

Active Start

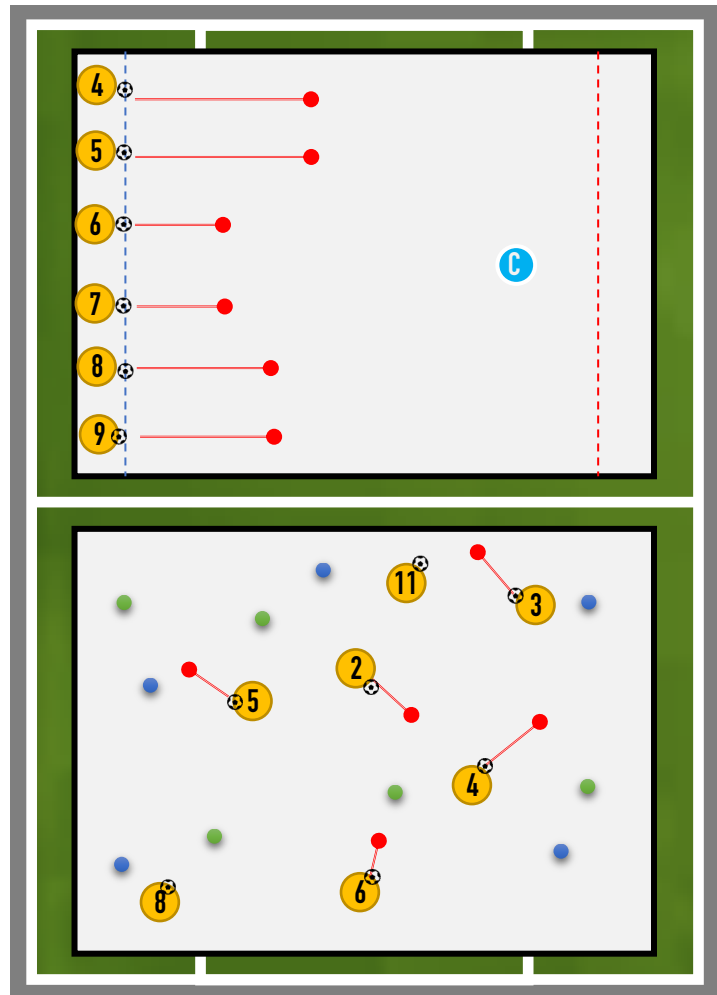
Example Sessions



FOCUS	Physical Literacy, Dribbling, Running with the Ball
PLAYER HABITS	1v1 Attacking
SOCIAL/MENTAL	Fun, Friends, Energy, Concentration

Active Start (U4-U6)





Activity	WHAT TIME IS IT MR. WOLF?
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 20x20 yard space with 5-yard end zones at each end. • The coach starts out as Mr. Wolf • The coach's (Mr. Wolf) back is toward the players. Players need to ask, 'what time is it Mr. Wolf'? The coach then says between 1 o'clock and 12 o'clock, that is how many steps the players take forward. • When the coach says 'lunch time' the players need to safely get to one of the end zones without being tagged. • If a player becomes tagged, they become the wolf. • Add a ball in after a couple rounds where the players take touches with the ball. 	

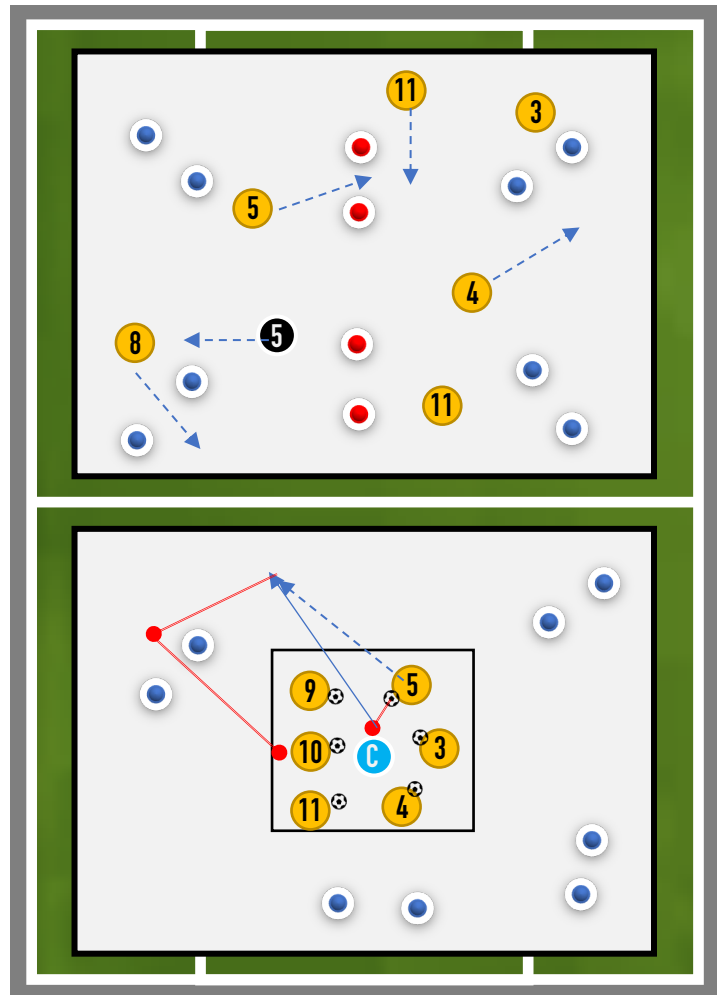
Activity	DRIBBLING BOX
DESCRIPTION	
<ul style="list-style-type: none"> • In 20x20 yard space place 5-6 blue cones and 5-6 green cones. • Each player needs a ball. • Player's dribble around the box. The coach will call out 'blue or green' from time to time. When that happens, the players need to dribble to the appropriate colour cone. Only one player per cone. • Players that don't get to a cone need to perform a certain physical literacy or skill activity (e.g. Jumping jacks, toe touches, etc.) 	

