

ACTIVE START ONE-WITH-ONE® PROGRAM

ACTIVITY PAGES PART 1 (UNDER 4)



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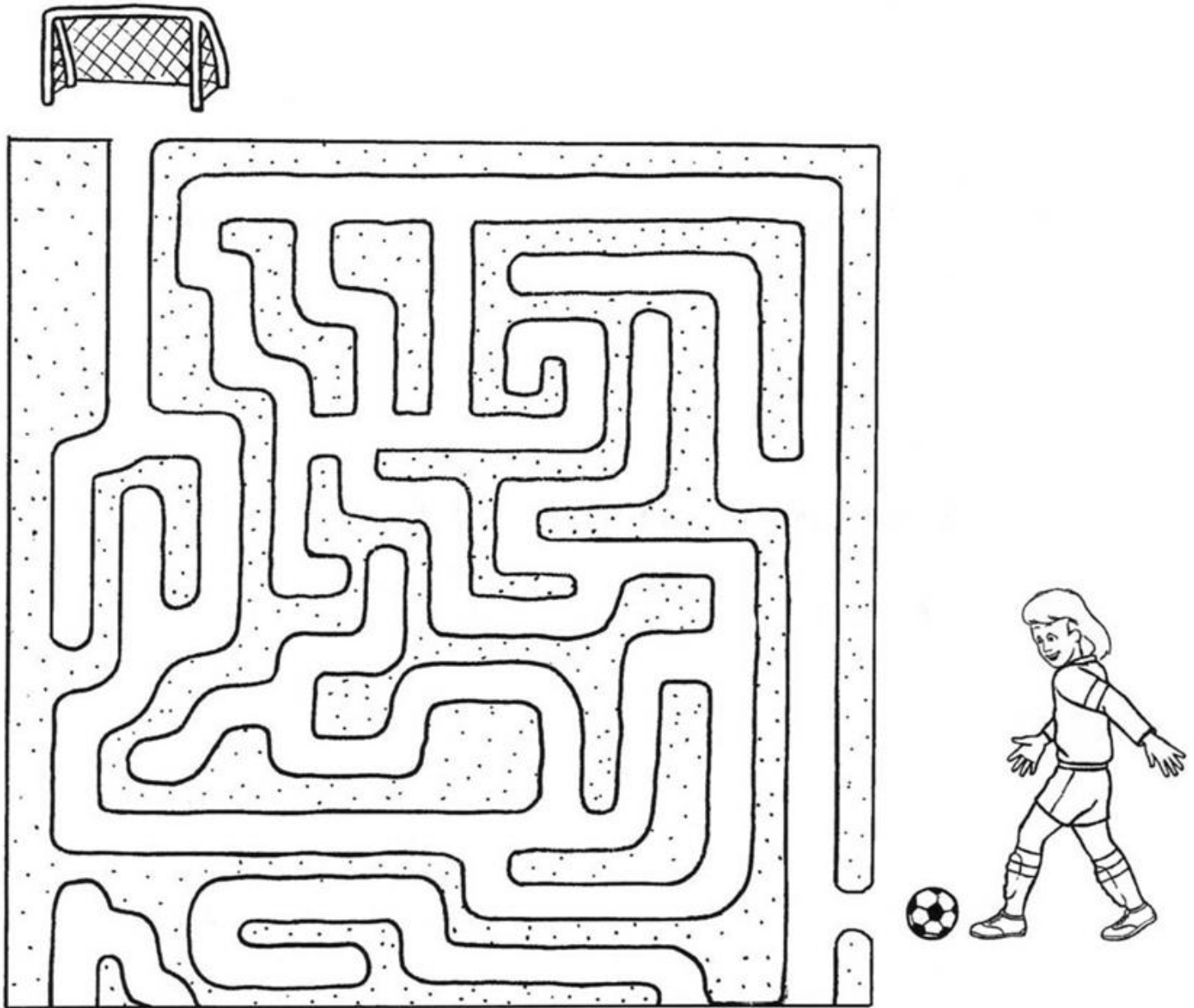
Note to Parents

There are two main types of activities within the activity book, ones that can be done on the kitchen table – or wherever – and others that are fun games and skill developers that can take place in a small outdoor area, such as the backyard, with a soccer ball. You may do some of the outdoor activities inside if you have the space, such as a recreation room and a soft ball, but be careful out (or in) there!

The "Kitchen Table" exercises are perfect for when you are preparing dinner. You can select a page and direct your child to complete one (or more) of the pages – often with a limited amount of supervision. At the back of this book is a Parent Guide with suggestions on how you can help your child with these activity pages.

Go and have fun!

