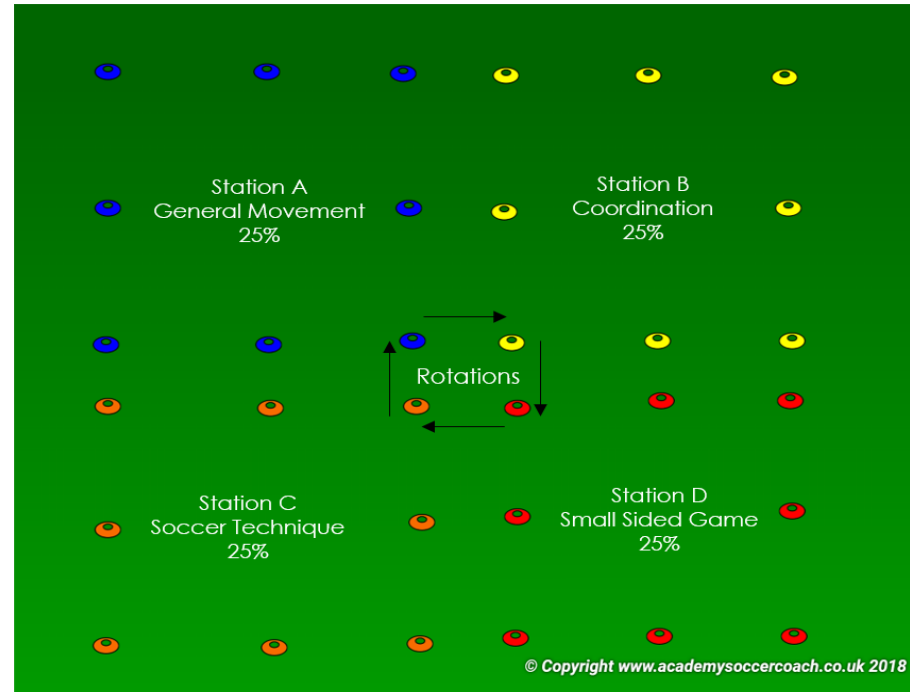
Grassroots Development U4-U5 Players



Active Start

Preferred Training Model

Station Time	Area
6-8 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment.	
Technical	Psychological
Various Techniques	FUN
Physical	Social
Physical Literacy	Problem Solving
Outcome	

Individual:
Players develop a love for the game.

Collective:
Players are creative, engaged, and are having fun.



Active Start

General Movement – The destroyers

Station Time	Area
--------------	------

6-8 Minutes	20m x 20m
-------------	-----------

Organization

Spread markers and tall cones around area. Partner-up parents & players with 1 ball.

Procedure

Players and parents link or hold hands while the players dribbles around the area avoiding the cones. Coaches set physical tasks if players dribble out of the area or into a cone – toes-taps/jumping jacks/hops/jumps. After a few minutes the coach will initiate the game – players are (Gary the Destroyer) bulldozing the tall cones over while parents (Bob the Builder) fix them (pick them up).

Progression

1. Introduce a defender (either a parent or player).

Focus

Players maximize touches on the ball.



Objective

Players are engaged, and have FUN.

Technical	Psychological
-----------	---------------

Ball Striking Dribbling Running with the Ball	Confidence Competitiveness Self-Control
---	---

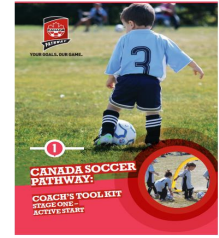
Physical	Social
----------	--------

ABC,s Awareness Basic Motor Skills Change of Direction	Problem Solving Decision Making Sharing
---	---

Outcome

Individual:
Players are aware of others when dribbling.

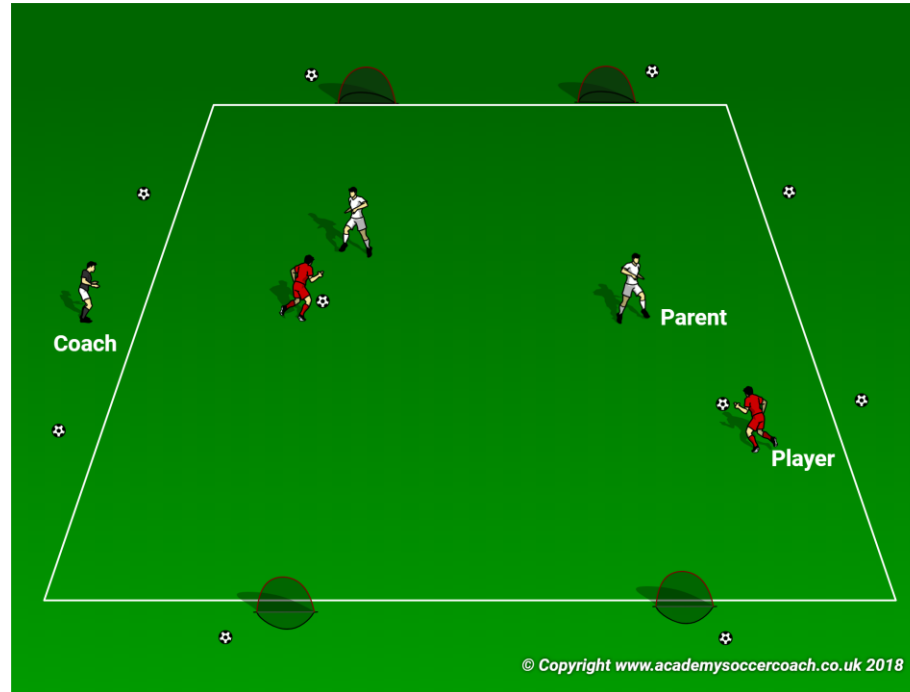
Collective:
Players try to dribble with different parts of the foot.



Active Start

Soccer Coordination – Playground Soccer

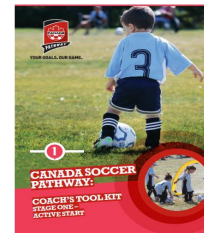
Station Time	Area
6-8 Minutes	15m x 20m
Organization	
2-4 mini nets on field.	
Procedure	
Partner (parent) and player play 1v1.	
Progression	
1. 2v2	
Conditions	
N/A	



Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Dribbling Running with the Ball Finishing	Confidence Competitiveness
Physical	Social
ABC,s Awareness Basic Motor Skills	Problem Solving Decision Making
Outcome	

Individual:
Players can get their heads up while dribbling to find open spaces.

Collective:
Players are competitive.



Active Start

Skill Activity – ‘Giant Bomb’

Station Time	Area
--------------	------

6-8 Minutes	20m x 20m
-------------	-----------

Organization

Put all the balls in the middle of the area inside a coned area. Every player is assigned their own goal/net.

Procedure

Players run/walk/hop to centre where they turn, dribble and shoot into their net. Player with the most balls in their net wins – if you do not have nets, use coned gates & have the coach/parents retrieve any loose balls. Set physical task for any player who knocks over a tall cone.

Progression

- Once all the balls are gone from the middle players can steal one ball at a time from another goal.
- Add in different values for different coloured balls.

Focus

Players have FUN!



Objective

Players are active & engaged.

Technical	Psychological
-----------	---------------

Dribbling Running with the Ball Finishing	Confidence Competitiveness
---	-------------------------------

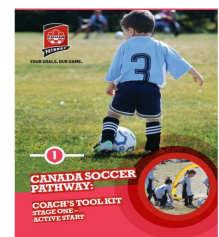
Physical	Social
----------	--------

ABC,s Awareness Basic Motor Skills	Cooperation Decision Making Problem Solving
--	---

Outcome

Individual:
Players look before shooting/striking the ball.

Collective:
Players are aware of opponents because they have their heads up and are scanning/checking surroundings.



Active Start

Small Sided Game – 1v1 Playground Soccer

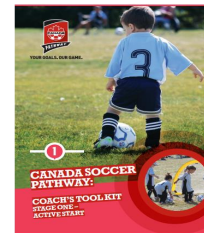
Station Time	Area
6-8 Minutes	25m x 25m
Organization	2-4 mini nets around field. Spread cones around the field. Every player & parent with ball.
Procedure	Players/Parents must knock a cone down (with ball) before they can score on a net. Coaches pick cones back up after its knocked down. First player to 10 (or coaches number of choice).
Progression	1. Parents pick up cones once knocked down – just players with ball now.
Focus	Players are creative with striking techniques.



Objective	
Fun and creativity.	
Technical	Psychological
Finishing First Touch Dribbling Running with Ball	Self - Confidence Competitiveness Concentration
Physical	Social
ABC,s Change of Direction Basic Motor Skills	Decision Making Fair Play
Outcome	

Individual:
Players strike the ball using proper techniques (no toe punts!)

Collective:
Players are aware of opponents and space.

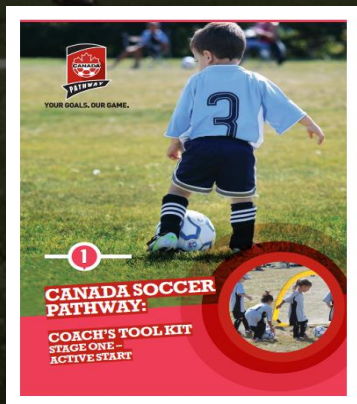




Active Start Practice Plan

Topic: Dribbling

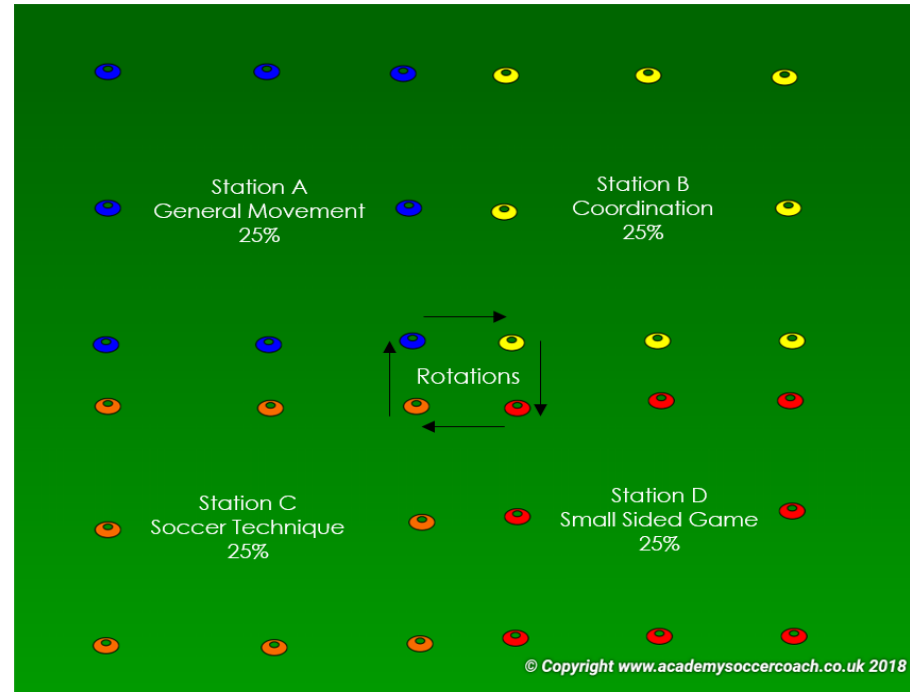
Grassroots Development U4-U5 Players



Active Start

Station

Station Time	Area
6-8 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment.	
Technical	Psychological
Various Techniques	FUN
Physical	Social
Physical Literacy	Problem Solving
Outcome	

Individual:
Players develop a love for the game.

Collective:
Players are creative, engaged, and are having fun.



Active Start

General Movement – Space Invasion

Station Time	Area
--------------	------

6-8 Minutes	15m x 15m
-------------	-----------

Organization

Set-Up 4-5 coned gates in area – have parents as taggers – make sure players always outnumber parents/taggers. Have a theme, example (space racers) players pick characters (cadet Robyn, Eagle, Hawk, Raven, Dodo, Vulture, Pigeon) or planets. Parents are meteors.

Procedure

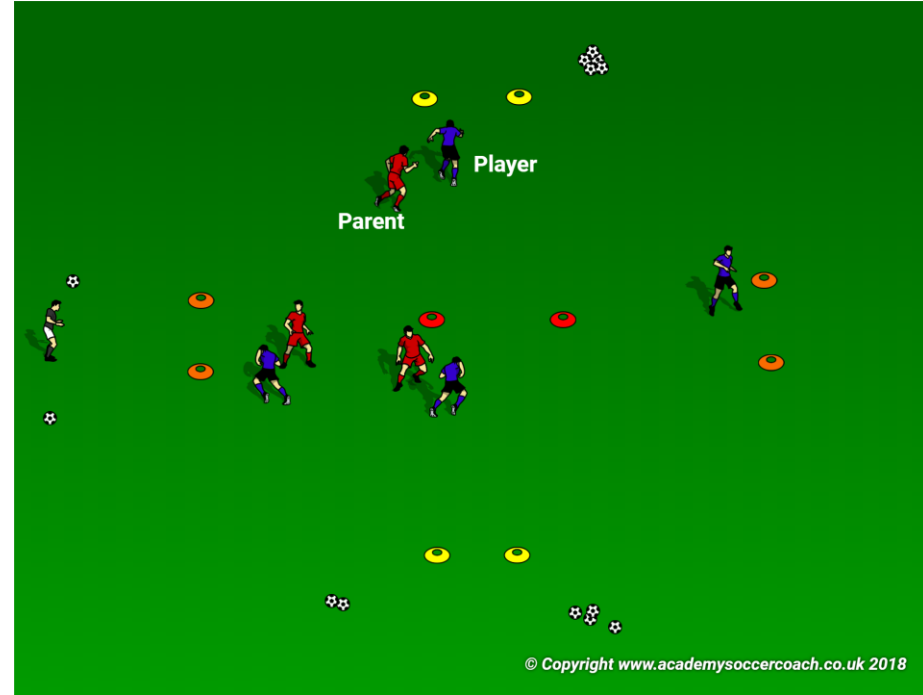
Players try to get through as many gates as they can without being tagged (blown up) by meteors. Either play first to 10/15 or have a time limit. Be creative, introduce different movements – example, if a player goes through an orange gate the player has now entered Jupiter and can only walk/jump/hop until they go through the red gate (Mars) where players can run again.

Progression

1. Players become taggers.

Focus

All players are active, engaged, and perform a variety of different movements.



Objective

Players change direction at speed.

Technical	Psychological
-----------	---------------

N/A	Confidence Competitiveness Motivation
-----	---

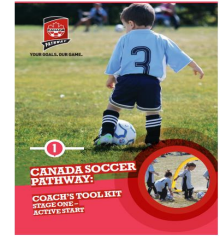
Physical	Social
----------	--------

ABC,s Awareness Basic Motor Skills Change of Direction	Communication Problem Solving Decision Making
---	---

Outcome

Individual:
Players demonstrate a change of speed to exploit space.

Collective:
Players can recognize space.



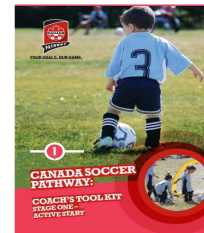
Active Start

Soccer Coordination – Playground Soccer (Wembley)

Station Time	Area
6-8 Minutes	15m x 15m
Organization	
3 pug nets. Gated area with stack of balls. 2 GKs (parents).	
Procedure	
Player retrieves ball and either plays with parent to try and score on any of the nets. Teams have 1-2 minutes to score as many goals as possible. Player must celebrate every goal (together – Team Celebration).	
Progression	
1. 1v1 with parent or no parents.	
Focus	
Fun & Creativity	



Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Dribbling Running with the Ball Finishing	Confidence Competitiveness Motivation
Physical	Social
ABC,s Awareness Basic Motor Skills Change of Direction	Problem Solving Decision Making
Outcome	
Individual: Players can get their heads up while dribbling to find open spaces.	
Collective: Players are competitive.	



Active Start

Skill Activity – 'Cleaning out your Closet'

Station Time	Area
--------------	------

6-8 Minutes	15m x 20m
-------------	-----------

Organization

Split group in half (Reds & Blues), make a centre line (cones). Either spread soccer balls throughout the area, or coach starts with all balls and plays them in to start game.

Procedure

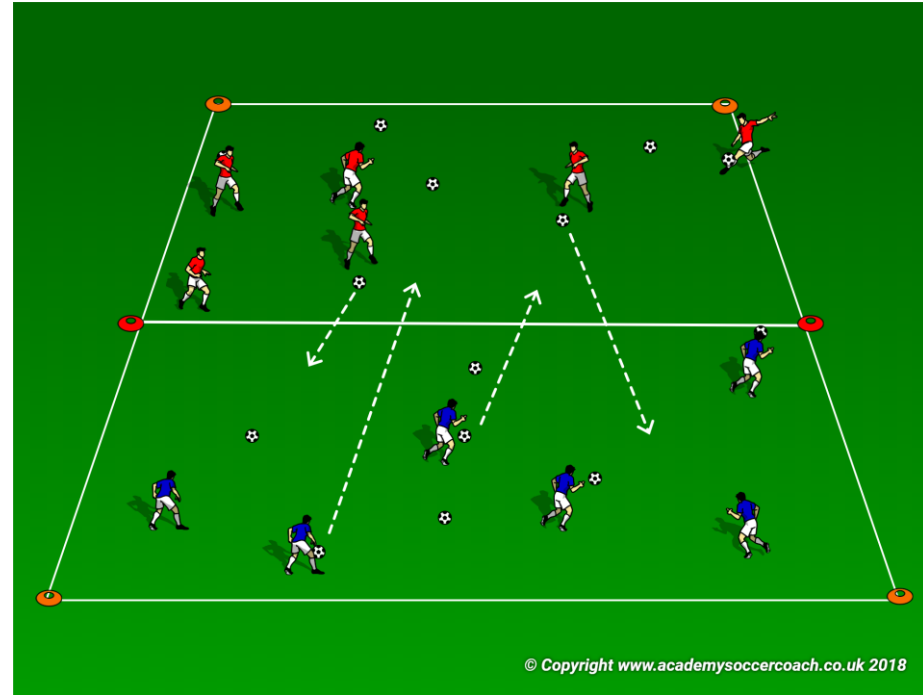
Teams try to keep their closet clean by removing all soccer balls from their area (side of the closet) by dribbling balls over half. Can begin with players using their hands to get an understanding of the game.

Progression

1. Add different coloured balls, or pinnies that are worth more points!

Focus

Players have FUN and repetitions of dribbling the ball.



Objective

Players are active & engaged.

Technical	Psychological
-----------	---------------

Dribbling Running with the Ball	Confidence Competitiveness
------------------------------------	-------------------------------

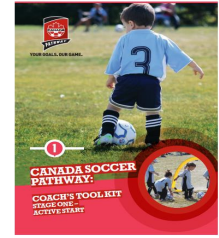
Physical	Social
----------	--------

ABC,s Awareness Basic Motor Skills	Cooperation Decision Making Problem Solving
--	---

Outcome

Individual:
Players can dribble the ball with their heads up to avoid teammates/opponents.