Activities should be followed by a 3v3 game

FOCUS	Physical Literacy, Loving the Ball
PLAYER HABITS	1v1 Attacking, Vision & Awareness
SOCIAL/MENTAL	Fun, Friends, Energy, Concentration

Active Start (U4-U6)

- Dribble
- - - Player Movement
- Ball Movement



Activity	GATE TAG
DESCRIPTION	
<ul style="list-style-type: none"> • Have 1 (or 2) player designated as the tagger. They try to tag as many players as they can in 1 minute. Every time they tag a player, they get a point. • Other players try to not get tagged and get as through as many gates as they can. Every time they get through a gate (can't keep going back through the same gate every time) they get a point. • After a couple rounds, play the same game, but players have a ball at their feet (tagger and other players). 	

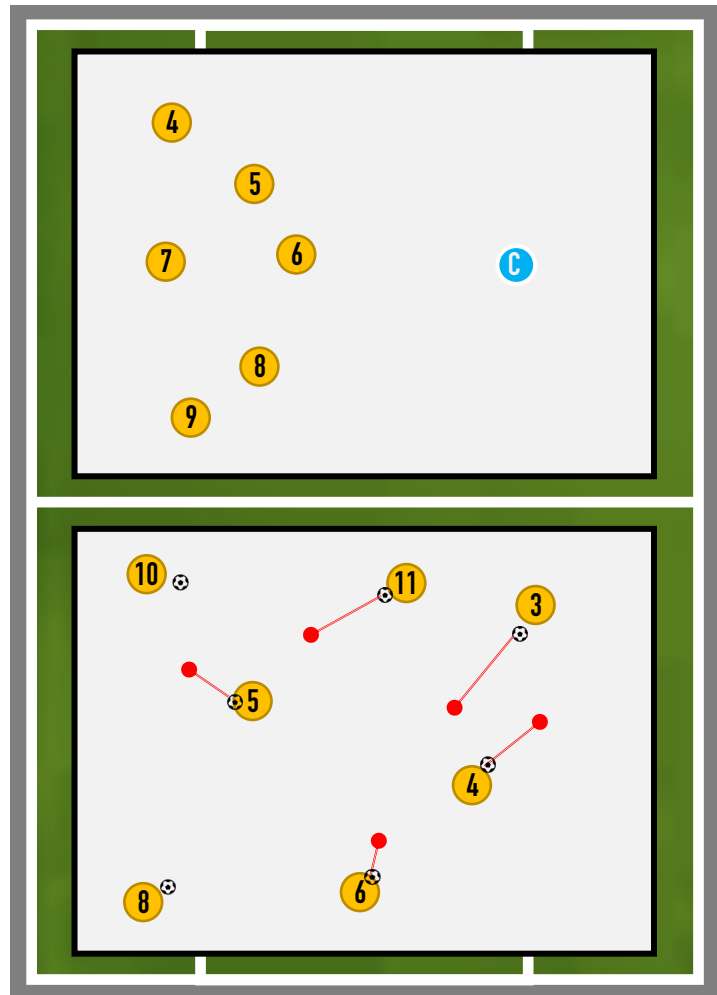
Activity	LAND AND OCEAN
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 10x10 yard box where players dribble around – this is the land where players are safe! • Players dribble their ball to the coach who is an evil land creature, the coach throws the ball into the ocean where the player needs to dribble the ball back to the land as quickly as possible, every time they do this, they get a point. • Progress to where they need to dribble through a gate (that is located in the ocean) before returning to land. • Next progression is dribbling through two gates before returning to land. • Play 2-3 minute games and challenge players to see if they can beat their own scores. 	