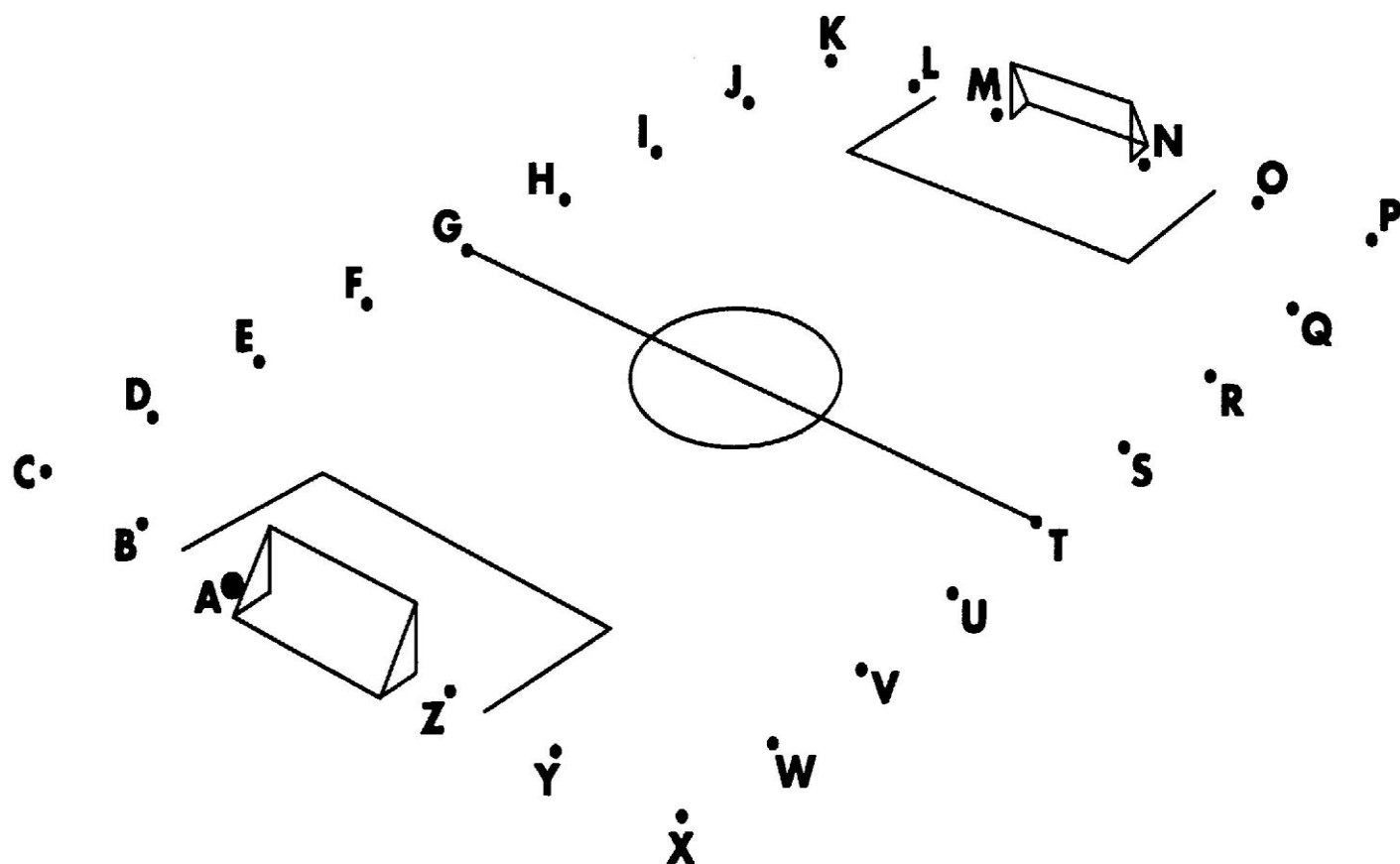
A-Mazing!



Dribble through the maze and score a goal. Don't worry if you go the wrong way. Make your way back and keep on dribbling until you score.

Connect the Dots

Join the dots for your soccer field.

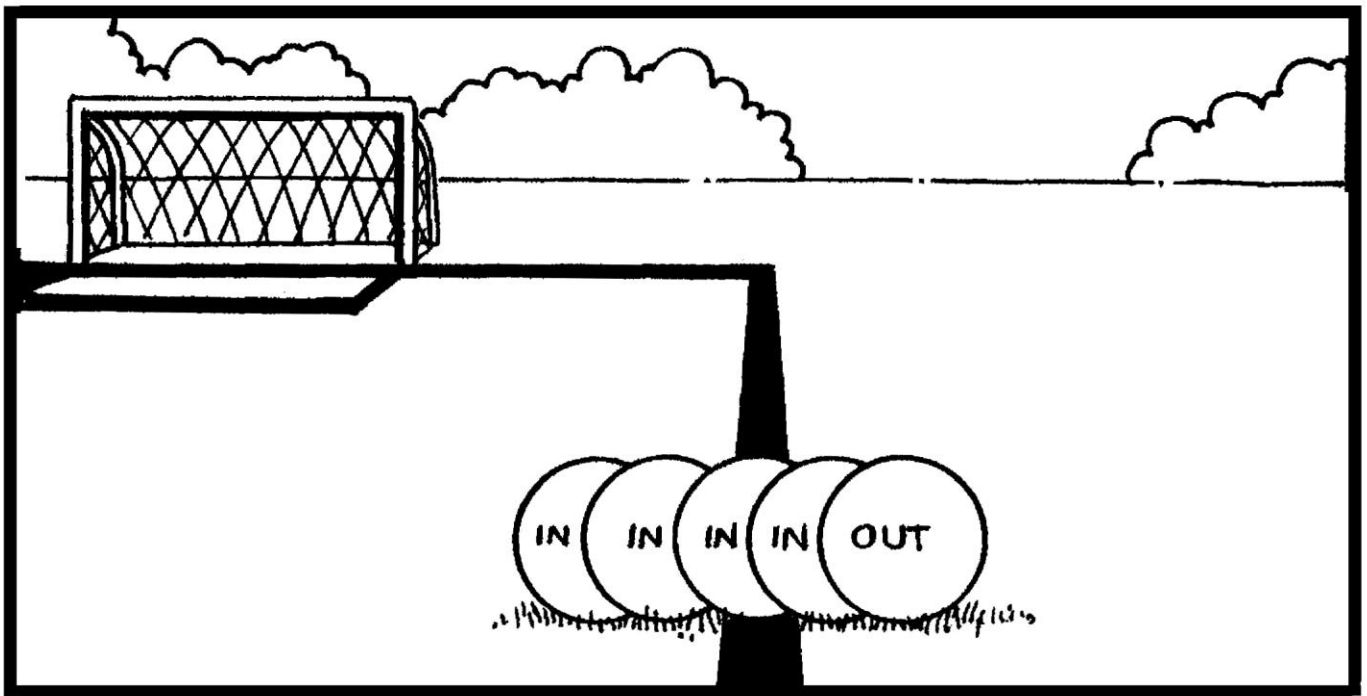


Start at A and finish at Z.