Collective:
Players find open spaces on opponents half.



Active Start

Small Sided Game – 1v1 Playground Soccer

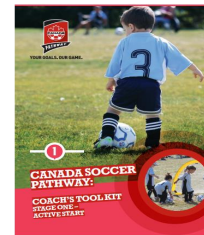
Station Time	Area
6-8 Minutes	15m x 15m
Organization	4 mini nets, 1 on each side line. Partner up player and parent, play head to head with each other.
Procedure	Player and parents with a ball each. Coach sets tasks, players and parents play head to head against each other to achieve task. Example, first to score 5 goals.
Progression	<ol style="list-style-type: none"> 1. Parent and player now share ball, and play 1v1. 2. Other ideas for games, first player to dribble around 5 nets, or score with weaker foot.
Conditions	N/A



Objective	
Fun and creativity.	
Technical	Psychological
Finishing First Touch Dribbling Running with Ball	Self - Confidence Competitiveness Concentration
Physical	Social
ABC,s Change of Direction General Fitness	Decision Making Fair Play
Outcome	

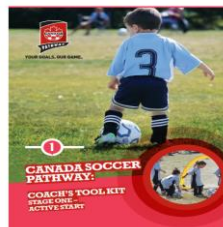
Individual:
Players are confident.

Collective:
Players are comfortable playing with a partner. and engaged.





Topic: Running with the Ball Grassroots Development



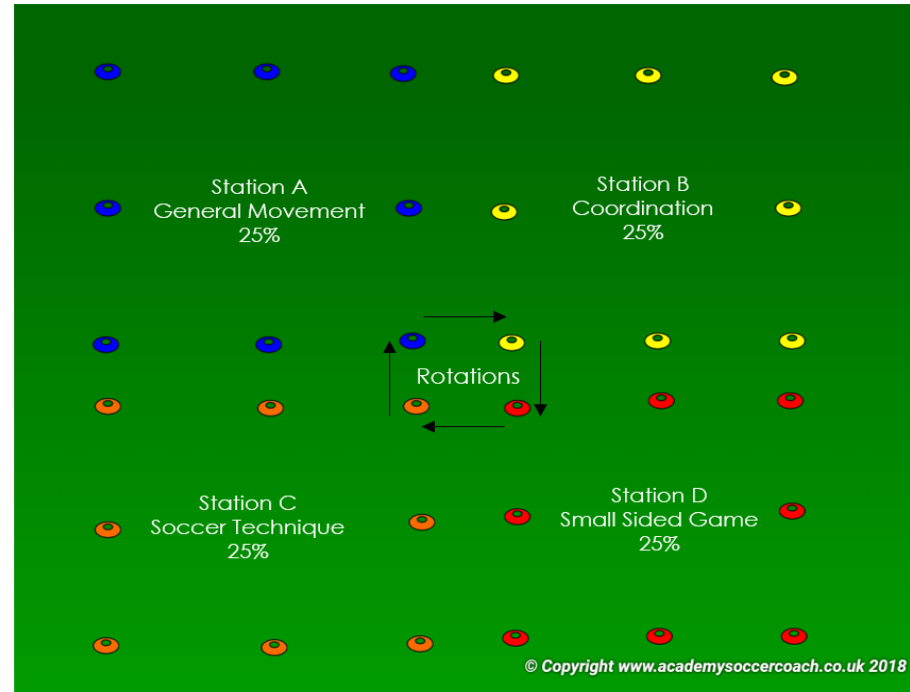
Active Start Practice Plan U4-U5



Active Start

Preferred Training Model

Station Time	Area
6-8 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment.	
Technical	Psychological
Various Techniques	FUN
Physical	Social
Physical Literacy	Problem Solving
Outcome	

Individual:
Players develop a love for the game.

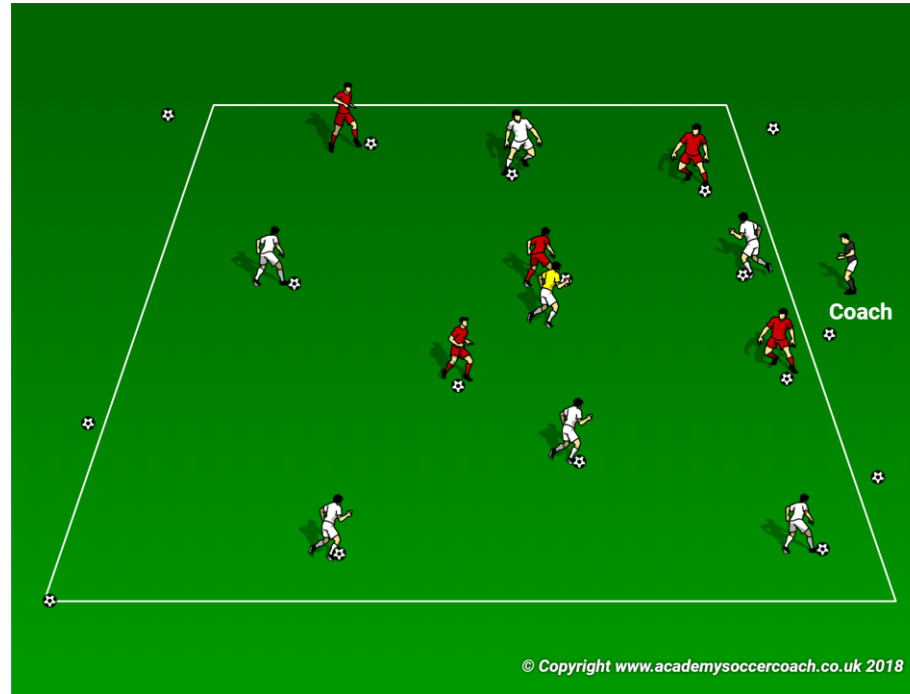
Collective:
Players are creative, engaged, and are having fun.



Active Start

General Movement – Shark Attack

Station Time	Area
6-8 Minutes	15m x 15m
Organization	
All players start with a ball in their hands. 1 or more parents begin as sharks.	
Procedure	
Coach sets different tasks for players to perform while trying to avoid being tagged. Tasks include various coordination movements, throwing ball in the air and catching (1 or 2 hands, add a clap before catching). Players switch balls (throw to each other at same time!). Every time players are tagged they perform a different throwing task.	
Progression	
1. Players now have ball at their feet and avoid being tagged.	
Focus	
All players are active, engaged, and perform a variety of different movements.	



Objective	
Players change direction at speed.	
Technical	Psychological
Dribbling Running with the BALL	Confidence Competitiveness Motivation
Physical	Social
ABC,s Awareness Basic Motor Skills Change of Direction	Communication Problem Solving Decision Making
Outcome	
Individual: Players can dribble using laces.	
Collective: Players can recognize space.	



Active Start

Soccer Coordination – Playground Soccer

Station Time	Area
6-8 Minutes	15m x 15m
Organization	
4 pug nets, 1 on each end line. Player & parent teamed up each with a ball.	
Procedure	
Begin player v parent – players get 2 points for a goal, parents get 1 point for a goal. Players must celebrate goals – bonus point for best celebration.	
Progression	
1. Parent & Player vs another Parent & Player (2v2)	
Focus	
Fun & Creativity	



Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Dribbling Running with the Ball Finishing	Confidence Competitiveness Motivation
Physical	Social
ABC,s Awareness Basic Motor Skills Change of Direction	Problem Solving Decision Making
Outcome	
Individual: Players can get their heads up while dribbling to find open spaces.	
Collective: Players are competitive.	



Active Start

Skill Activity – 'Fish Tank'

Station Time	Area
--------------	------

6-8 Minutes	15m x 20m
-------------	-----------

Organization

Split group into 2-3, each group with their own gate/goal.

Procedure

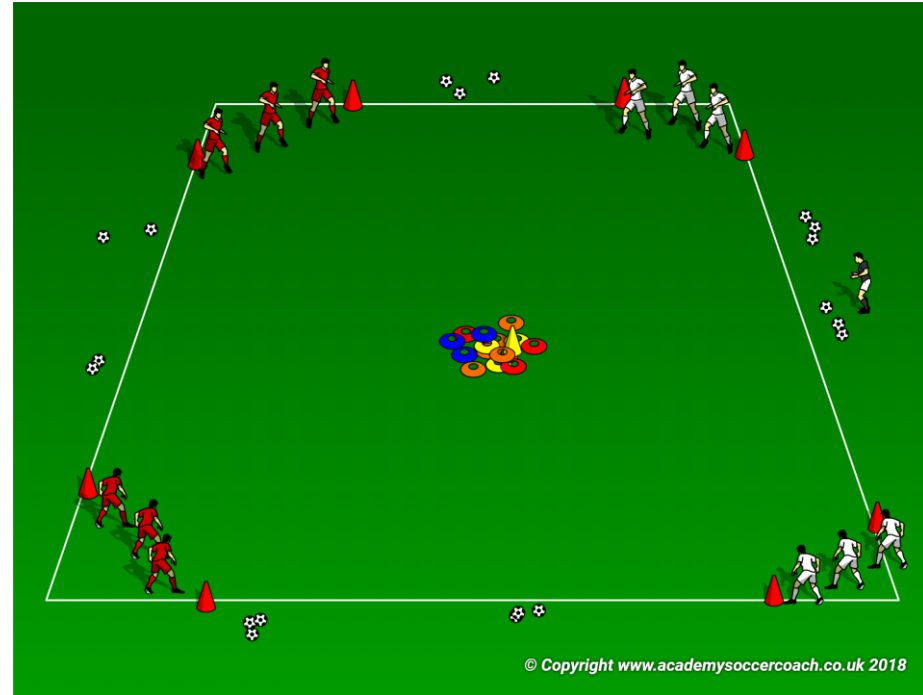
Teams steal cones from middle and bring them back to goal/gate (1 at a time). After all cones are gone, players can steal from opponents. Every time a player steals a cone they must then perform a different movement on the way to steal another (crab walk/crawl/bear crawl).

Progression

1. Add soccer balls, players must now dribble balls back to goal/gate.

Focus

Players have FUN and repetitions of dribbling the ball.



Objective

Players are active & engaged.

Technical	Psychological
-----------	---------------

Dribbling Running with the Ball	Confidence Competitiveness
------------------------------------	-------------------------------

Physical	Social
----------	--------

ABC,s Awareness Basic Motor Skills	Cooperation Decision Making Problem Solving
--	---

Outcome

Individual:
Players can dribble the ball with their heads up to avoid teammates/opponents.

Collective:
Players find open spaces on opponents half.



Active Start

Small Sided Game – 1v1 Playground Soccer

Station Time	Area
6-8 Minutes	15m x 15m
Organization	4 mini nets, 1 on each side line. Partner up player and parent, play head to head with each other.
Procedure	Player and parents with a ball each. Coach sets tasks, players and parents play head to head against each other to achieve task. Example, first to score 5 goals.
Progression	<ol style="list-style-type: none"> 1. Parent and player now share ball, and play 1v1. 2. Other ideas for games, first player to dribble around 5 nets, or score with weaker foot.
Conditions	N/A



Objective	
Fun and creativity.	
Technical	Psychological
Finishing First Touch Dribbling Running with Ball	Self - Confidence Competitiveness Concentration
Physical	Social
ABC,s Change of Direction General Fitness	Decision Making Fair Play
Outcome	

Individual:
Players are confident.

Collective:
Players are comfortable playing with a partner. and engaged.



Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development

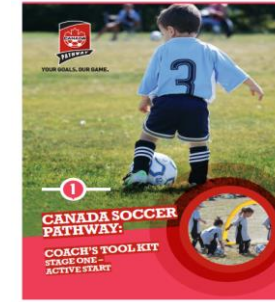




Active Start

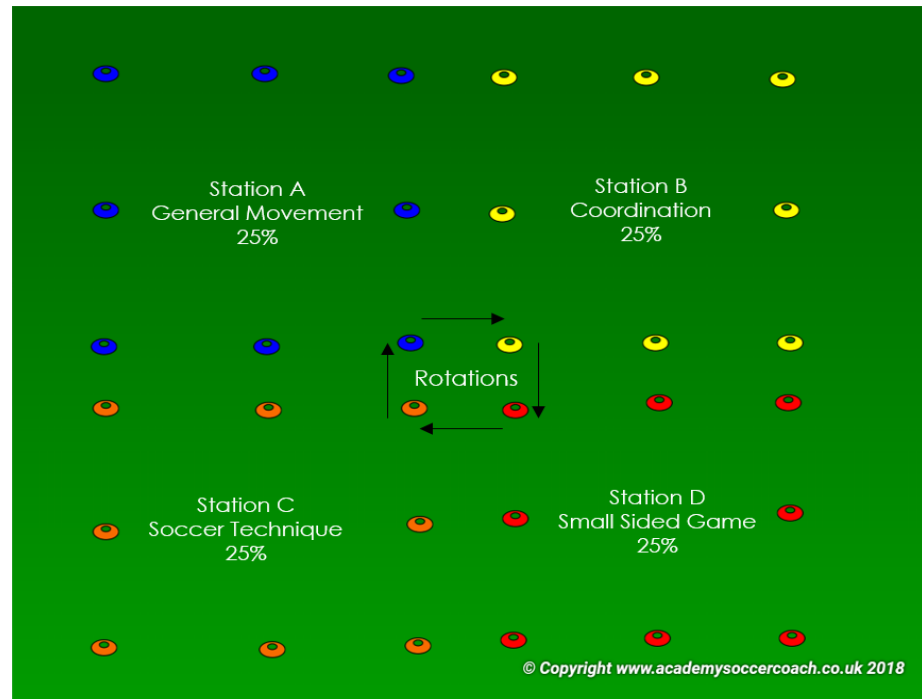
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



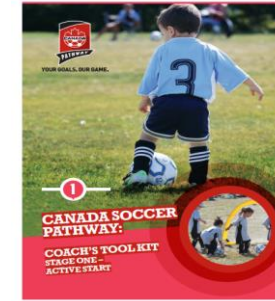
Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	



Active Start

General Movement

Mr. Wolf



Organization

Players start on end-line. Coach stands on opposite end.

Procedure

Players start in their end-zone without a ball. They start by calling out "What time is it Mr. Wolf?" The wolf (coach) then says a time (ex. 4 o'clock). Players then proceed that many movements (hop, skip, steps) closer to the wolf. When the wolf calls "lunch time, then the players must retreat back to starting position without getting tagged. If tagged, then the players join the wolf.

Progression

Introduce Various Fundamental Movements (ex. gallop), Add a Ball. Player becomes a Wolf.

Conditions

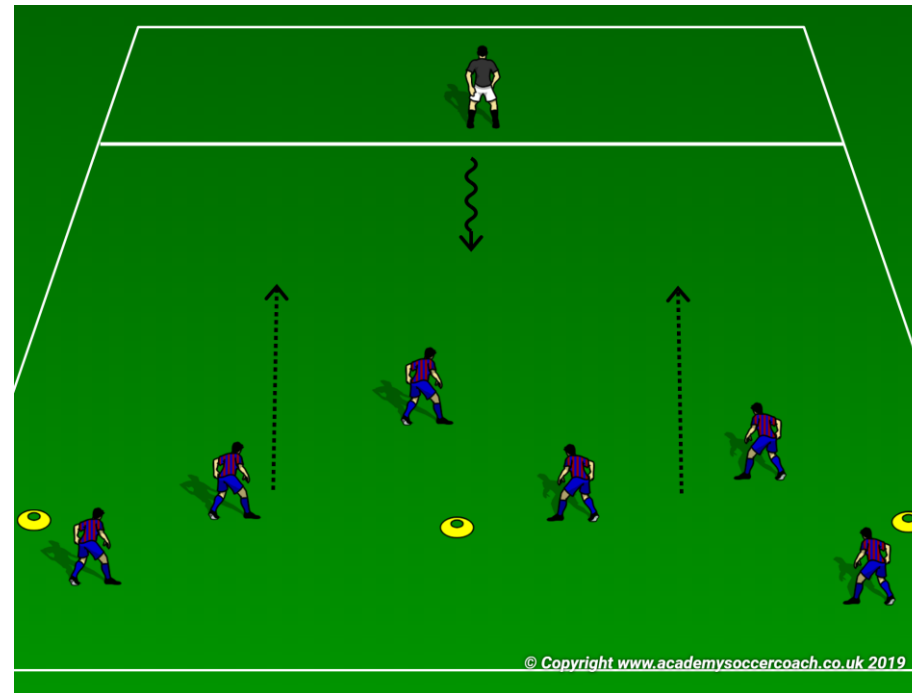
N/A

Station Time

6-8 Minutes

Area

25m x 25m



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Objective

Give players opportunity to lead, and make decisions in a fun, safe environment

Technical

Awareness
Running with the Ball

Psychological

Confidence

Physical

Movement Skills
Physical Fitness

Social

Peer Interaction

Outcome

Individual: Players try a variety of movements.
Collective: All players are given leadership role.



Active Start

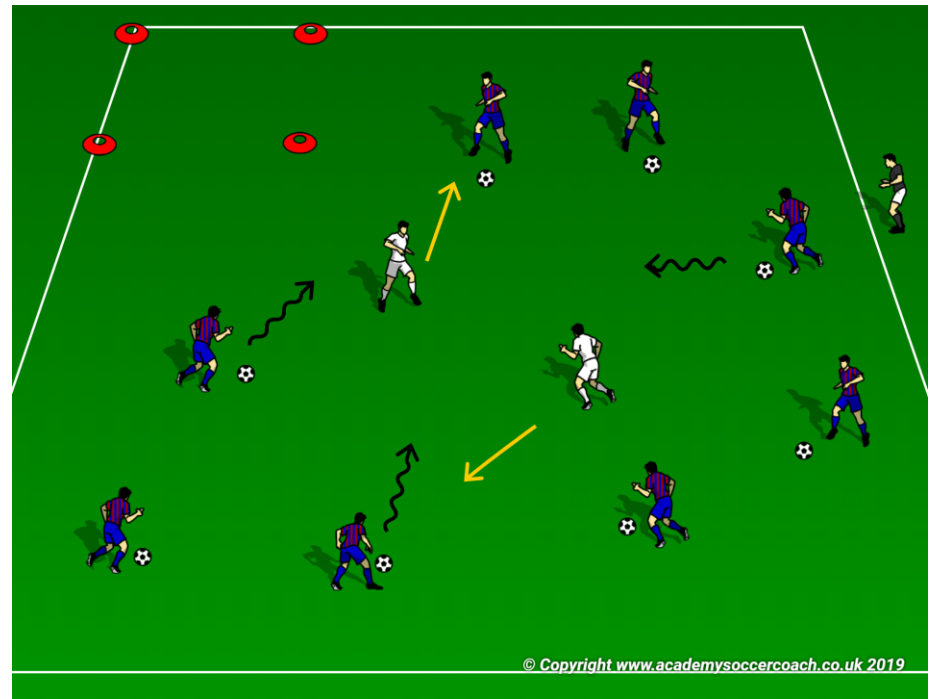
Coordination Game

Police Chase



Organization	Every players has a ball.
Procedure	Introduce 3 different speeds slow, medium, and fast (school-zone, city, highway). Coach tells a driving story as the players dribble with their vehicles (ball). When players learn the different speeds then introduce 2-3 police. Police can only catch players when they travel on the highway. If tagged, then they go to jail. To be rescued, another player has to high-five them.
Progression	Parents/Coaches are the Police.
Conditions	N/A

Station Time	Area
8-10 Minutes	25m x 25m



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Objective	
Awareness of other players Dribbling under pressure	
Technical	Psychological
Awareness Dribbling Running with the Ball	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players challenge each other with various of dribbling techniques and moves. Collective: All players are given leadership role.	