Activities should be followed by a 3v3 game

FOCUS	Physical Literacy, Skill Acquisition
PLAYER HABITS	1v1 Attacking
SOCIAL/MENTAL	Fun, Friends, Energy, Concentration. Listening Skills

Active Start (U4-U6)



Activity	COACH SAYS
DESCRIPTION	
<ul style="list-style-type: none"> All players stand in their own space in front of the coach. Play 'Coach Says' (every time the coach says 'Coach Says' followed by an activity, the players follow suit, if the coach just says the activity, then players shouldn't follow suit) without a ball for 5 minutes working on different physical literacy movements (hops, high knees, butt kicks, arm swings, balance, etc.) For the next 5 minutes, add a ball and work on skill acquisition techniques (toe taps, foundation touches, combination, dribbling, etc.) 	

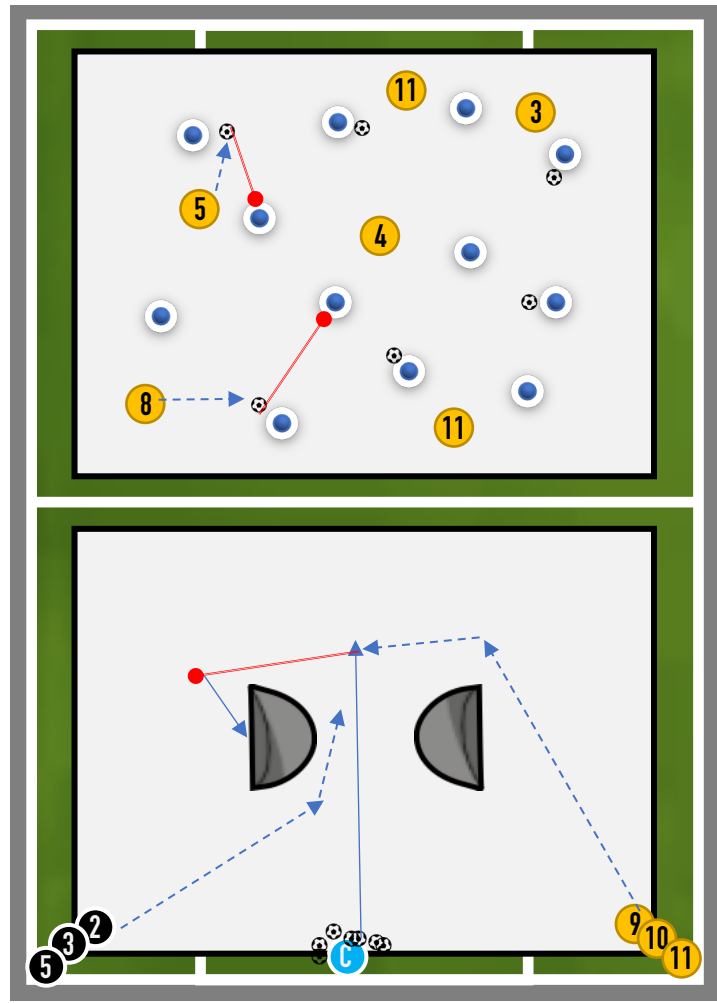
Activity	DRIBBLING BOX + BODY PARTS
DESCRIPTION	
<ul style="list-style-type: none"> Create a 20x20 yard box, every player has a ball. Player's dribble around the box. Coach will periodically call out a body part that the player needs to touch with the ball (ie. Head on ball, butt on ball, knee on ball). After working on just body parts, start also calling out some skill acquisition techniques (toe taps, foundation touches, combination) that players need to perform as well. 	

Activities should be followed by a 3v3 game

FOCUS	Dribbling, Getting More Comfortable with the Ball
PLAYER HABITS	1v1 Attacking, Vision & Awareness
SOCIAL/MENTAL	Fun, Friends, Energy, Concentration

Active Start (U4-U6)

- Dribble
- - - Player Movement
- Ball Movement



Activity	FIND THE FREE CONE
DESCRIPTION	
<ul style="list-style-type: none"> Place 15-20 cones scattered around. Have 8-10 balls in beside the cones (as shown in the diagram) Players need to locate a free ball and then dribble to a free cone and stop the ball beside it, then repeat the process. Each time they dribble to a free cone and stop the ball they get a point. Play a couple 1-2 minute rounds and challenge the players to beat their own score. Progress to doing the same thing but every time the player stops the ball by the cone, they have to do 6 foundation touches or 6 toe taps. 	

Activity	BACK-TO-BACK GOAL GAME
DESCRIPTION	
<ul style="list-style-type: none"> In a 15x15 yard box, place 2 pug goals back-to-back (as shown in the picture). Have two lines of players, coach throws or rolls a ball into the grid and the first 2 players play 1v1 against each other (can score in whichever goal they want). Roll the ball out for the next 2 players when the ball goes out of play, or a goal is scored. Be conscious of player pairings (make sure a stronger player is not constantly going against a weaker player). 	

Activities should be followed by a 3v3 game