Now draw players to show them playing a game!

Ball In/Out Play

In soccer, the ball is only outside the field of play when the WHOLE BALL passes over the goal line or sidelines.



Only one ball is out of play. Colour the one that's out of play.

This can be more difficult to judge if the ball is in the air.

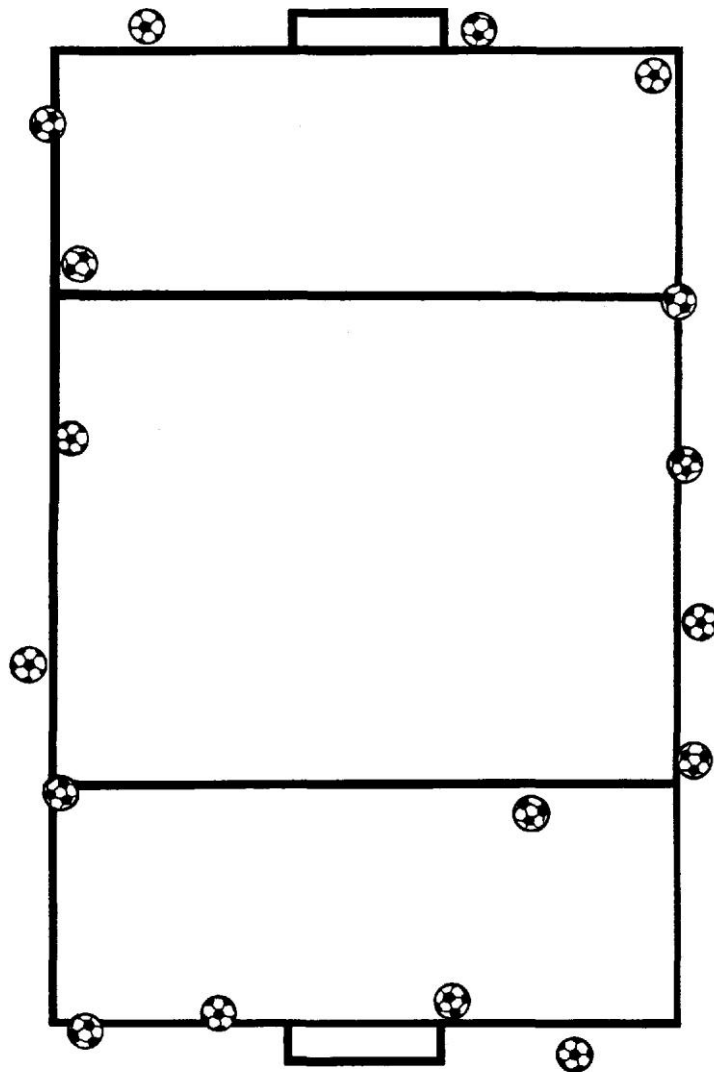
Count the Balls

Here is a bird's-eye view of a soccer field with lots of balls.

How many balls are there? _____

How many balls are in play? _____ (Colour them blue)

How many balls are out of play? _____ (Colour them red)



Uniform Design by Numbers

We've put in numbers on the socks, shorts and jersey of our high school star player. Now he needs some colour! Be very careful where the colours join.

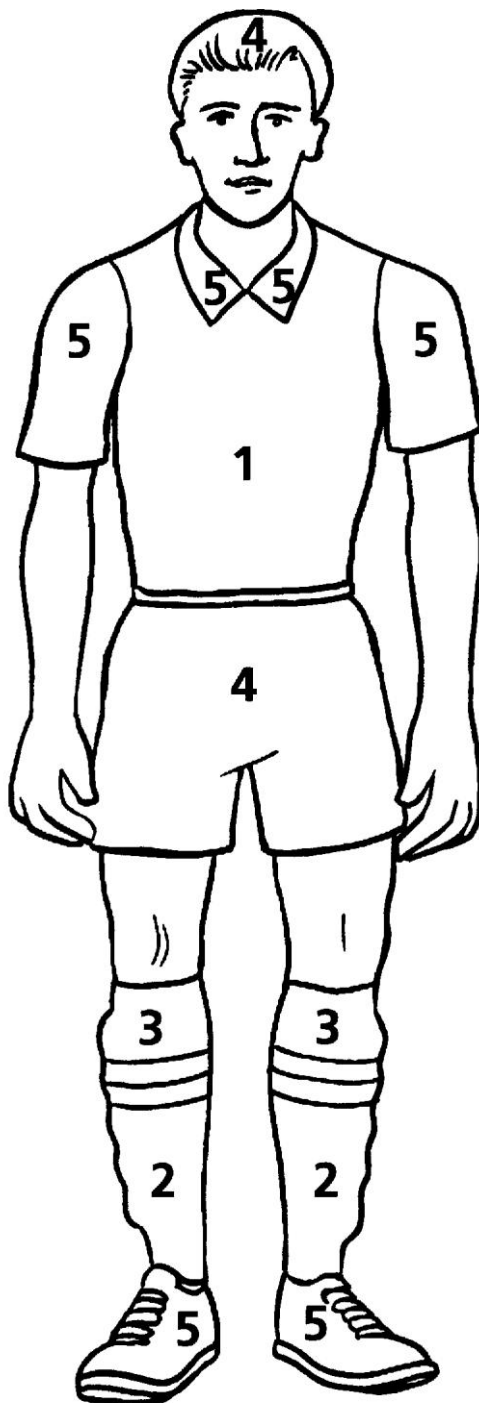
1 is red.

2 is blue.

3 is green.