Active Start

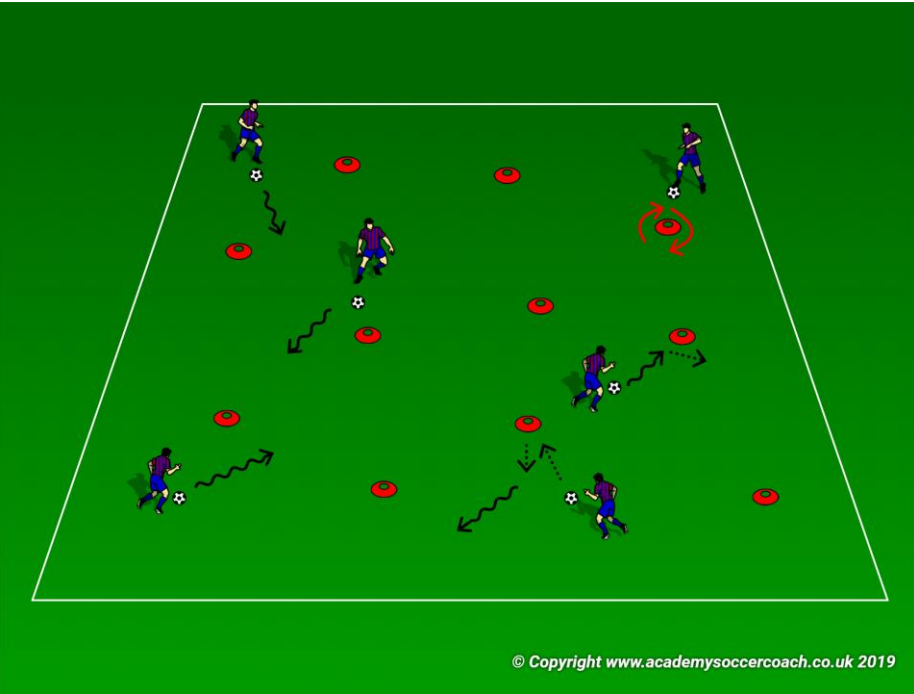
Skill Activity

Volcanoes



Organization
Every player has a ball. Cones are scattered around the field.
Procedure
Players use a variety of skill moves to move around the cones (dribbling with only outside/inside of feet). As they approach the cone, they can perform different skills (toe-taps, pull-backs, turns). Introduce each skill one at a time.
Progression
Progress to competition – ex, First player to do a turn 5 times around different cones.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques.	
Collective: Players are aware of other players.	



Active Start

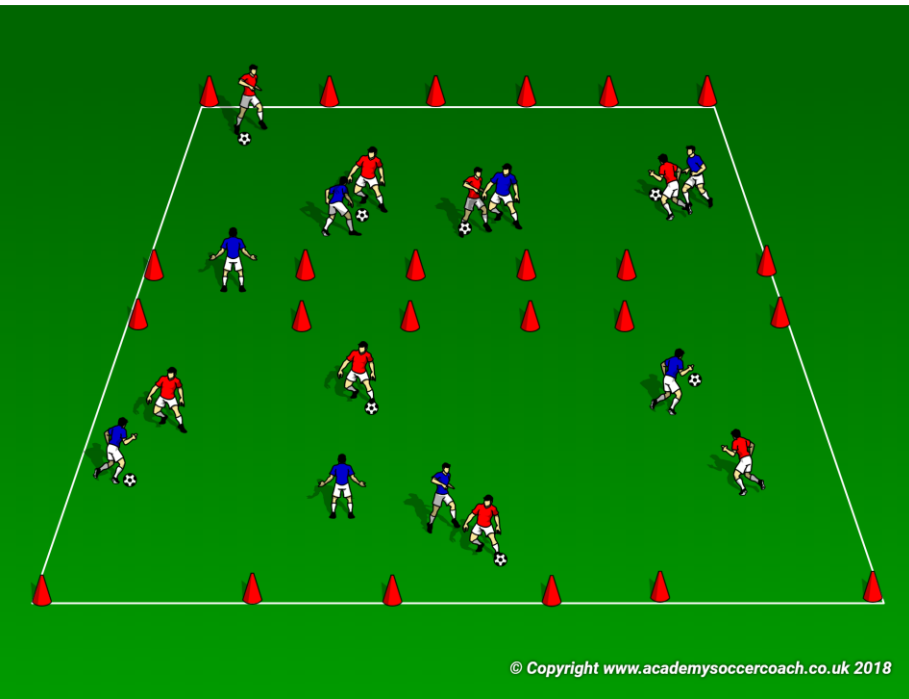
Small Sided Game

1v1



Organization	Pair each player with a parent or teammate.
Procedure	Player vs player/parent. Optional rotation of players
Progression	N/A
Conditions	N/A

Station Time	Area
8-10 Minutes	20m x 20m



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Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players beat opponents in 1v1.	
Collective: Players are confident on the ball.	

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development

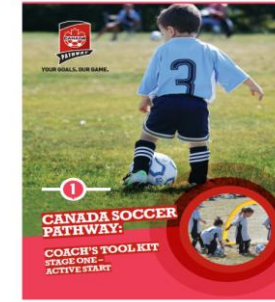




Active Start

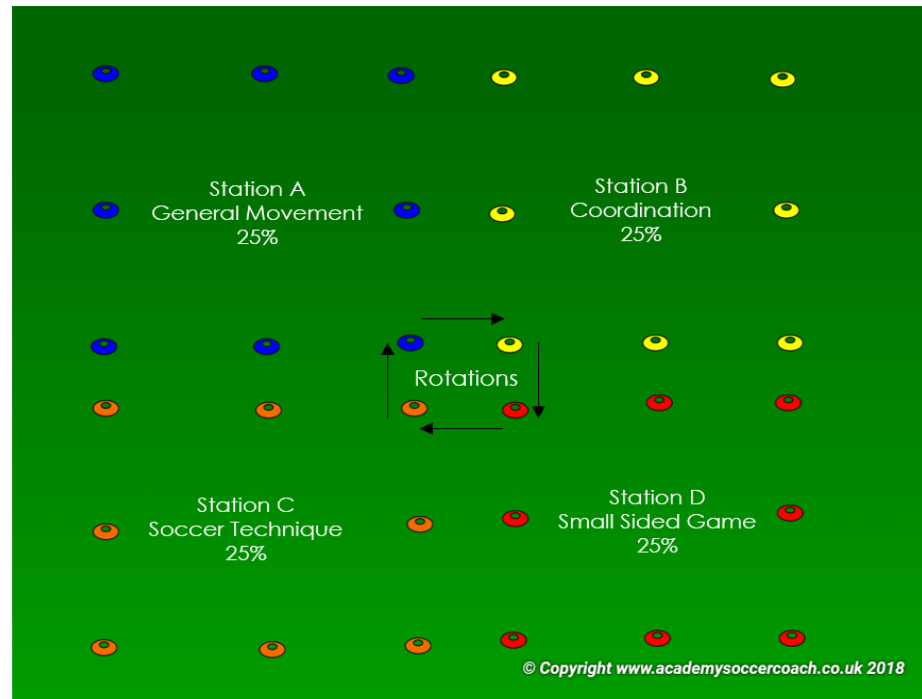
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	



Active Start

General Movement

Pinnie Tag



Organization

3 taggers with their pinnies in their hands. Other players start without a ball.

Procedure

Tagger (player in green) must throw and make direct contact with another player with the pinnie. If hit, then that player takes the pinnie and tries to hit another player. The boxes represent a "free-zone" and only one player can stand in there at a time for a maximum of 5 seconds. Play 2-3 minute games.

Progression

All players except tagger have a ball. Taggers must hit the ball with the pinnie.

Conditions

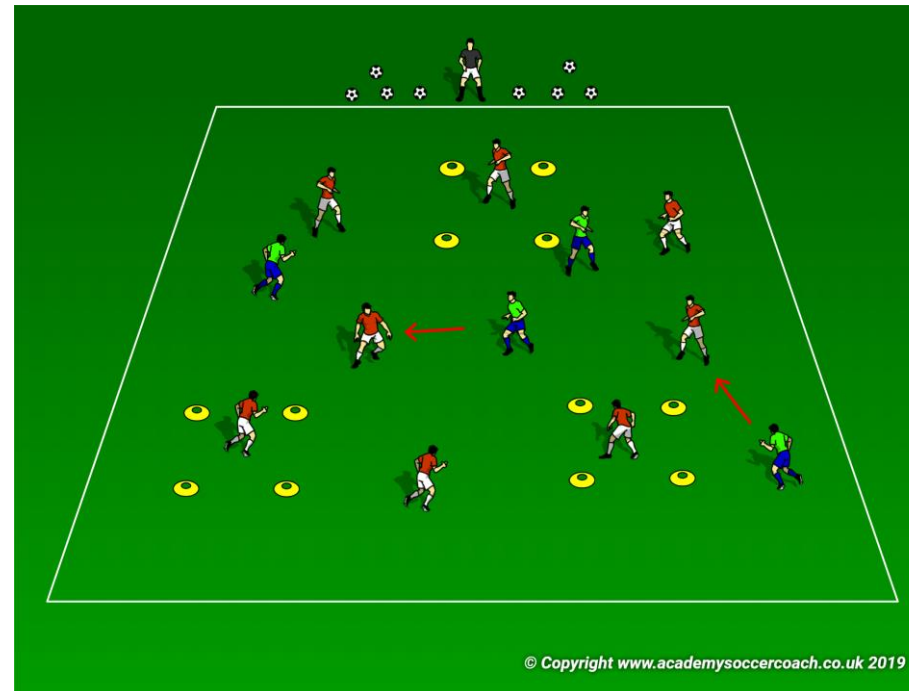
N/A

Station Time

6-8 Minutes

Area

25m x 25m



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Objective

Give players opportunity to lead, and make decisions in a fun, safe environment

Technical

Awareness
Running with the Ball
Protecting the ball

Psychological

Confidence
Problem Solving

Physical

Movement Skills
Physical Fitness

Social

Peer Interaction

Outcome

Individual: Players try a variety of movements.
Collective: All players are given leadership role.



Active Start

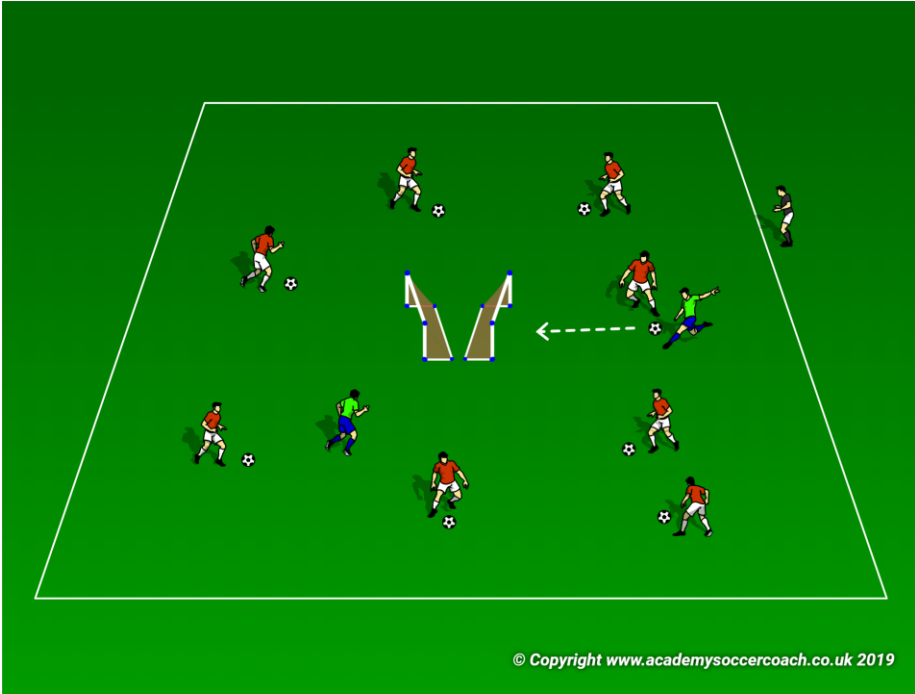
Coordination Game

Zombie Chase



Organization
All players have a ball except the zombies (green). Goals are back to back in the middle of the area.
Procedure
Zombies try and steal the players' balls and score in either net. If successful, then that player becomes a zombie and tries to do find a player with a ball to do the same. Try to be the last survivor!
Progression
Parents/Coaches are the zombies.
Conditions
N/A

Station Time	Area
8-10 Minutes	25m x 25m



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Objective	
Awareness of other players Dribbling under pressure	
Technical	Psychological
Awareness Dribbling Running with the Ball Shooting	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players challenge each other with various of dribbling techniques and moves. Collective: All players are given leadership role.	



Active Start

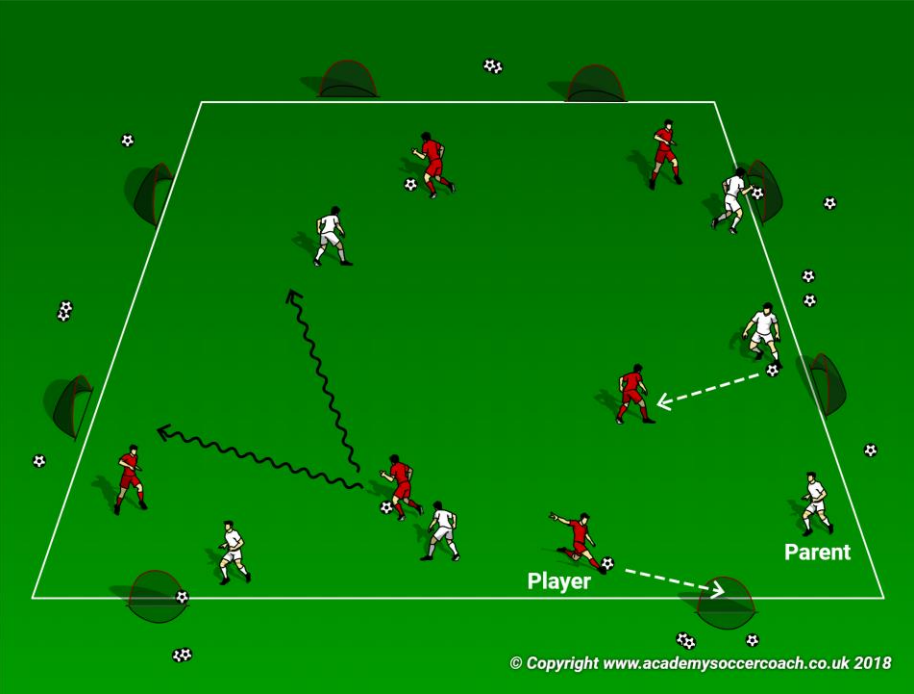
Skill Activity

Scoring Frenzy



Organization
Every player has a ball. Pug goals are set up on the outer area.
Procedure
Players try to dribble and score as many goals as possible in the time limit. Focus on tight dribbling and keeping head up.
Progression
Parents and coaches are defenders and force the players to change directions to get around and score.
Conditions
Have to score in a different goal each time.

Station Time	Area
6-8 Minutes	25m x 25m



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Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques.	
Collective: Players are aware of other players.	



Active Start

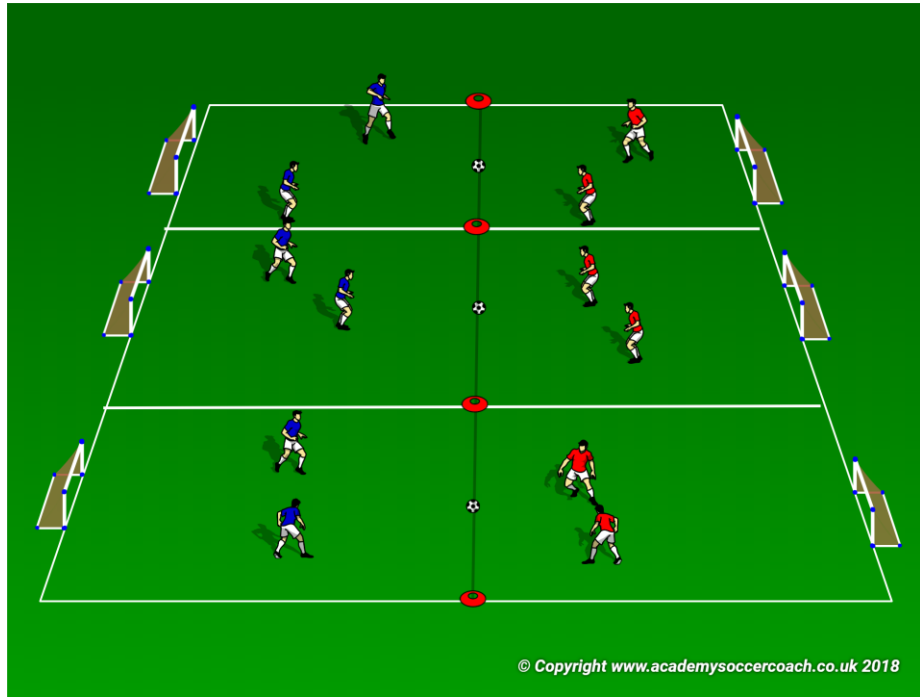
Small Sided Game

2v2



Organization
3 fields (2v2)
Procedure
Teams of 2. Every two (2) minutes rotate players
Progression
N/A
Conditions
N/A

Station Time	Area
8-10 Minutes	3 x 12m x 30m



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Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Focus Teamwork
Physical	Social
General Fitness Speed	Peer Interaction Competitive
Outcome	
Individual: Beats opponents with change of speed, or skill move.	
Collective: Players are creative with movement off the ball.	

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development

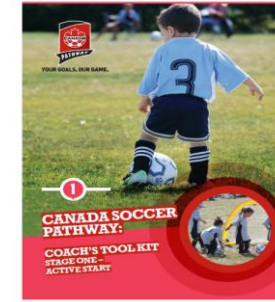




Active Start

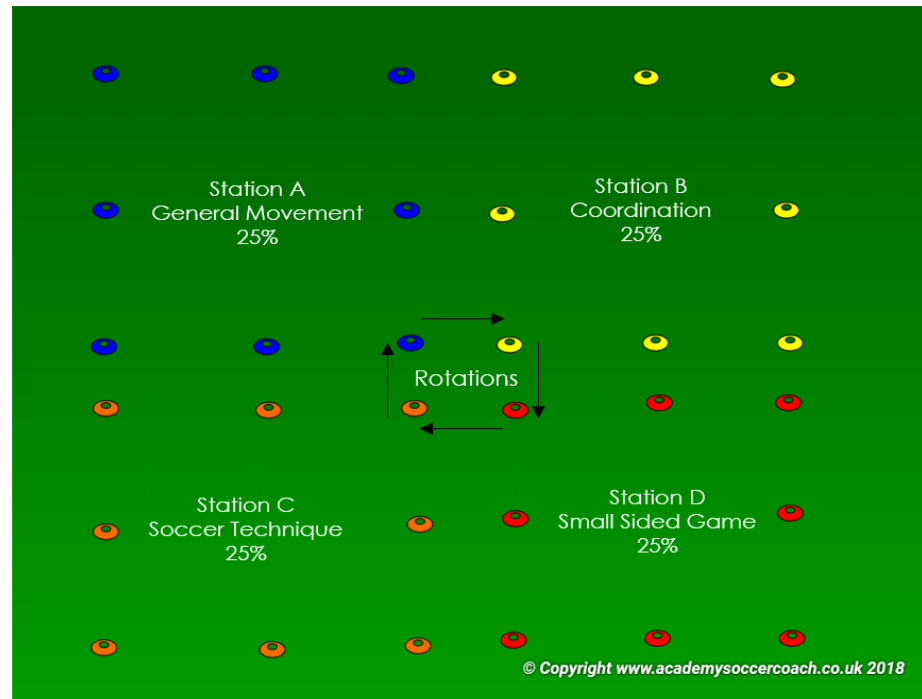
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	



Active Start

General Movement

Animal Tag



Organization

Players have a pinnie tucked inside their shorts. Leave enough of the pinnie so that it can be grabbed. It will act like a tail of an animal.

Procedure

Players have to choose an animal that has a tail and act like them. Players then try to grab another players' tail by pulling it out and placing it on the ground. If a player loses their tail then they must perform a type of movement – ex. Jumping jacks, ladder climbs. Play 1 minute games.

Progression

Show players how to move and to protect their tail – ex. Shielding, turning, etc.

Conditions

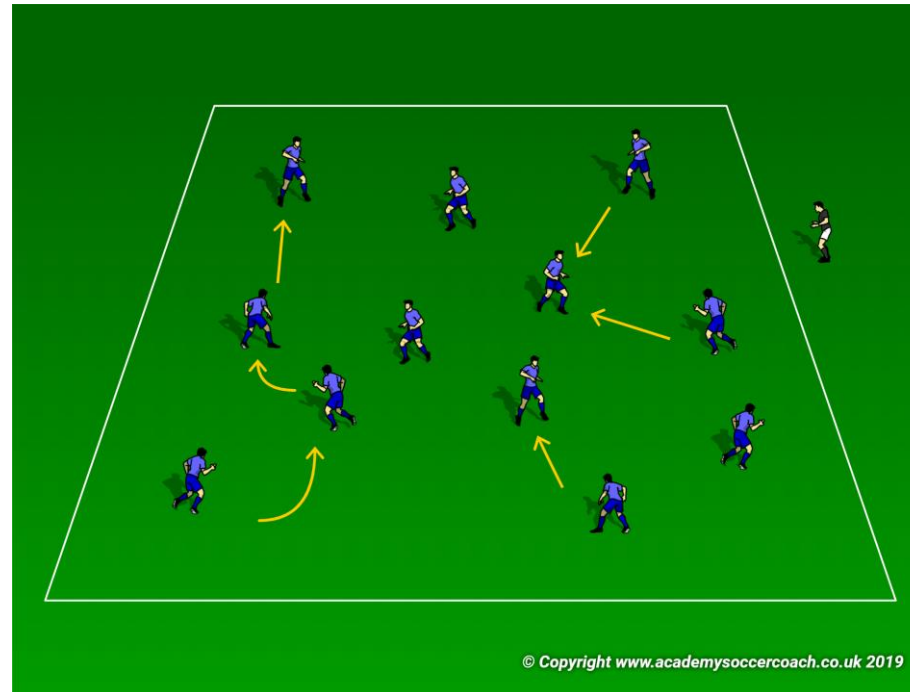
N/A

Station Time

6-8 Minutes

Area

20m x 20m



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Manitoba Soccer Association – Grassroots Development

Objective

Give players opportunity to lead, and make decisions in a fun, safe environment

Technical

Awareness
Body movements
Protecting the pinnie

Psychological

Confidence
Problem Solving

Physical

Movement Skills
Physical Fitness

Social

Peer Interaction

Outcome

Individual: Players try a variety of movements.
Collective: All players are given leadership role.



Active Start

Coordination Game

Feint to Beat the Player



Organization
All players have a ball and 2 colours of cones are scattered around the area.
Procedure
Players move with the ball and when they approach a cone: they stop the ball, perform a feint (like they are beating a player), and then move to a next one.
Progression
<p>Yellow cones = 2 feints</p> <p>Red cones = 1 feint</p> <p>Parents are introduced and are trying to take the ball from the players. Every parent they beat = 1 point.</p>
Conditions
N/A

Station Time	Area
8-10 Minutes	25m x 25m



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Objective	
Awareness of other players Dribbling under pressure	
Technical	Psychological
Awareness Dribbling Running with the Ball Shooting	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
<p>Individual: Players challenge each other with various forms of dribbling techniques and moves.</p> <p>Collective: All players are given leadership role.</p>	



Active Start

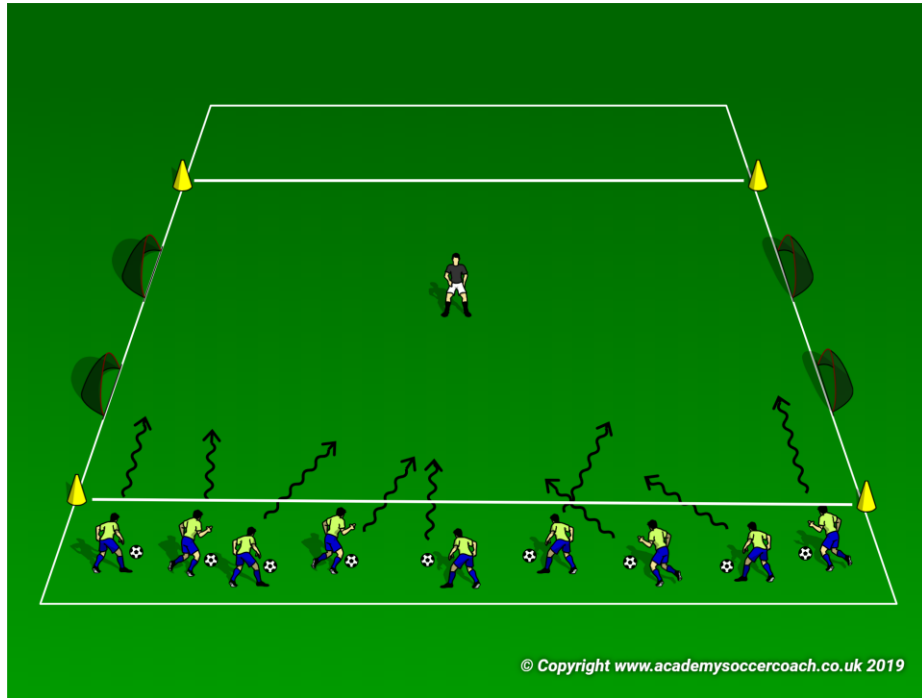
Skill Activity

British Bulldog



Organization
Every player has a ball and they line up on one side of the end-zones.
Procedure
When the coach calls "British Bulldog", players have to dribble to the other end without getting their ball kicked out of the area by the coach (Bulldog). If the ball leaves the area, then that player becomes a bulldog for the next round.
Progression
When the bulldog wins the ball then they must score in a net to make the player also a bulldog. Encourage the players to try and win the ball back if they lose it.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



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Manitoba Soccer Association - Grassroots

Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making Dribbling	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction Teamwork
Outcome	
Individual: Players try various dribbling techniques.	
Collective: Players are aware of other players.	



Active Start

Coordination Game

Playground Soccer



Organization	Pair each player with a parent or teammate. 2v2, set up multiple games.
Procedure	Teams play 2v2, if ball goes out of play get the nearest ball and restart play.
Progression	N/A
Conditions	N/A

Station Time	Area
6-8 Minutes	3 x 15m x 25m



Objective		Players become more comfortable with the ball.	
Technical	Psychological	Awareness Decision Making	Confidence
Physical	Social	ABC,s Change of Direction General Fitness	Peer Interaction
Outcome			
Individual: Players become more comfortable with the ball.			
Collective: Players recognize support players.			

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development

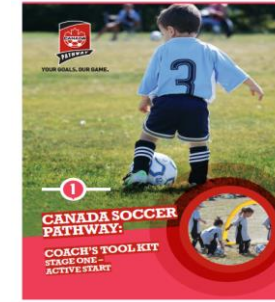




Active Start

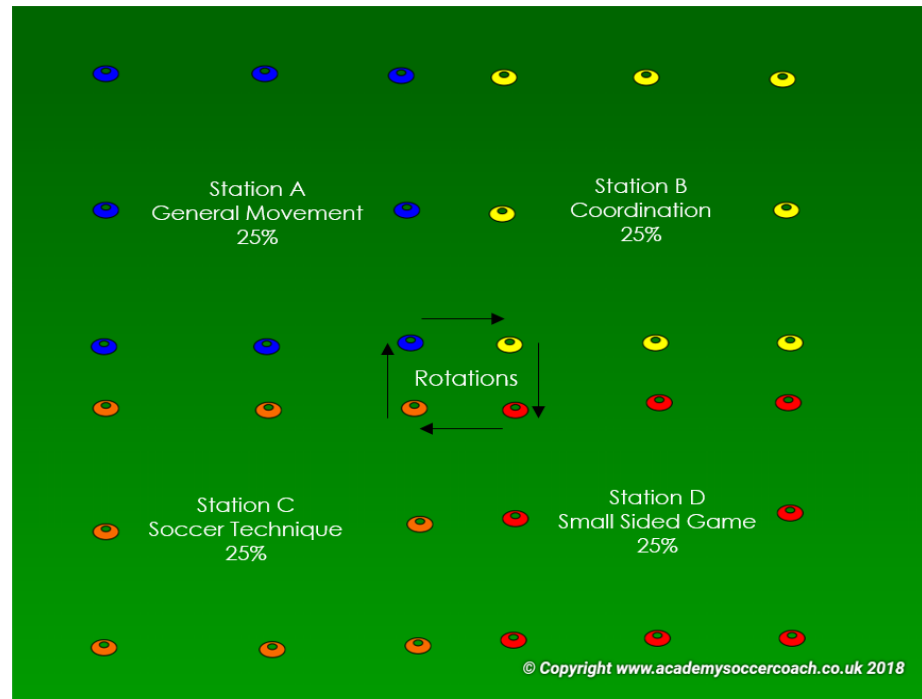
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



Active Start

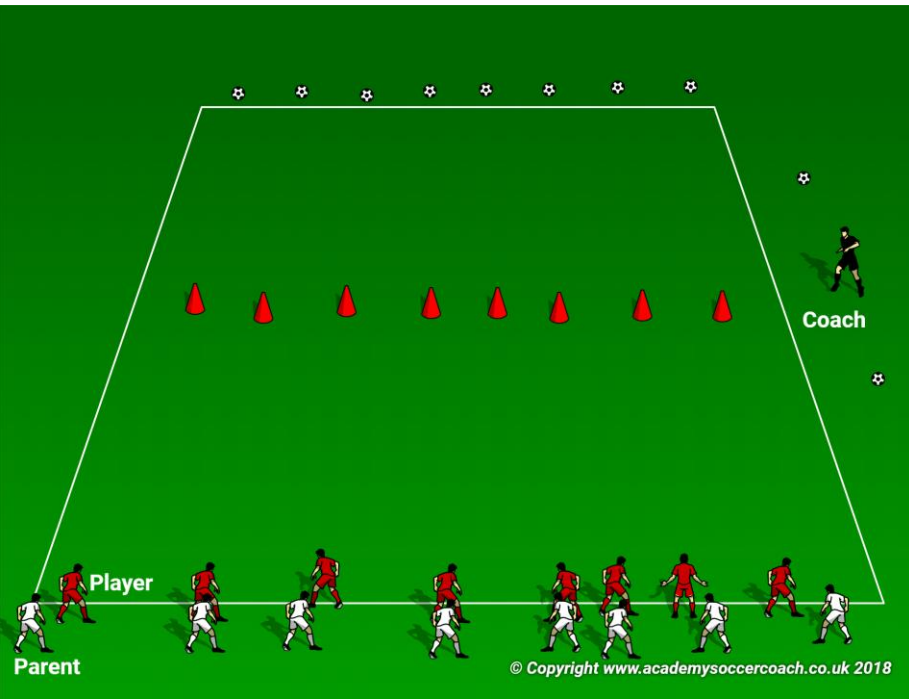
General Movement

Relay Races



Organization
Partner player with a parent. (Optional) obstacles, and soccer balls in-between or at either start/end point. (Be creative)
Procedure
Coach sets tasks that incorporate as many of the following movements as possible; walking, running, hopping, skipping, backwards, crab/bear walking, slithering, crawling. Ask the players to give suggestions.
Progression
1. Add a ball.
Conditions
1. Relate movement to an animal of choice and include animal sounds. 2. Players set conditions.

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Players perform a variety of movement exercises and tasks, whilst having fun and being creative in suggestions for group.	
Technical	Psychological
Dribbling Running with Ball	Confidence Competitiveness
Physical	Social
ABC,s Change of Direction	Listening Communication
Outcome	
Individual: Players try a variety of movements and ball manipulation tasks.	
Collective: Players feel valued.	



Active Start

Coordination Game

Rob the Candy Store



Organization

Players partner up with their parent and each pair chooses a net. Ball, cones, and pinnies are placed centrally.

Procedure

Players and parents run to the middle and take 1 candy (ball, cone, or pinnie) and have to bring it back to their shopping cart (net). The player has to bring a different item each time. Once all the candy is gone, the players count how many they have and return it back to the middle.

Progression

Ask players if they can carry the candy with different body parts or move in a different way ex. Can't run or use only one foot

Conditions

N/A

Station Time

8-10 Minutes

Area

25m x 25m



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Manitoba Soccer Association – Grassroots Development

Objective

Awareness of other players
Dribbling under pressure

Technical

Awareness
Dribbling
Running with the Ball

Psychological

Confidence

Physical

Change of Direction
General Fitness
ABC's

Social

Peer Interaction
Competitive

Outcome

Individual: Players challenge each other with various forms of dribbling techniques and moves.

Collective: All players are given leadership role.



Active Start

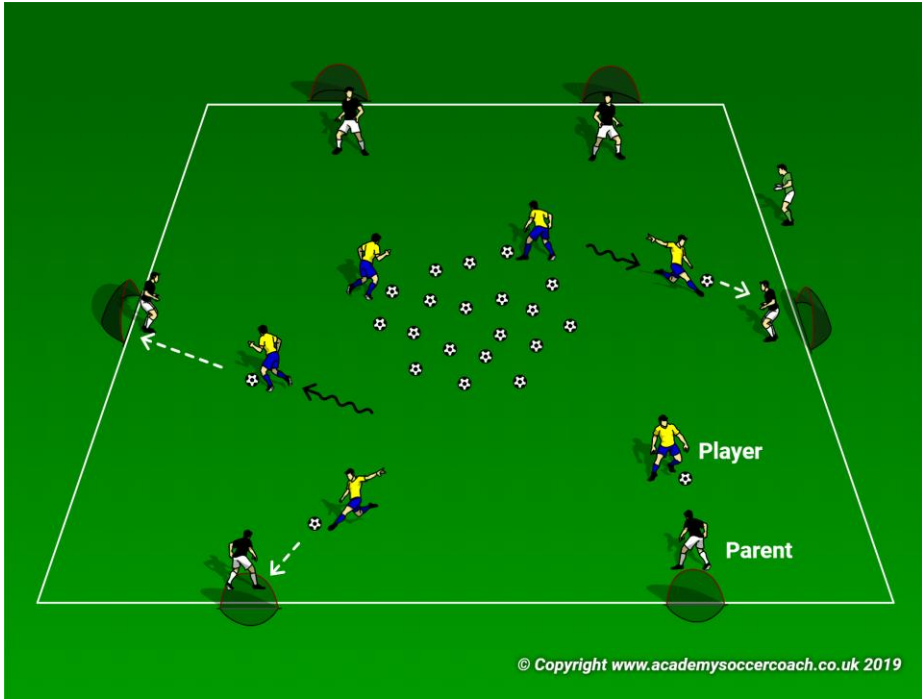
Skill Activity

Free for All



Organization	Players and balls start in the middle. Parents will be defenders/goalies.
Procedure	Players try to score into any net, but not in the same net twice. The game goes until all the balls are scored.
Progression	Let the players be defenders/goalies.
Conditions	N/A

Station Time	Area
6-8 Minutes	25m x 25m



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Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making Dribbling Shooting	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques. Collective: Players are aware of other players.	



Active Start

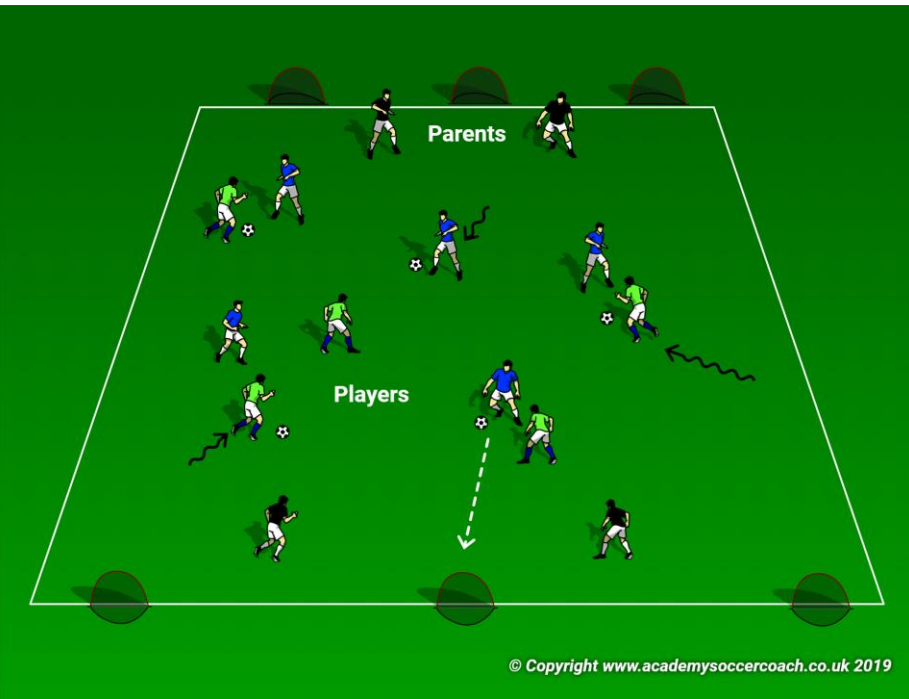
Coordination Game

5v5 – 6 Goals



Organization	Set up 2-3 goals for each team and play 5v5. Parents start as goalies and then players can decide to play goalie later on.
Procedure	Teams play 5v5 with 5 balls for maximum goals!
Progression	N/A
Conditions	N/A

Station Time	Area
6-8 Minutes	3 x 15m x 25m



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Manitoba Soccer Association - Grassroots

Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction FUN!
Outcome	
Individual: Players become more comfortable with the ball.	
Collective: Players recognize support players.	