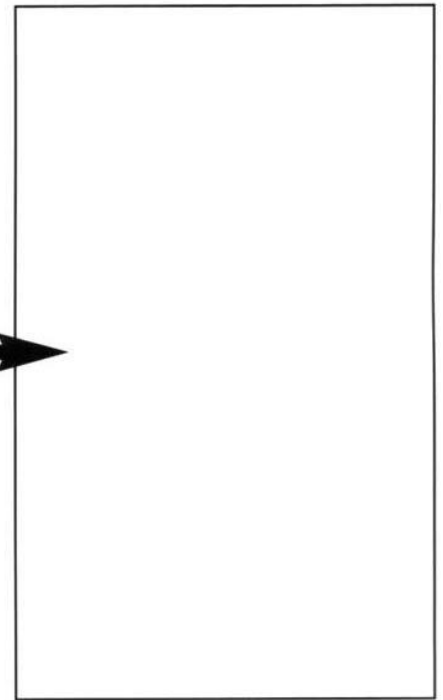
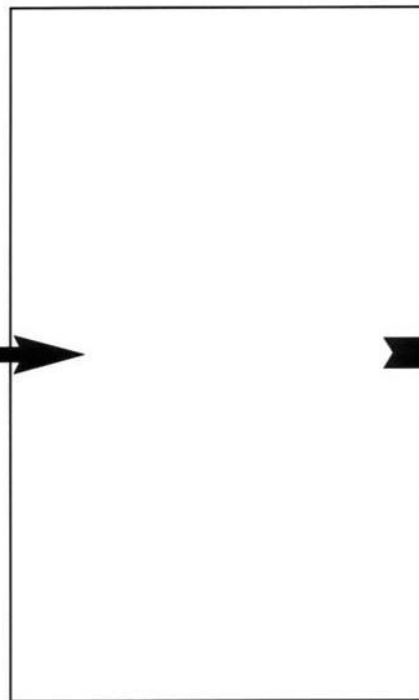
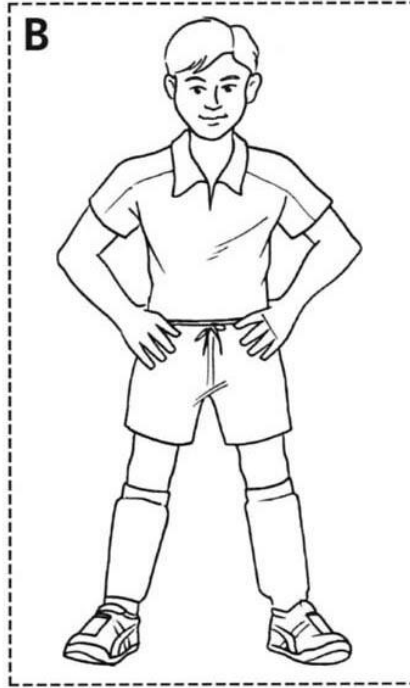
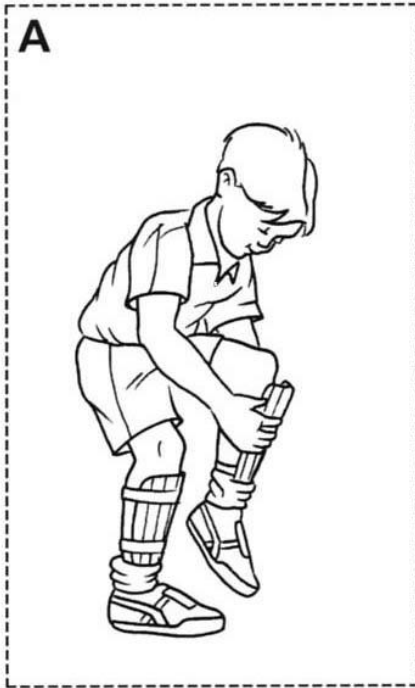
4 is yellow.

5 is black.



Shin Guards

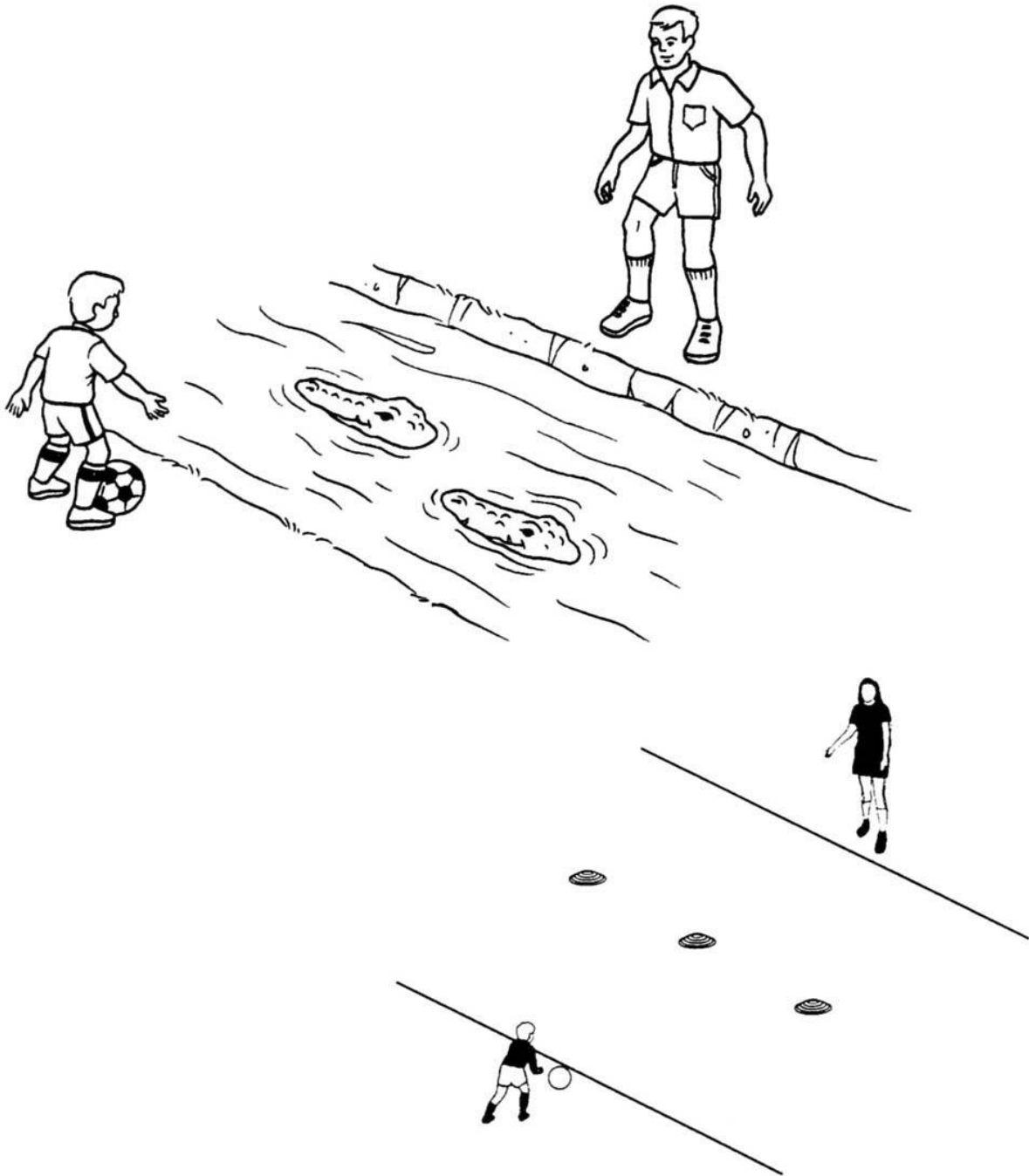
Don't do this page until you have completed the next page. The player putting the shin guards is out of order. Colour first, then cut and paste the sequence correctly.