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development





Active Start

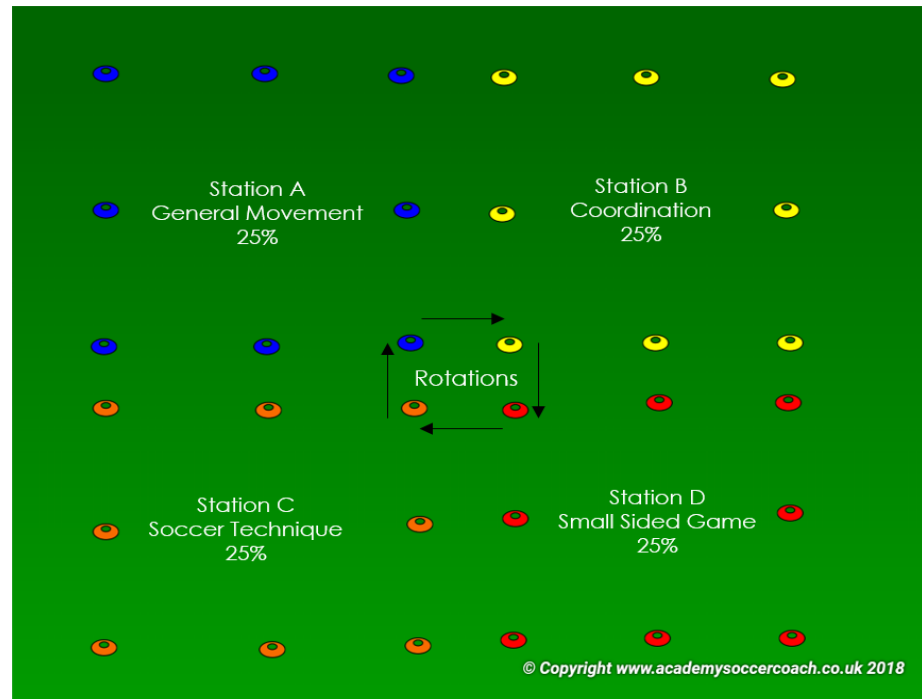
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



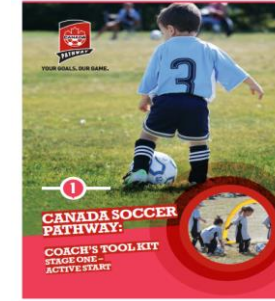
Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



Active Start

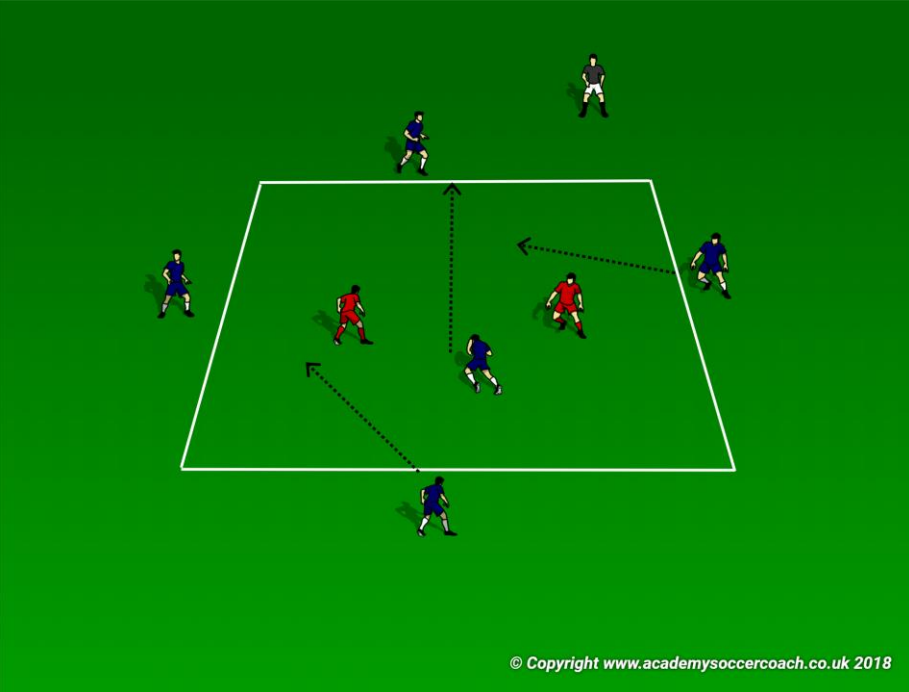
General Movement

Shark Tank



Organization
Set up 10m x 10m area. 1-2 sharks (defenders) in the middle. All other players surround area)
Procedure
Start with a parent or coach as shark. Players run through area avoiding the shark! If shark tags a player they switch roles.
Progression
<ol style="list-style-type: none"> 1. Add a ball. 2. All players (taggers & outside players) crab walk/bear walk/hop/walk through area. 3. More sharks (2-3)
Conditions
<ol style="list-style-type: none"> 1. Relate movement to an animal of choice and include animal sounds. 2. Players set conditions.

Station Time	Area
6-8 Minutes	20m x 20m



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Manitoba Soccer Association – Grassroots Development

Objective	
Players perform a variety of movement exercises and tasks, whilst having fun and being creative in suggestions for group.	
Technical	Psychological
Dribbling Running with Ball	Confidence Competitiveness
Physical	Social
ABC,s Change of Direction	Listening Communication
Outcome	
Individual: Players demonstrate a change of speed to exploit space.	
Collective: Players can recognize gaps.	



Active Start

Coordination Game

Nascar Grand Prix



Organization

All players have a ball. Make a track out of cones. It can be a square or a zig, zag. Have an area (pit stop) where the players can perform technical skills.

Procedure

Players start by running around the track with a ball. On the command "pit-stop", the players return to the pit area to perform skill moves (toe-taps, tick-tocks, etc.)

Progression

1. Players can choose which direction to dribble.
2. Add a condition (only left/right foot, "who can dribble with the most/least touches around the track?")

Conditions

N/A

Station Time

8-10 Minutes

Area

25m x 25m



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Manitoba Soccer Association – Grassroots Development

Objective

Awareness of other players
Dribbling under pressure

Technical

Awareness
Dribbling
Running with the Ball

Psychological

Confidence

Physical

Change of Direction
General Fitness
ABC's

Social

Peer Interaction
Competitive

Outcome

Individual: Players challenge each other with various forms of dribbling techniques and moves.

Collective: All players are given leadership role.



Active Start

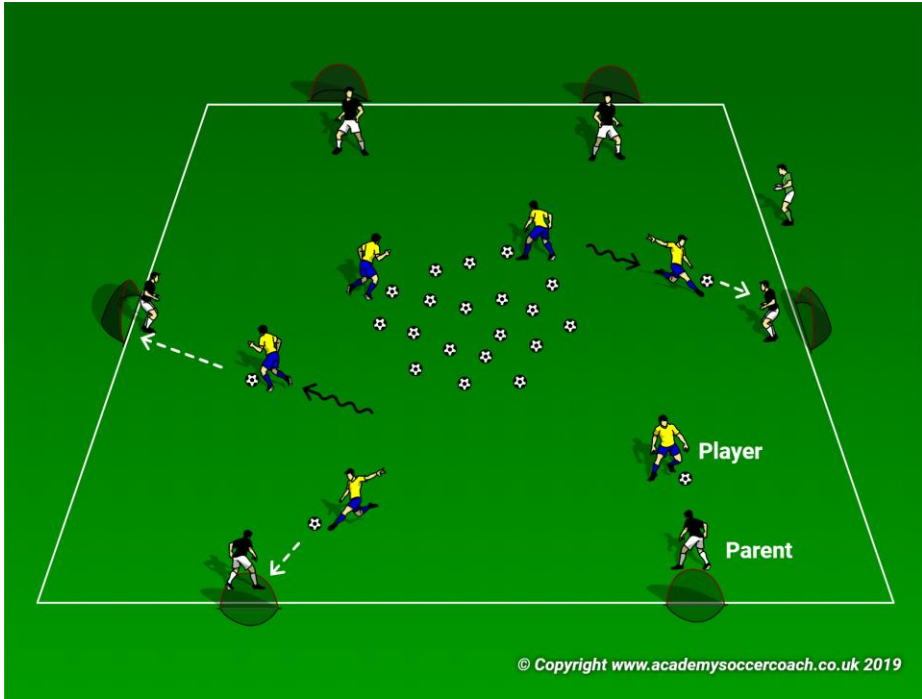
Skill Activity

Free for All



Organization	Players and balls start in the middle. Parents will be defenders/goalies.
Procedure	Players try to score into any net, but not in the same net twice. The game goes until all the balls are scored.
Progression	Let the players be defenders/goalies.
Conditions	N/A

Station Time	Area
6-8 Minutes	25m x 25m



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Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making Dribbling Shooting	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques. Collective: Players are aware of other players.	



Active Start

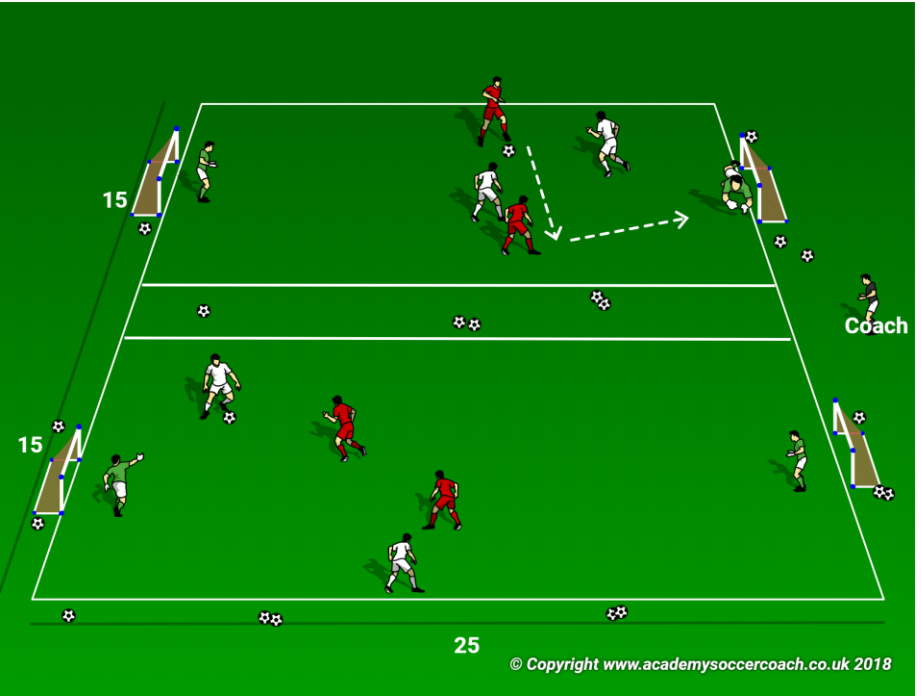
Coordination Game

3v3



Organization
4 teams of 3 players each. 2 fields so that everyone is playing all the time.
Procedure
Teams play 3v3 (optional: parents are the goalies)
Progression
N/A
Conditions
N/A

Station Time	Area
6-8 Minutes	2 x 15m x 25m



Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction FUN!
Outcome	
Individual: Players become more comfortable with the ball.	
Collective: Players recognize support players.	

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development

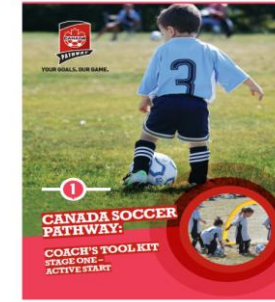




Active Start

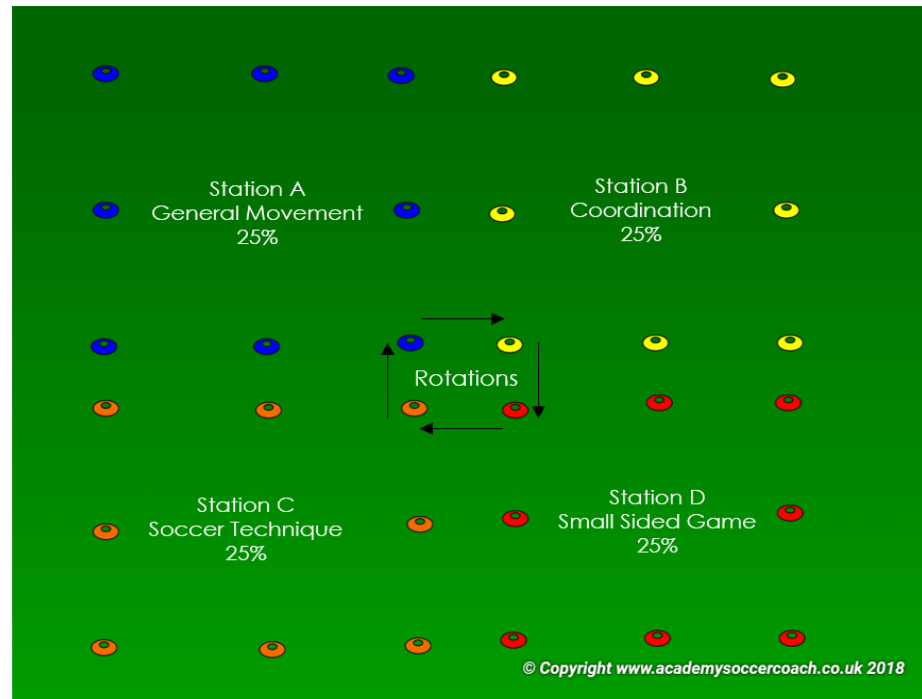
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	



Active Start

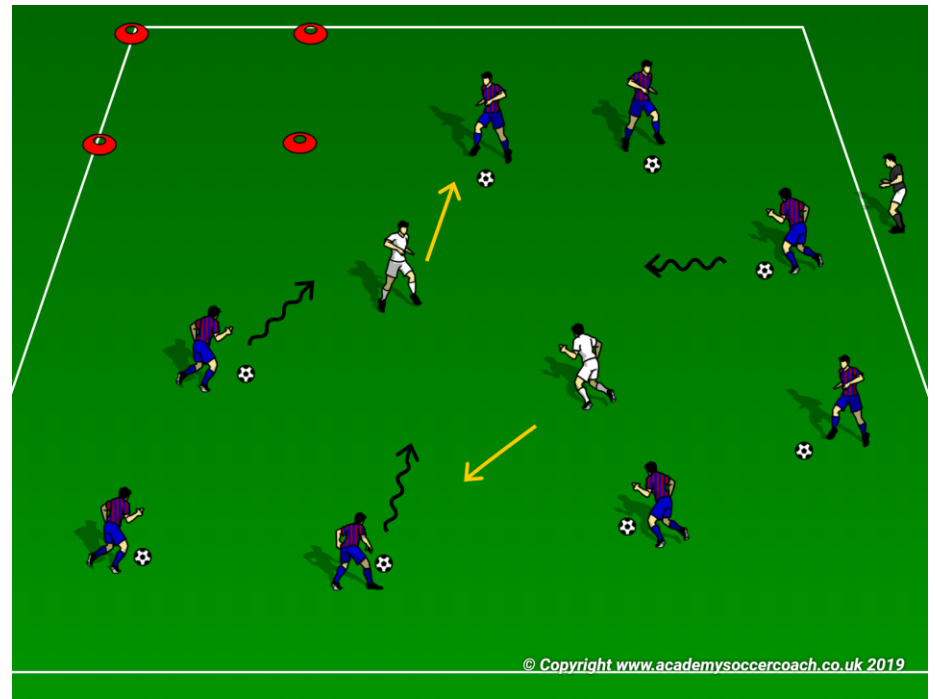
Coordination Game

Police Chase



Organization	Every players has a ball.
Procedure	Introduce 3 different speeds slow, medium, and fast (school-zone, city, highway). Coach tells a driving story as the players dribble with their vehicles (ball). When players learn the different speeds then introduce 2-3 police. Police can only catch players when they travel on the highway. If tagged, then they go to jail. To be rescued, another player has to high-five them.
Progression	Parents/Coaches are the Police.
Conditions	N/A

Station Time	Area
8-10 Minutes	25m x 25m



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Manitoba Soccer Association – Grassroots Development

Objective	
Awareness of other players Dribbling under pressure	
Technical	Psychological
Awareness Dribbling Running with the Ball	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players challenge each other with various of dribbling techniques and moves. Collective: All players are given leadership role.	



Active Start

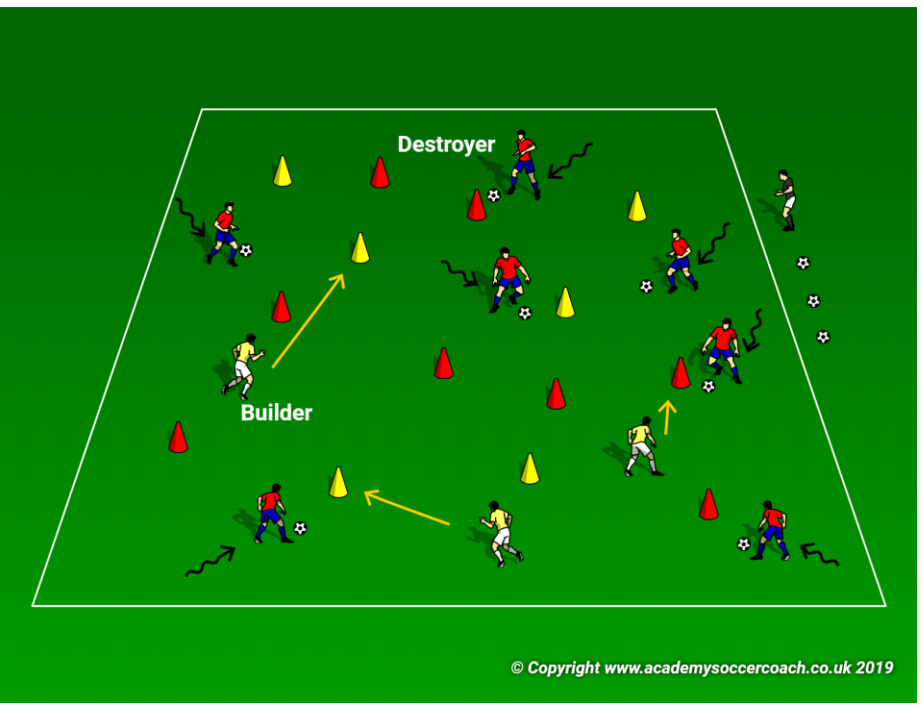
Coordination Game

Builders & Destroyers



Organization
12-15 cones around the area. All players have a ball except the destroyers.
Procedure
Let the builders place the cones anywhere in the area. Destroyers use the ball to knock down the buildings (cones) and the builders have to pick the cones back up.
Progression
1. Parents are the builders/destroyers
Conditions
Players are creative with striking techniques

Station Time	Area
8-10 Minutes	25m x 25m



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Objective	
Awareness of other players Dribbling under pressure	
Technical	Psychological
Finishing Dribbling Running with Ball	Confidence
Physical	Social
Change of Direction General Fitness ABC's	Peer Interaction Competitive
Outcome	
Individual: Players challenge each other with various forms of dribbling techniques and moves.	
Collective: All players are given leadership role.	



Active Start

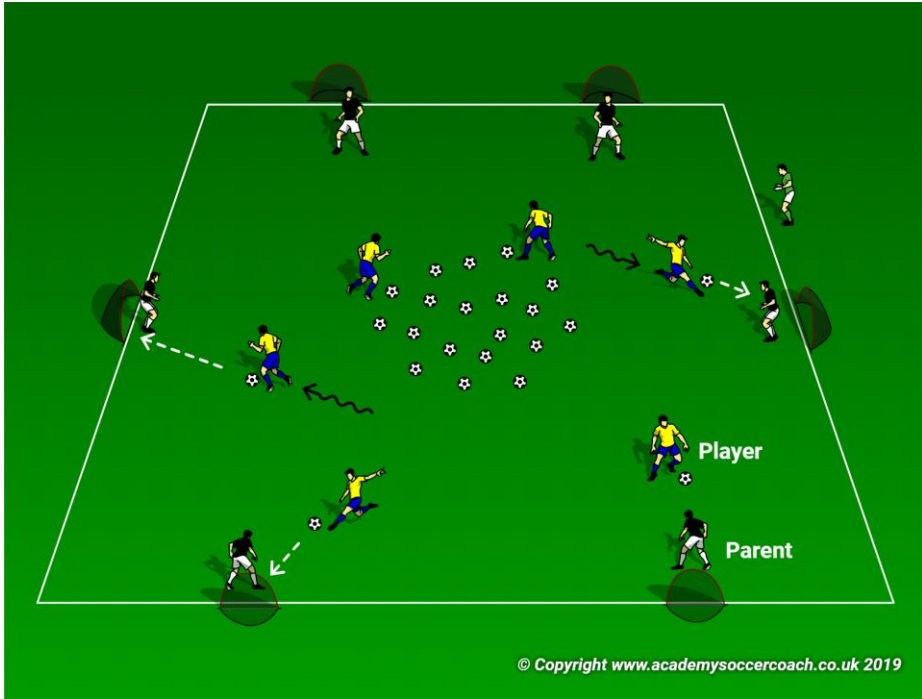
Skill Activity

Free for All



Organization	Players and balls start in the middle. Parents will be defenders/goalies.
Procedure	Players try to score into any net, but not in the same net twice. The game goes until all the balls are scored.
Progression	Let the players be defenders/goalies.
Conditions	N/A

Station Time	Area
6-8 Minutes	25m x 25m



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Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making Dribbling Shooting	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques. Collective: Players are aware of other players.	



Active Start

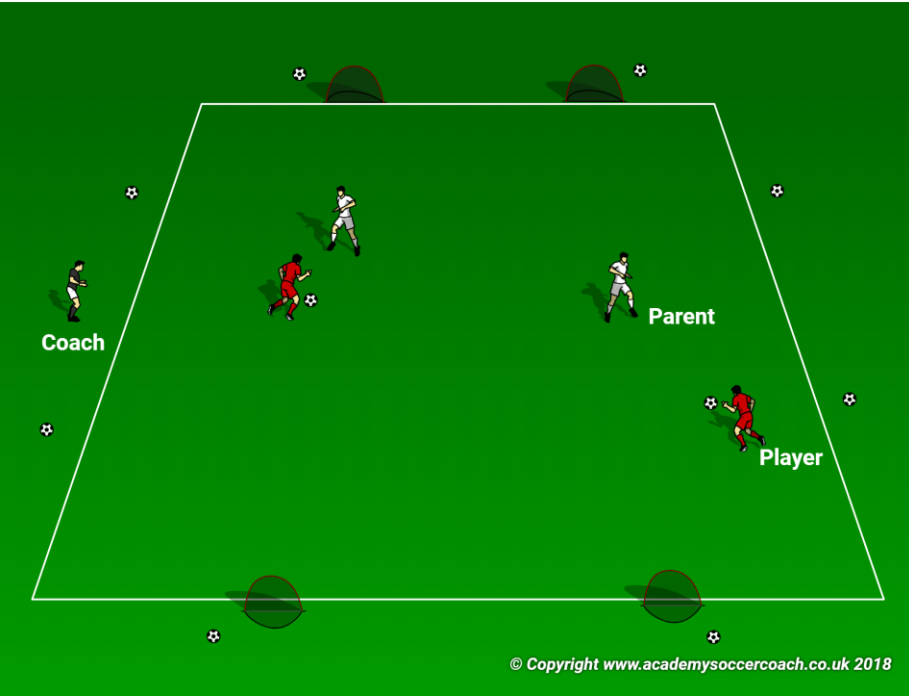
Coordination Game

Playground Soccer



Organization	2-4 mini nets on field.
Procedure	Partner (parent) and player play 1v1.
Progression	N/A
Conditions	N/A

Station Time	Area
6-8 Minutes	15m x 20m



Manitoba Soccer Association - Grassroots

Objective		Players become more comfortable with the ball.	
Technical	Psychological	Awareness Decision Making	Confidence
Physical	Social	ABC,s Change of Direction General Fitness	Peer Interaction FUN!
Outcome			
Individual: Players become more comfortable with the ball.			
Collective: Players recognize support players.			

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development

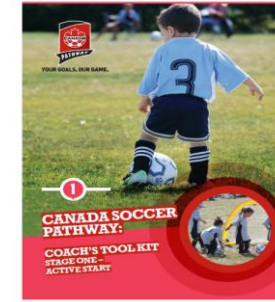




Active Start

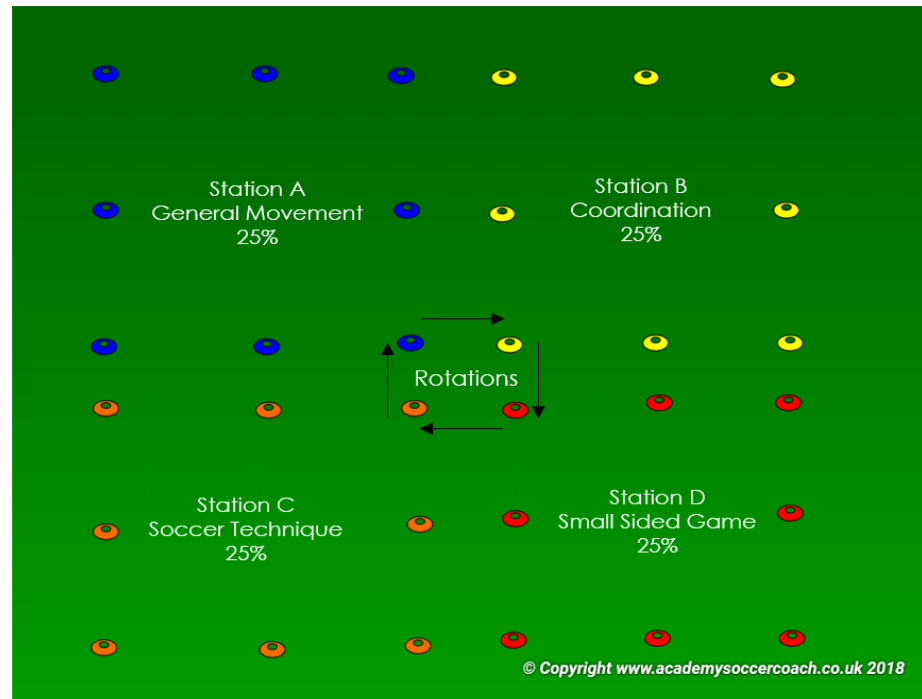
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



Active Start

Coordination Game

Squirrels and Nuts



Organization

Pair 2 players (Squirrels) with one parent beside a goal (Tree). Balls (Nuts) are placed in the middle. Add pinnies or cones in the middle if not enough balls.

Procedure

Players (Squirrels) run one at a time to the middle towards the balls (Nuts) and bring it back to their tree. They can start by picking the ball up or by dribbling it back. Give the players different ways to move (skip, jump, hop on one foot, run backwards, bear crawl, etc.)

Progression

After all the balls are taken from the middle, then they can steal balls from other players. See if every player can bring back 5 balls.

Conditions

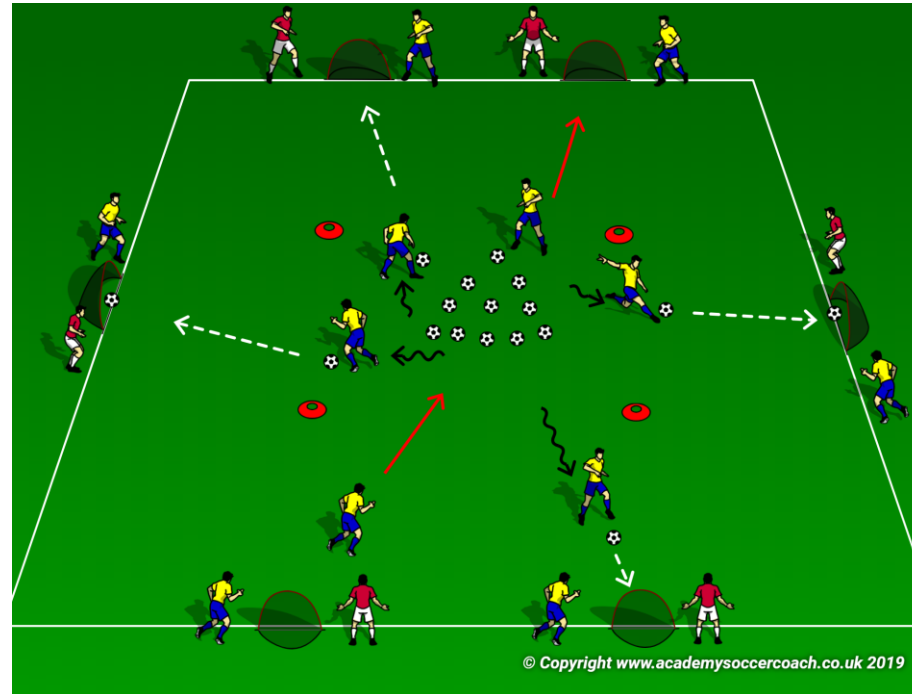
N/A

Station Time

8-10 Minutes

Area

25m x 25m



Manitoba Soccer Association – Grassroots Development

Objective

Awareness of other players
Dribbling under pressure

Technical

Awareness
Dribbling
Running with the Ball

Psychological

Confidence

Physical

ABC's
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

Individual: Players challenge each other with various of dribbling techniques and moves.
Collective: All players are given leadership role.



Active Start

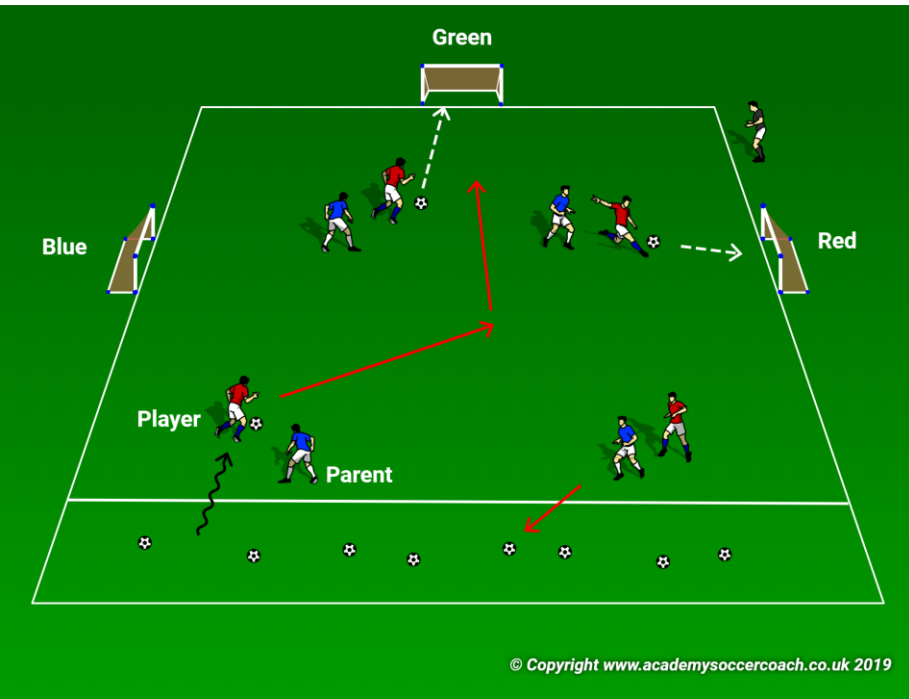
Dribbling Activity

Finding Nemo and Dory



Organization	Players are partnered with their parent. Balls are in a zone opposite to the nets.
Procedure	Parents run with the players to get a ball and score a goal. Parents can direct the players to which goals to score to "Score in the Green goal". Make it challenging, let the player change direction by saying "Red...Green".
Progression	Give tasks to parents: Pass the ball 3 times to your parent before you can score, put the ball between your parents' legs, make a complete circle around your coach, etc.
Conditions	N/A

Station Time	Area
8-10 Minutes	20m x 20m



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Manitoba Soccer Association – Grassroots Development

Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making Shooting	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer/Parent Interaction
Outcome	
Individual: Players beat opponents in 1v1. Collective: Players are confident on the ball.	



Active Start

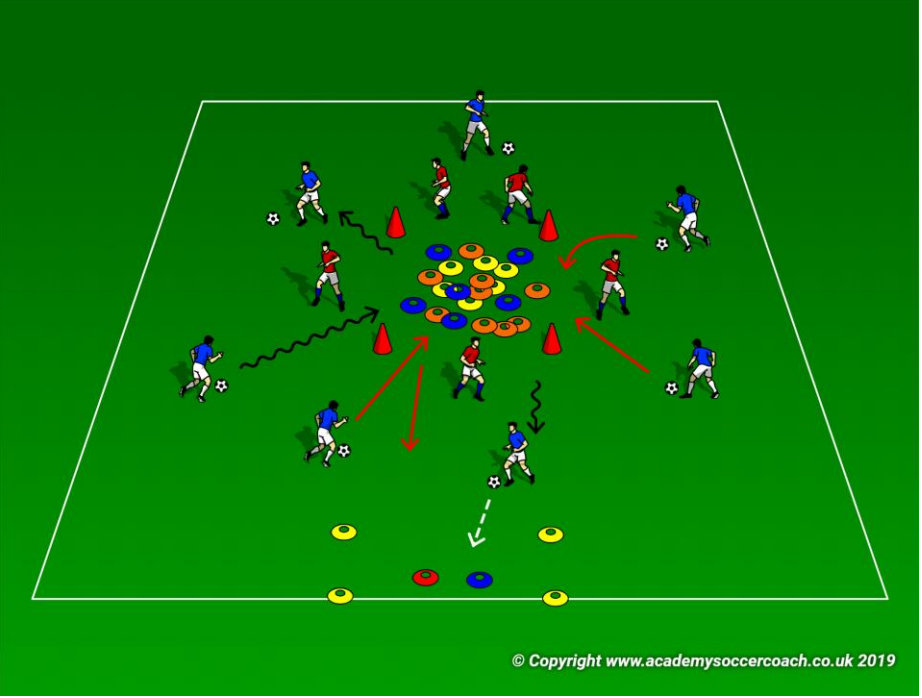
Skill Activity

Treasure Island



Organization
Parents stand around the treasure island. Cones or pinnies can be used as treasure. All players have a ball.
Procedure
Players (Pirates) dribble their ball (boat) onto the island. Without their boat they cannot enter the island. Parents (Sea monsters) have to kick their balls away to not allow entry. If the pirate enters the island with their boat, then they can take treasure back to their home base.
Progression
Parents and players switch roles.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques.	
Collective: Players are aware of other players.	



Active Start

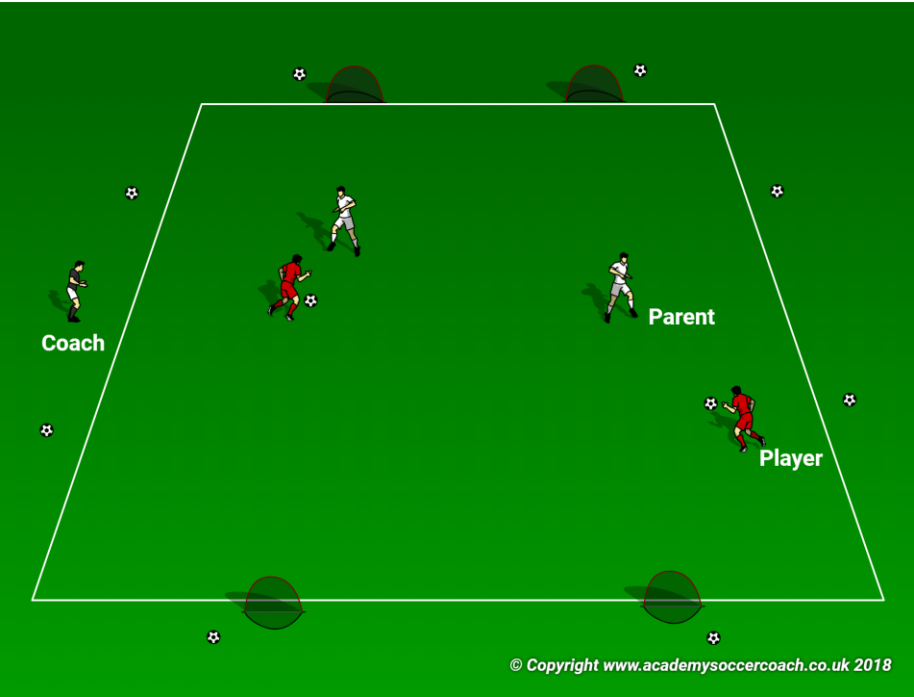
Small Sided Game

Playground Soccer



Organization	Pair each player with a parent or teammate. 2v2, set up multiple games.
Procedure	Parent plays against player (1v1, 2v2).
Progression	All parents vs all players
Conditions	N/A

Station Time	Area
6-8 Minutes	20m x 25m



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Objective		Players become more comfortable with the ball.	
Technical	Psychological	Awareness Decision Making	Confidence
Physical	Social	ABC,s Change of Direction General Fitness	Peer Interaction
Outcome			
Individual: Players become more comfortable with the ball.			
Collective: Players recognize support players.			