Crocs and Swamps

Crocodiles have a liking for soccer balls. They don't kick them, they eat them!

They're ball-eating crocodiles!

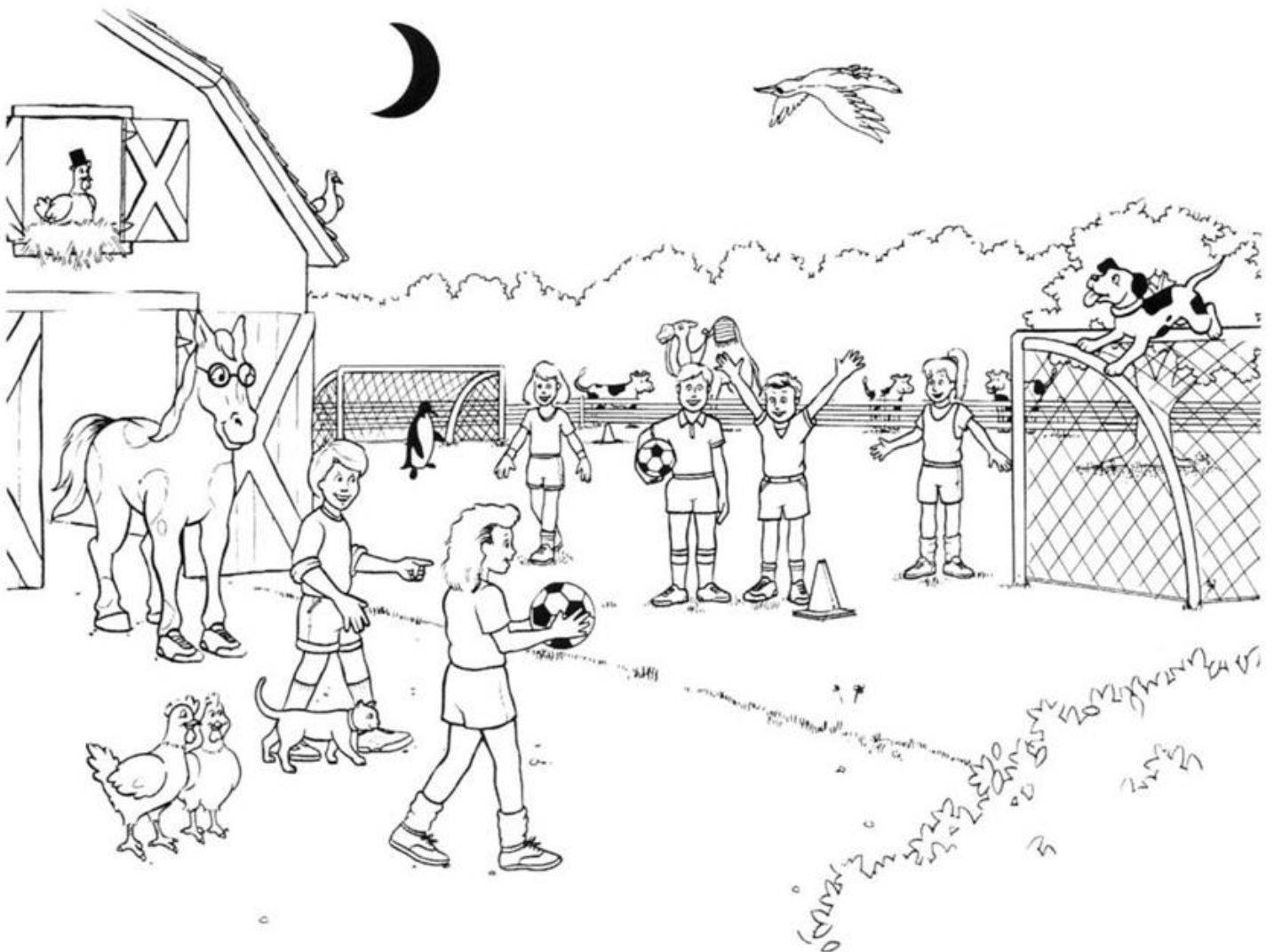


We better get some practice in the back yard before we try the real thing!