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development





Active Start

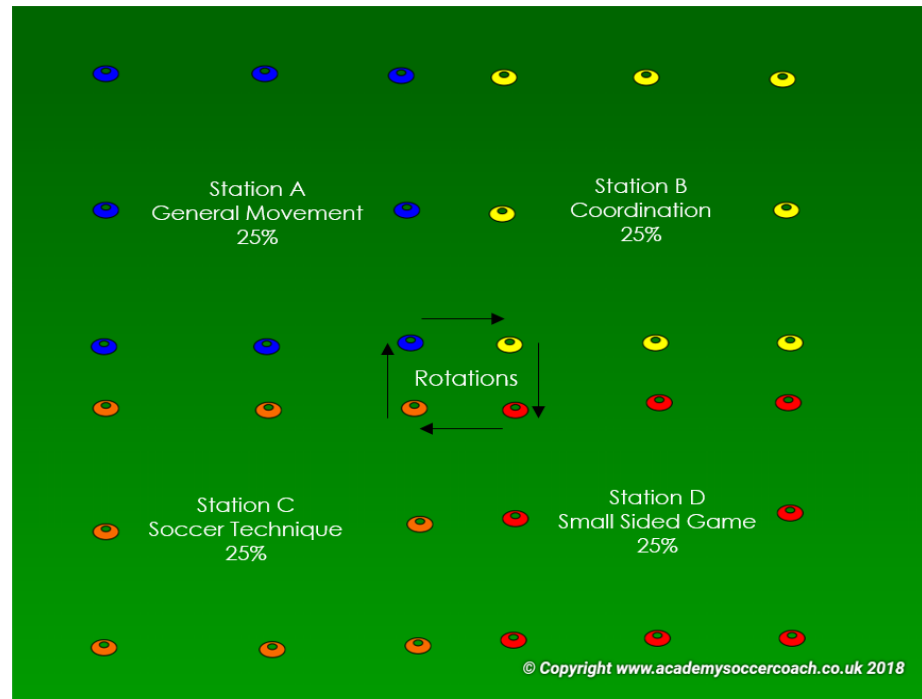
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



Active Start

Coordination Game

Hungry Hippo



Organization

Players are partnered with their parent and 1 ball (food). The coach (hippo) is amongst the players and always moving.

Procedure

Players start with the balls in their hands to try and give to the coach. The coach takes the ball and throws it away and ask the player to bring the ball back in a certain manner (ex. Bring the ball back on your head", "Carry the ball using one hand"). Use different body parts and different running techniques (Hop on both feet). Use the parents as the extra "hippos".

Progression

Make it interactive with other players and parents - ex. Touch your ball with another players.

Conditions

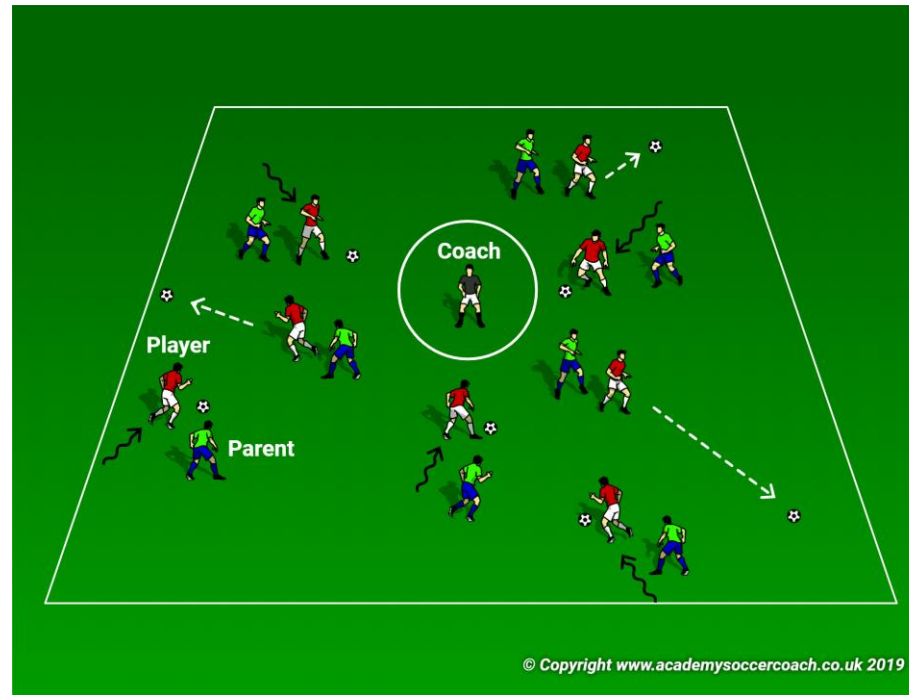
N/A

Station Time

8-10 Minutes

Area

25m x 25m



Manitoba Soccer Association – Grassroots Development

Objective

Awareness of other players
Dribbling under pressure

Technical

Awareness
Dribbling
Running with the Ball

Psychological

Confidence

Physical

ABC's
Change of Direction
General Fitness

Social

Peer Interaction
Coach interaction

Outcome

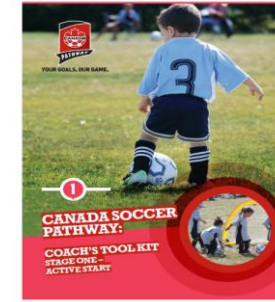
Individual: Players challenge each other with various of dribbling techniques and moves.
Collective: All players are given leadership role.



Active Start

Dribbling Activity

1v1 with Gates



Organization

Players are partnered with their parent. 8-12 gates are placed in the area.

Procedure

Players try to dribble through as many gates as possible. Their parent is the defender and tries to stop them. If the parent wins the ball, then they can dribble through the gates. Encourage the players to win the ball back. Players always win at the end.

Progression

Use different coloured gates. Dribble only through the yellow/red gates. Do 3 toe taps every time you dribble through the gates.

Conditions

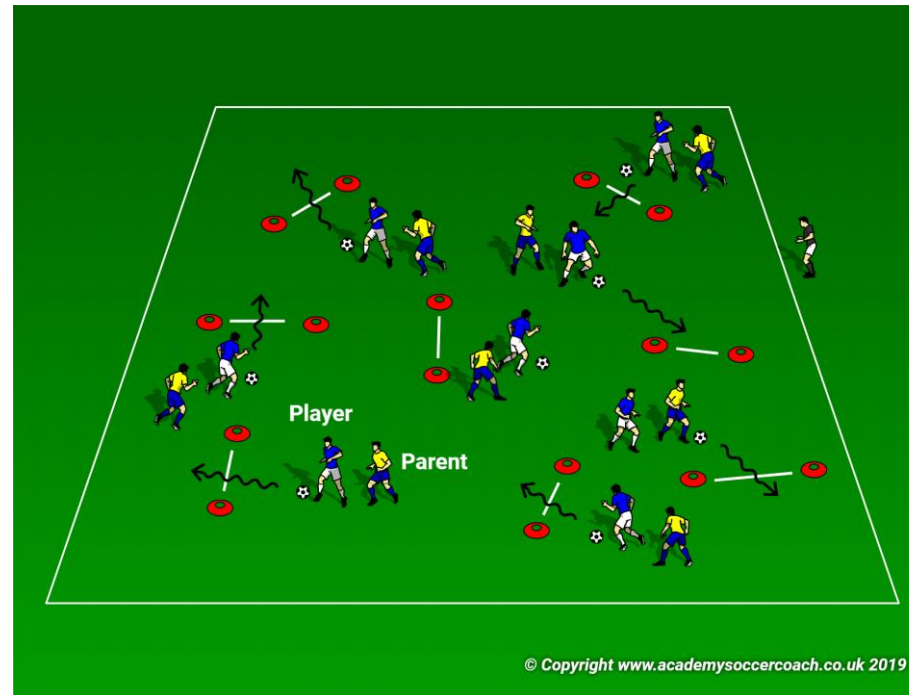
N/A

Station Time

8-10 Minutes

Area

20m x 20m



Objective

Fun and creativity.

Technical

Awareness
Decision Making
Running with the ball
Turning with the ball

Psychological

Confidence

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer/Parent
Interaction

Outcome

Individual: Players beat opponents in 1v1.
Collective: Players are confident on the ball.



Active Start

Skill Activity

1v1 to 1 Goal



Organization
Each parent has a net and 2 players.
Procedure
Parents toss a ball to the 2 players. Players play a 1v1 in their area and try to score on the net beside the parent. If the ball goes out of bounds, toss a new ball in. Encourage dribbling and shooting!
Progression
Players can score on a different net, but always return to the same parent for a new ball.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



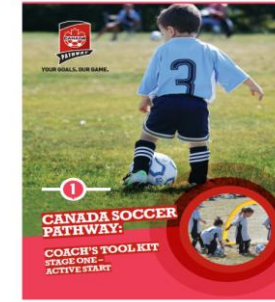
Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques.	
Collective: Players are aware of other players.	



Active Start

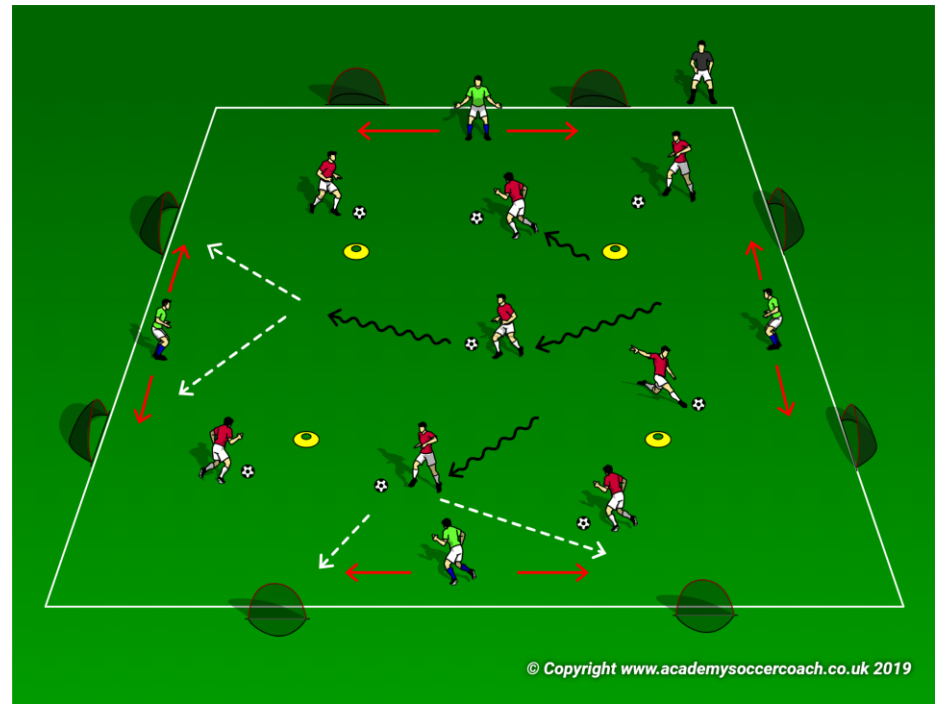
Small Sided Game

Scoring Frenzy



Organization
Multiple nets are placed around the area. Each player has a ball.
Procedure
Players try to score as many goals as they can in 1 minute. After each goal, they have to dribble through the middle square to score a next goal. Add parents in the middle and the player has to high-five their parent after each goal.
Progression
Parents are the defenders against all the players.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer/Parent Interaction
Outcome	
Individual: Players become more comfortable with the ball.	
Collective: Players recognize support players.	

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development

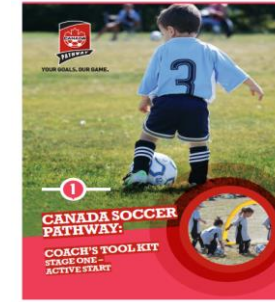




Active Start

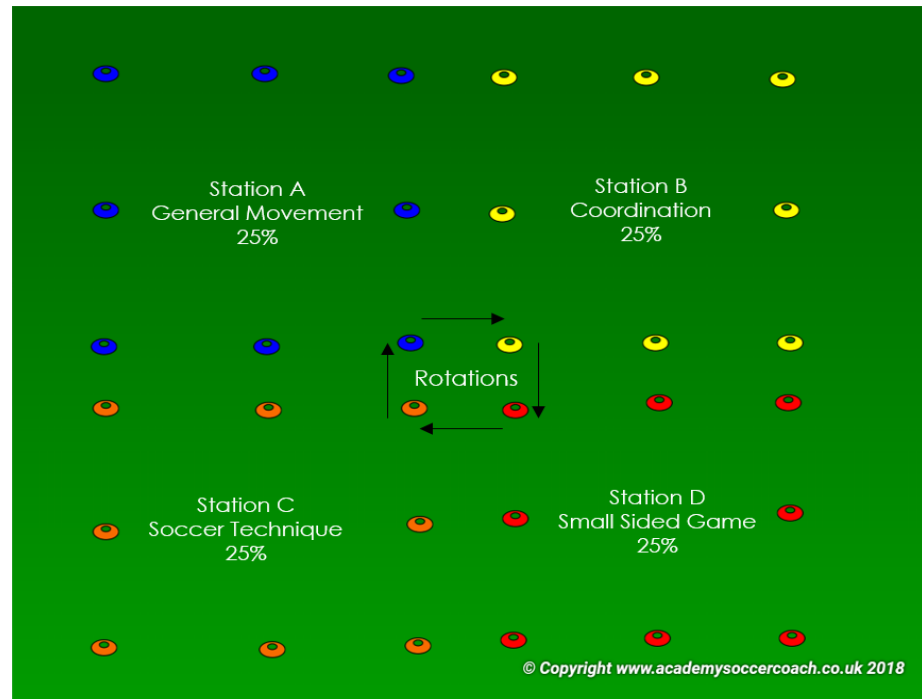
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



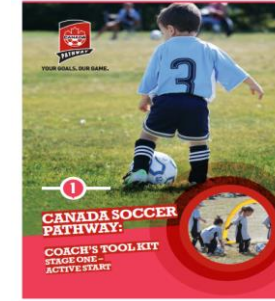
Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



Active Start

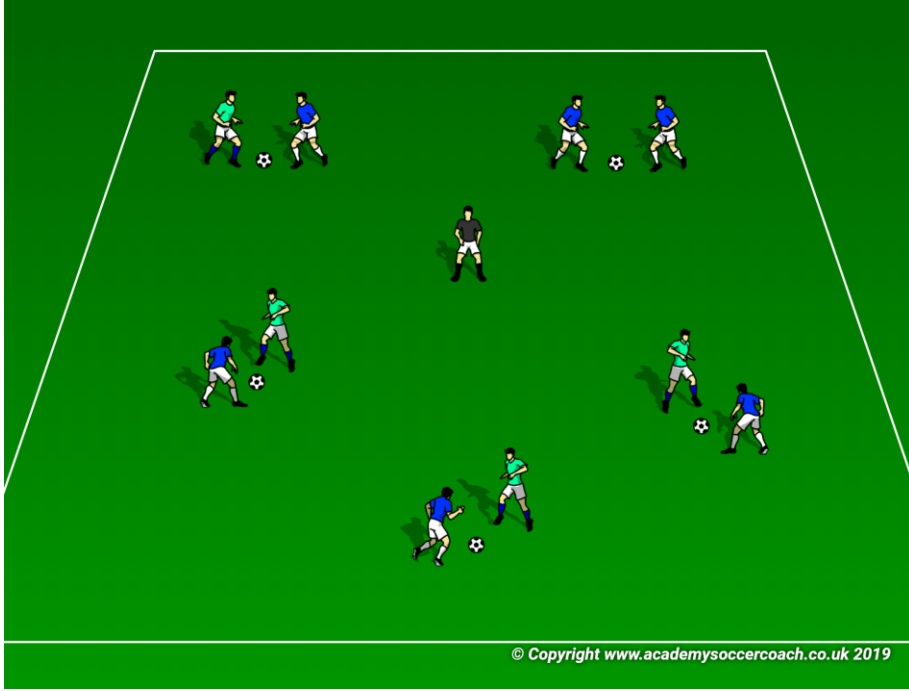
General Movement

Snatch



Organization
Players are partnered with each other and have 1 ball.
Procedure
Players face each other with a ball between them. When the coach says a body part (head), then the players have to touch that body part. Repeat with different body parts or actions (jump) and on the command "SNATCH" the players have to try and grab the ball.
Progression
After a few rounds, partner the players with their parent.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



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Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Reaction Body Awareness	Confidence Problem Solving
Physical	Social
Movement Skills Physical Fitness	Peer Interaction
Outcome	
Individual: Players try a variety of movements. Collective: All players are given leadership role.	



Active Start

Coordination Game

Loot the Treasure Chest



Organization

Pair 2 players (Pirates) with one parent beside a goal (Pirate Ship). Balls (Treasure) are placed in the middle. Add pinnies or cones in the middle if not enough balls.

Procedure

Players (Pirates) run one at a time to the middle towards the balls (Treasure) and bring it back to their ship. They can start by picking the ball up or by dribbling it back. Give the players different ways to move (skip, jump, hop on one foot, run backwards, bear crawl, etc.)

Progression

After all the balls are taken from the middle, then they can steal balls from other players. See if every player can bring back 5 balls.

Conditions

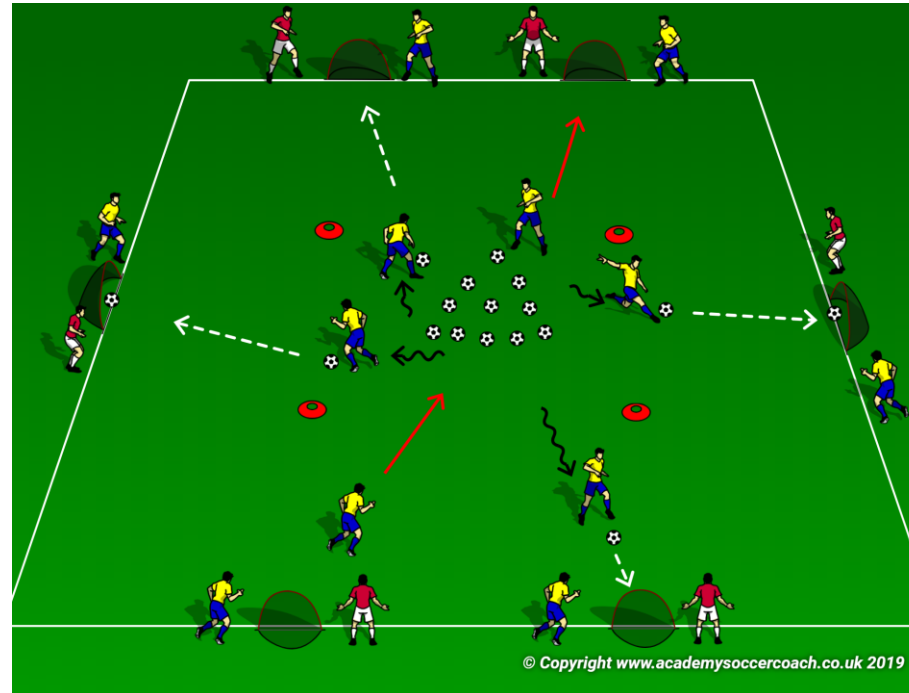
N/A

Station Time

8-10 Minutes

Area

25m x 25m



Objective

Awareness of other players
Dribbling under pressure

Technical

Awareness
Dribbling
Running with the Ball

Psychological

Confidence

Physical

ABC's
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

Individual: Players challenge each other with various of dribbling techniques and moves.
Collective: All players are given leadership role.



Active Start

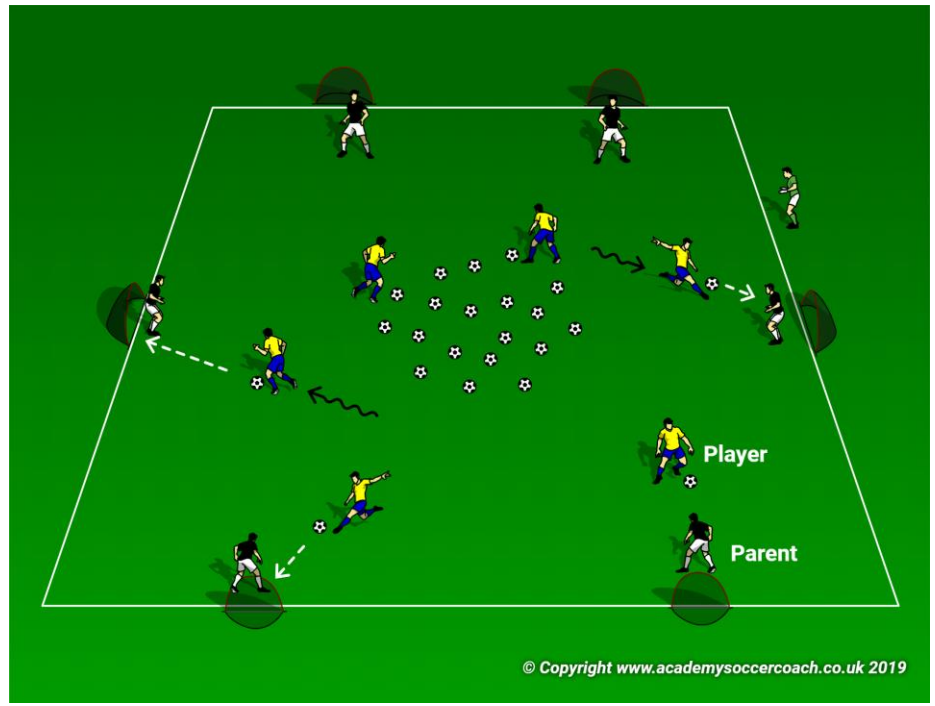
Skill Activity

Free for All



Organization	Players and balls start in the middle. Parents will be defenders/goalies.
Procedure	Players try to score into any net, but not in the same net twice. The game goes until all the balls are scored.
Progression	Let the players be defenders/goalies.
Conditions	N/A

Station Time	Area
6-8 Minutes	25m x 25m



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Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making Dribbling Shooting	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques. Collective: Players are aware of other players.	



Active Start

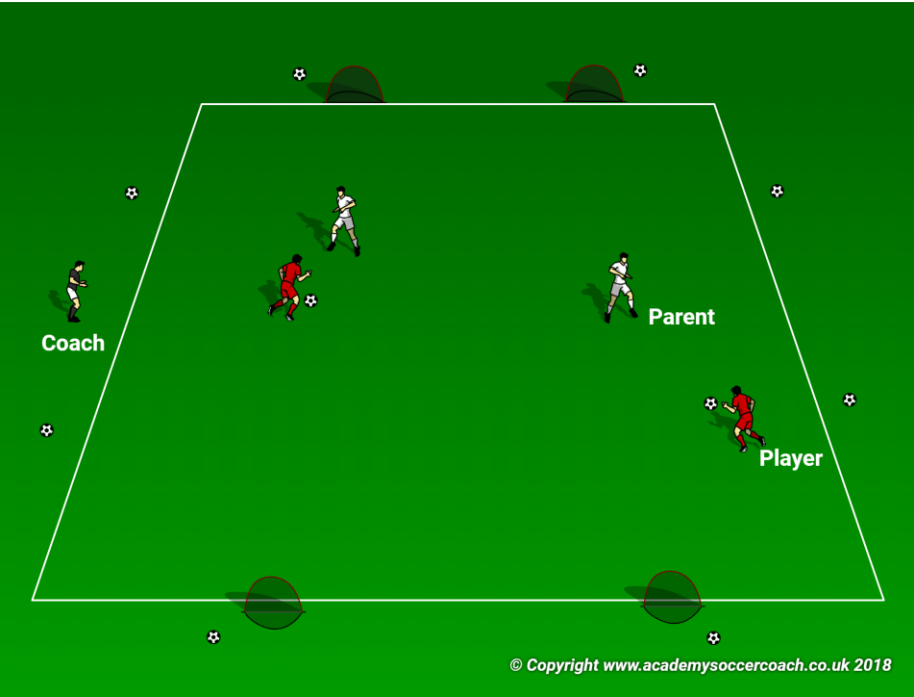
Small Sided Game

Playground Soccer



Organization	Parents protect 2 sets of goals and players protect the opposite 2 goals.
Procedure	Parent plays against player 1v1.
Progression	All parents vs all players!
Conditions	N/A

Station Time	Area
6-8 Minutes	20m x 25m



Objective		Players become more comfortable with the ball.	
Technical	Psychological	Awareness Decision Making	Confidence
Physical	Social	ABC,s Change of Direction General Fitness	Peer Interaction
Outcome			
Individual: Players become more comfortable with the ball.			
Collective: Players recognize support players.			

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development

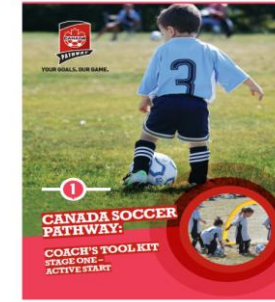




Active Start

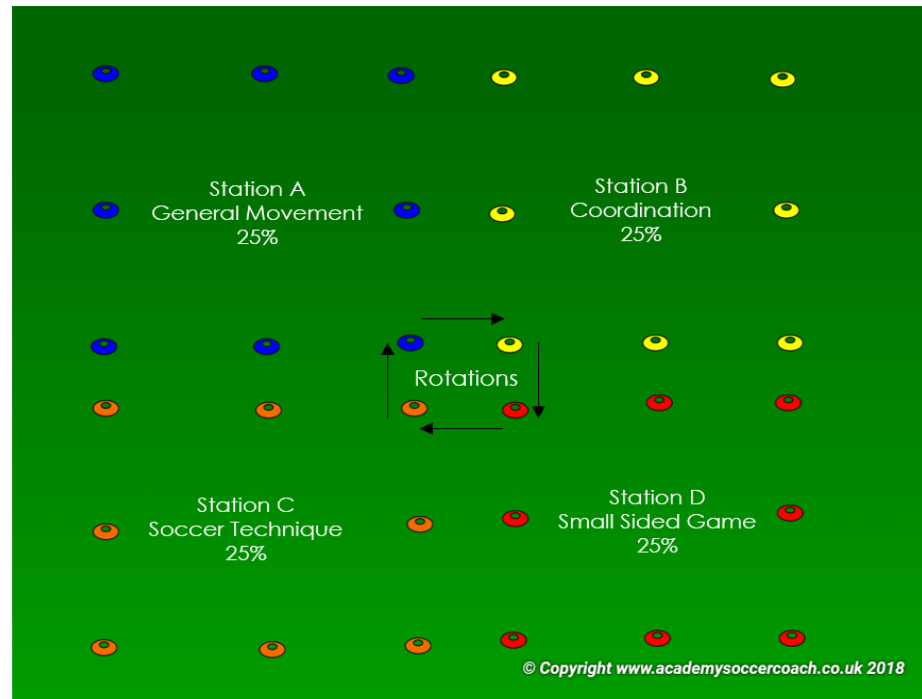
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



Active Start

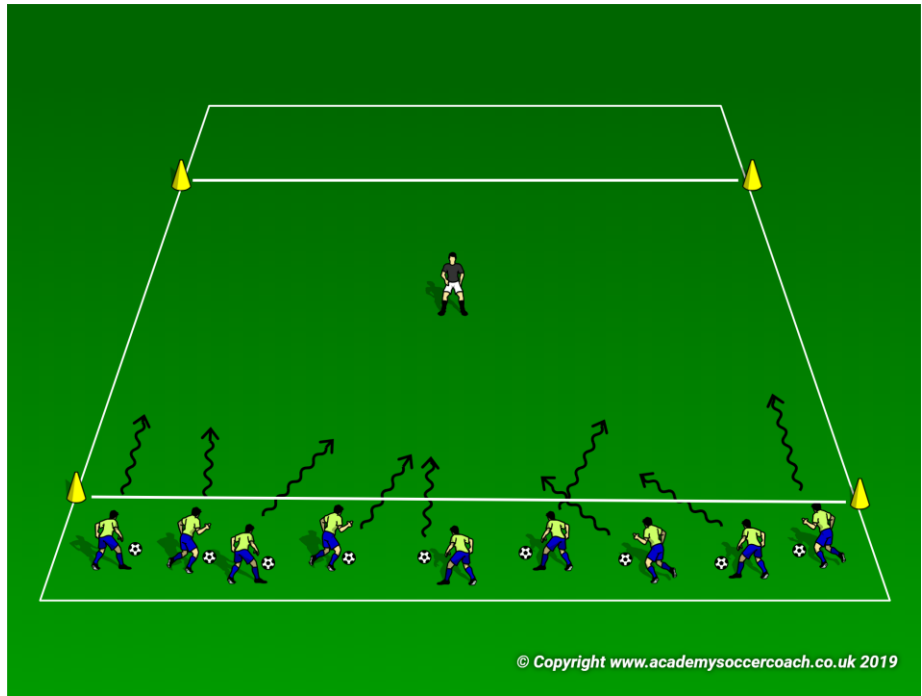
General Movement

Olly Olly Octopus



Organization
Select 1 tagger (Olly) to start in the middle. All other players start on the end line.
Procedure
Players on end line start by singing "Olly Olly Octopus in the great blue seas, Olly Olly Octopus you can't catch me". After the players run to the other side without getting tagged. If tagged, then they sit down and become "seaweed" who can also tag.
Progression
Players have a ball in their hands/feet.
Conditions
N/A

Station Time	Area
6-8 Minutes	20m x 20m



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Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Awareness Body movements Dribbling	Confidence Problem Solving
Physical	Social
Movement Skills Physical Fitness	Peer Interaction
Outcome	
Individual: Players try a variety of movements.	
Collective: All players are given leadership role.	



Active Start

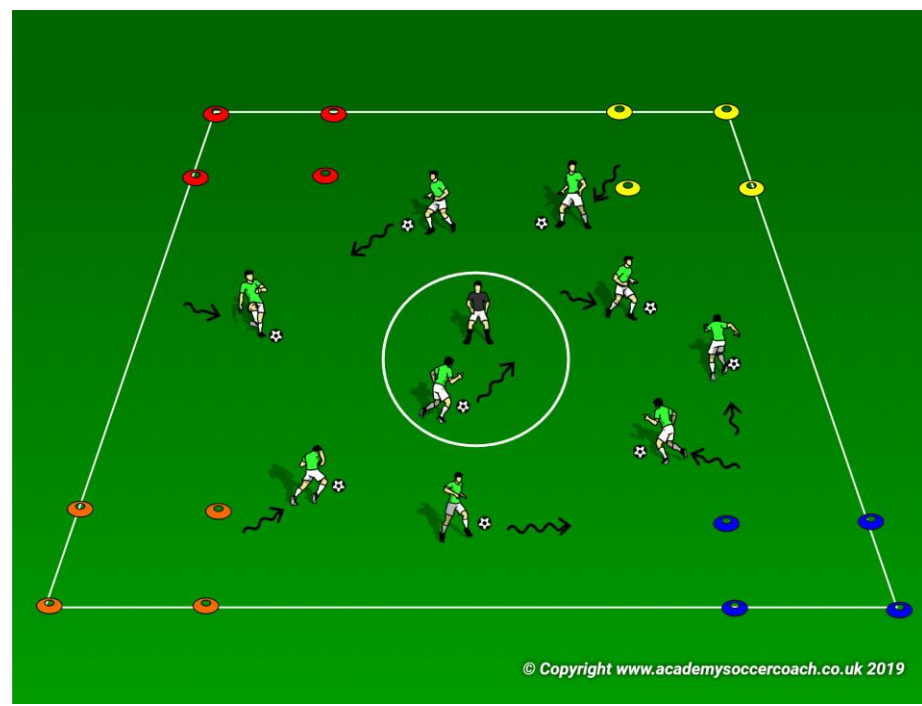
Coordination Game

Ball Familiarity



Organization
4 boxes of different colours in each corner. All players have a ball.
Procedure
Players use various dribbling techniques to move around the area. The coach gives specific tasks on how to dribble and with what part of the foot. When a colour is called, the players race to get into that square. Let the players choose the names of the squares
Progression
Let the players choose the names of the squares (ex. Names of Paw Patrol dogs)
Conditions
N/A

Station Time	Area
8-10 Minutes	25m x 25m



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Objective	
Awareness of other players Dribbling under pressure	
Technical	Psychological
Awareness Dribbling Running with the Ball	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction Parent Interaction
Outcome	
Individual: Players challenge each other with various forms of dribbling techniques and moves.	
Collective: All players are given leadership role.	



Active Start

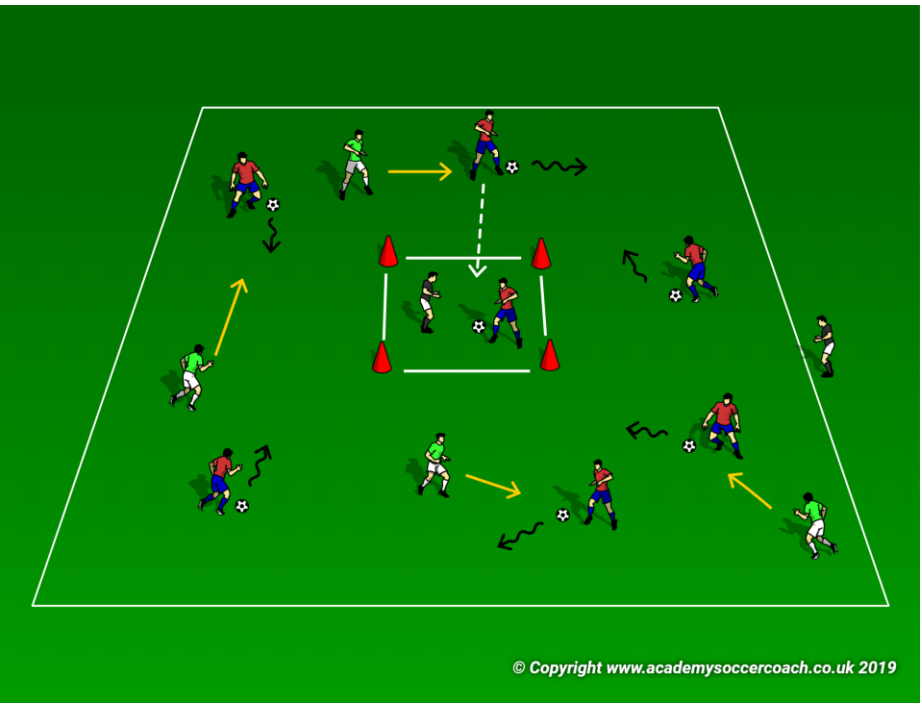
Skill Activity

Doctor! Doctor!



Organization	Half the players are taggers (Germs) and the other half are patients. Coach is the doctor and stands in the middle area.
Procedure	Taggers try to steal the ball and kick it out of the area. The patient needs to get healthy, so they must visit the doctor who will tell the patient how to get healthy (ex. 5 jumping jacks, 5 toe taps, etc.).
Progression	Parents are taggers and all the players are the patients.
Conditions	N/A

Station Time	Area
6-8 Minutes	25m x 25m



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Objective		Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological	Confidence	
Awareness Decision Making Dribbling Protecting the ball		Peer Interaction Teamwork	
Physical	Social	Peer Interaction Teamwork	
Change of Direction General Fitness		Outcome	
Individual: Players try various dribbling techniques.			
Collective: Players are aware of other players.			



Active Start

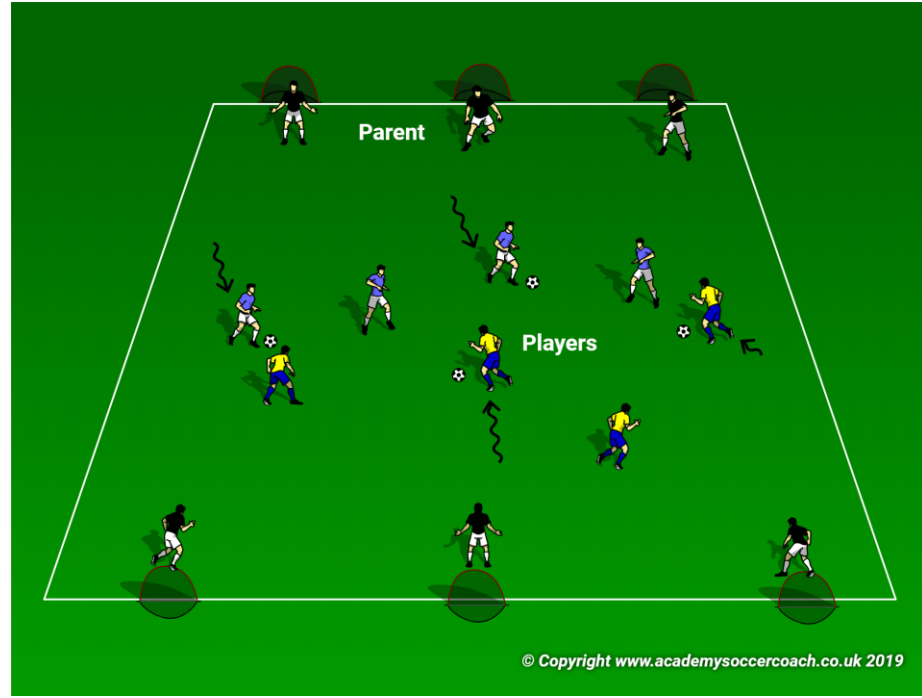
Coordination Game

Playground Soccer



Organization
2 teams of 4 players. Parents are the goalies.
Procedure
Use 3-4 balls for more scoring and more time on the ball for the players.
Progression
Parents come out of the nets and play with their child.
Conditions
N/A

Station Time	Area
6-8 Minutes	3 x 15m x 25m



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Manitoba Soccer Association - Grassroots

Objective	
Players become more comfortable with the ball.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players become more comfortable with the ball.	
Collective: Players recognize support players.	