Something is Wrong

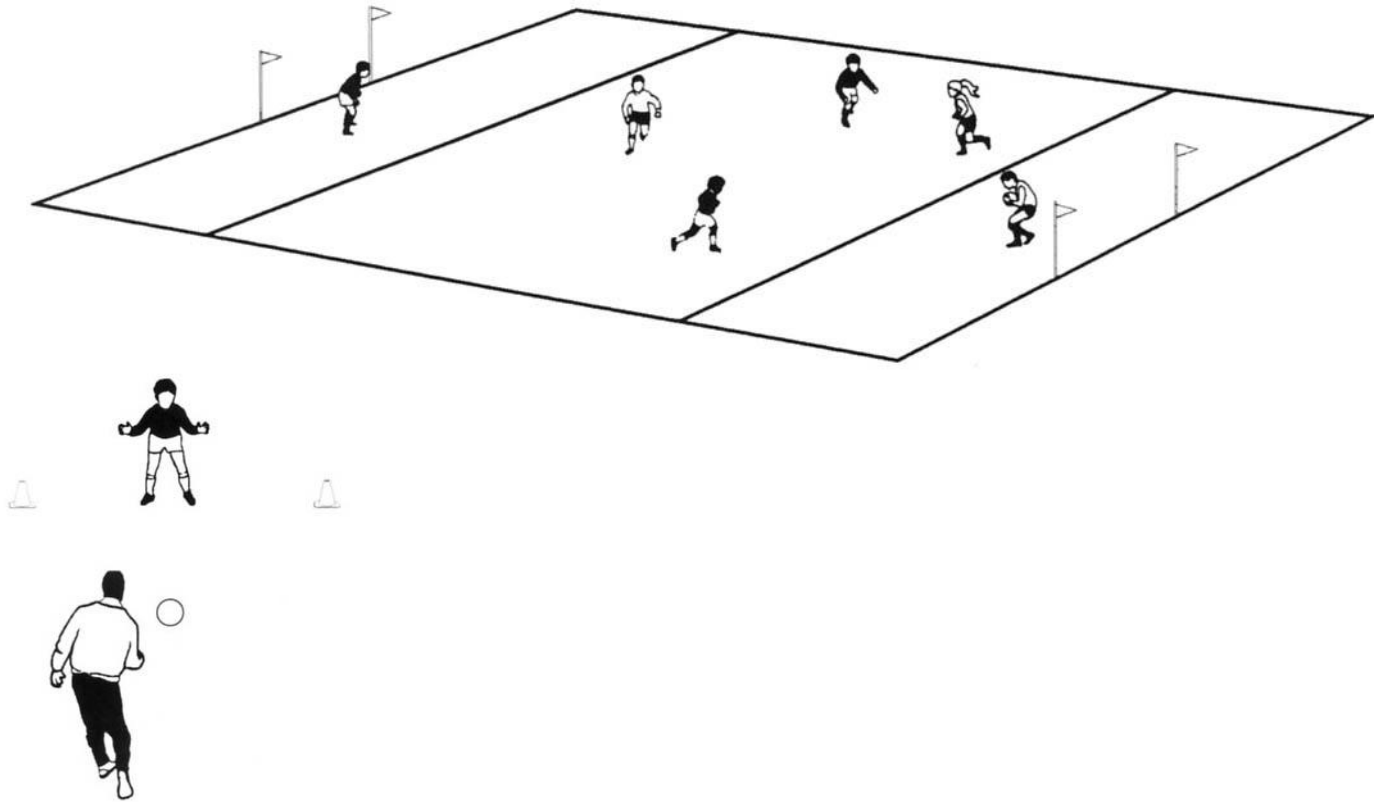
There are eight things wrong with the scene in our farmland soccer field.

Can you find them before we start playing? Circle the wrong things in the drawing.

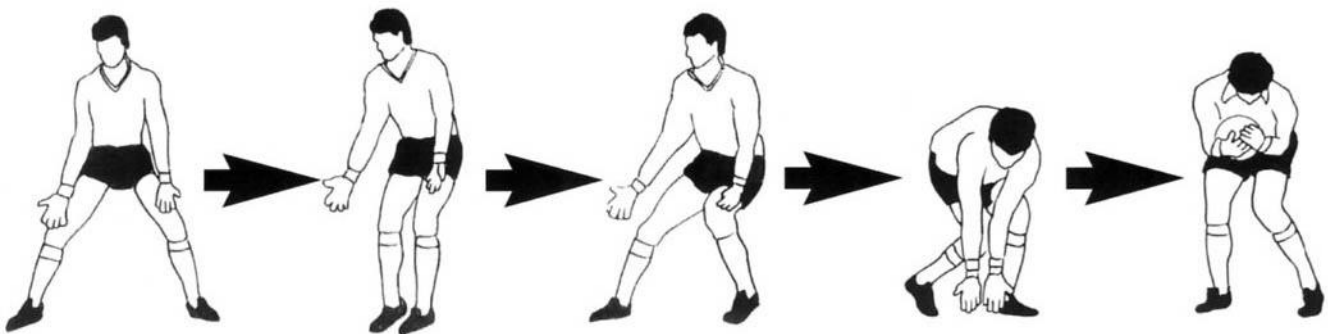


Handy Goalkeeper

Goalkeepers can use their hands to stop a goal being scored, but there is a limit to where they can use the hands (penalty box in 11-vs-11 play, and the goal box in the small sided play). Colour the goal box.



Goalkeepers usually push their hand forward with the palms facing the ball and then bring (almost roll) the ball into their stomach and wrap their hands around it.



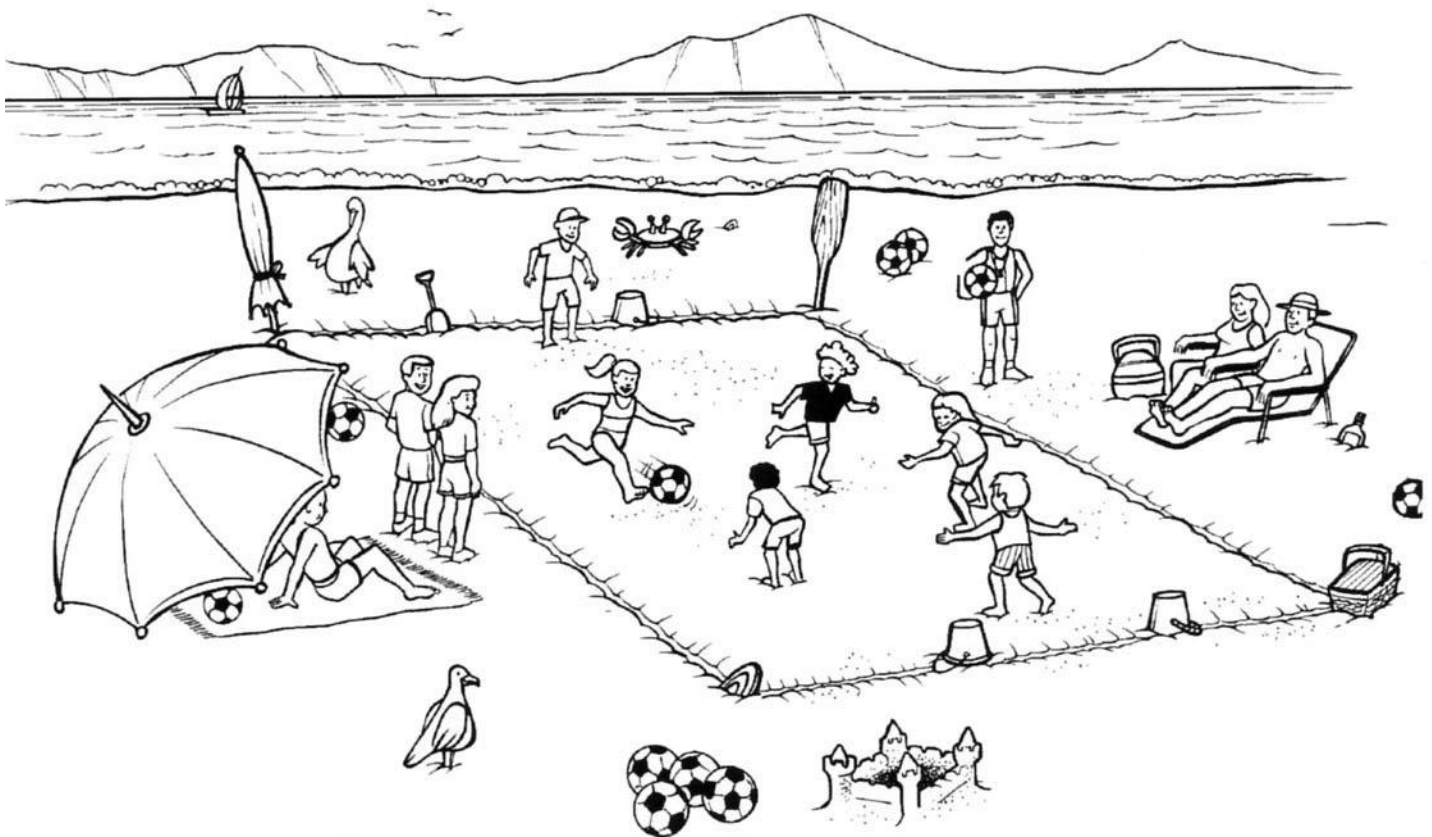
Skip across the goal to get in line with the ball – Have you hugged your ball today?

Beach Ball

How many players on each team? _____

How many players are there in total? _____

How many adults are watching? _____



What are they using for goals? _____

How many balls can you see? _____

Jungle Soccer

Dribbling through the jungle is fun, but dangerous.

The ball-eating tiger and the foot-stomping elephant may stop our fun.



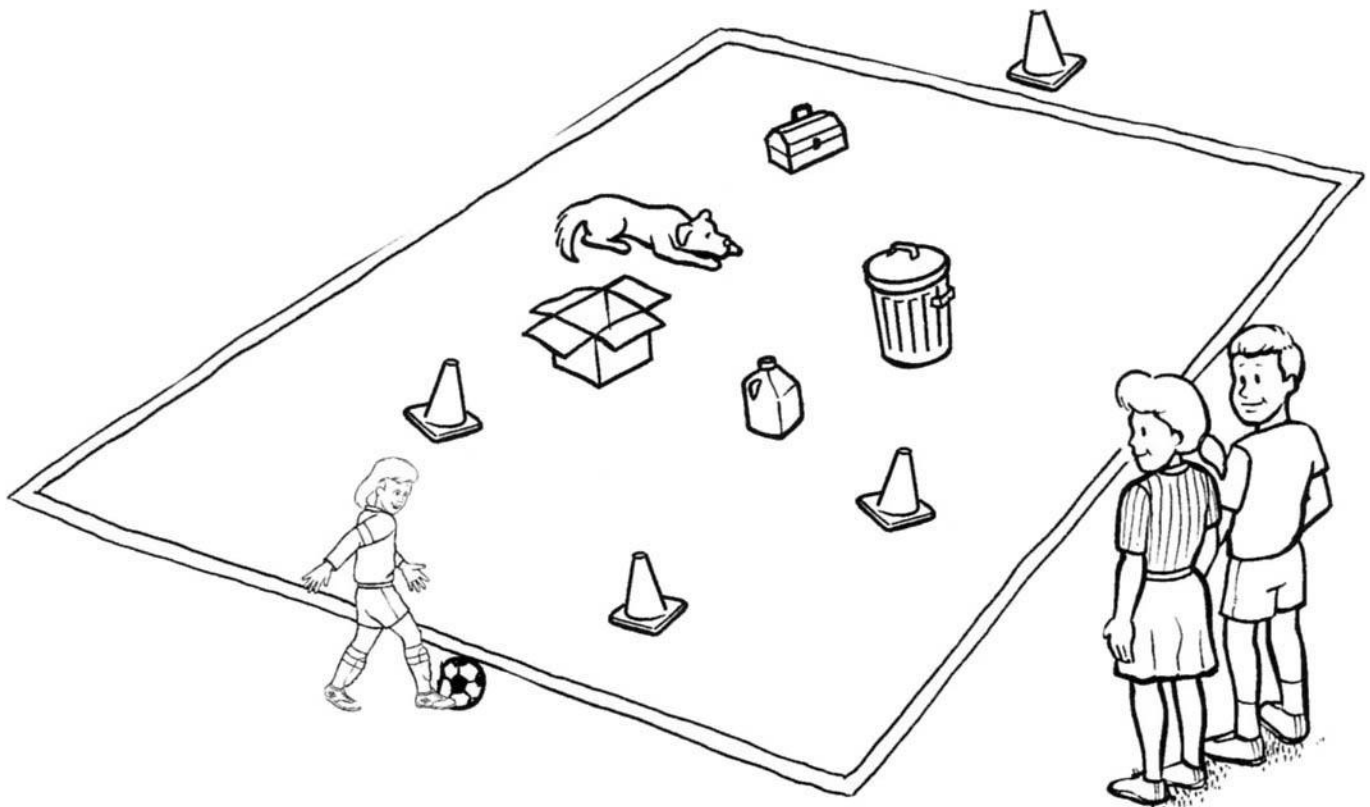
How many soccer balls can you see? _____ How many animals are there? _____

What's the elephant doing with her ball? _____ What is the tiger doing with his? _____

Colour four soccer players and draw a uniform for the elephant and the tiger.

Back Yard Jungle Soccer

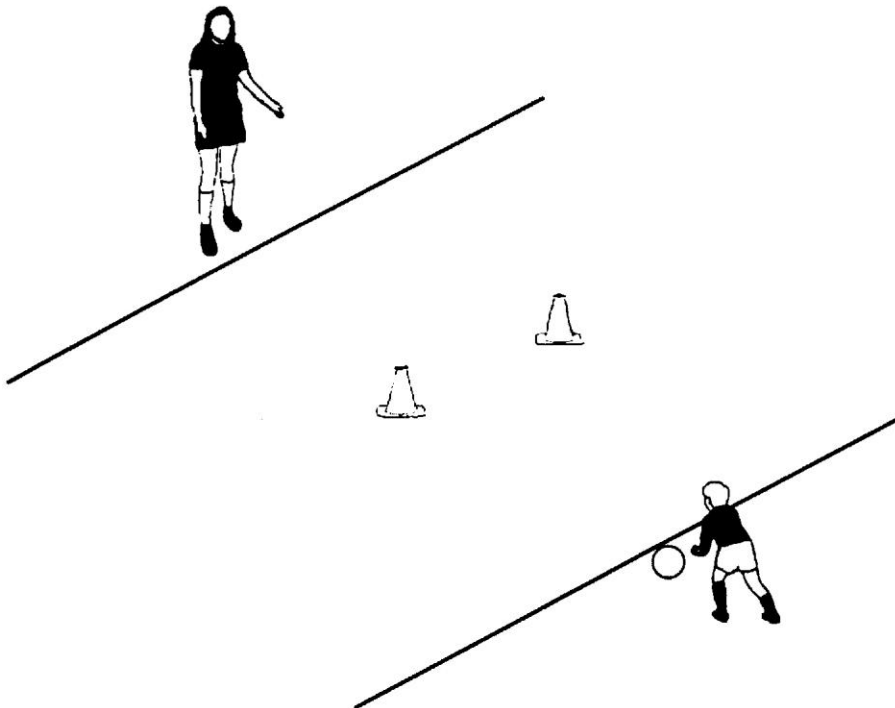
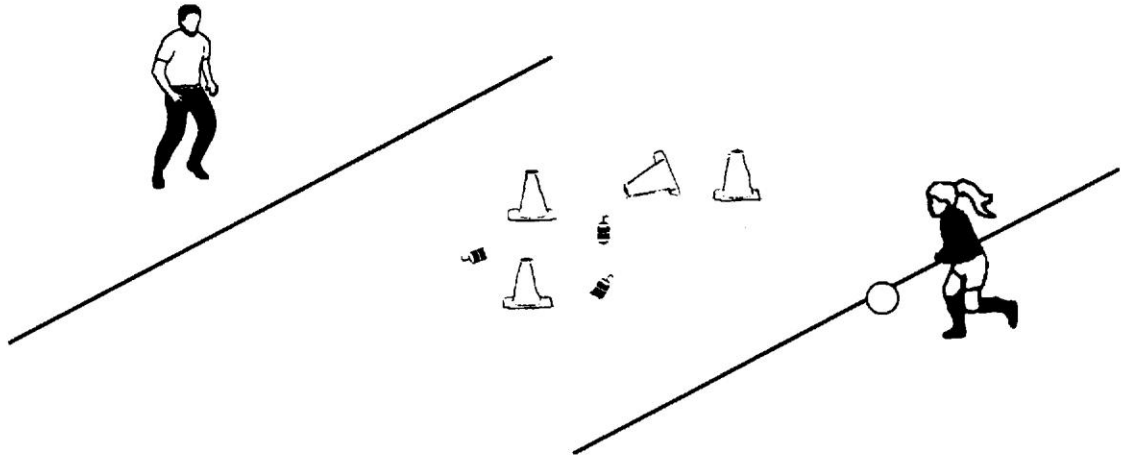
Let's set up your own "jungle" in the back yard to practice dribbling. Use any safe objects, such as cones and/or plastic water bottles for "trees." Dad or Mum can be the tiger or the elephant.



Knock 'Em Down

See how many cones or water bottles you and Mom/Dad (sister/brother) can hit.

Then put two cones spaced apart and try to score through them.

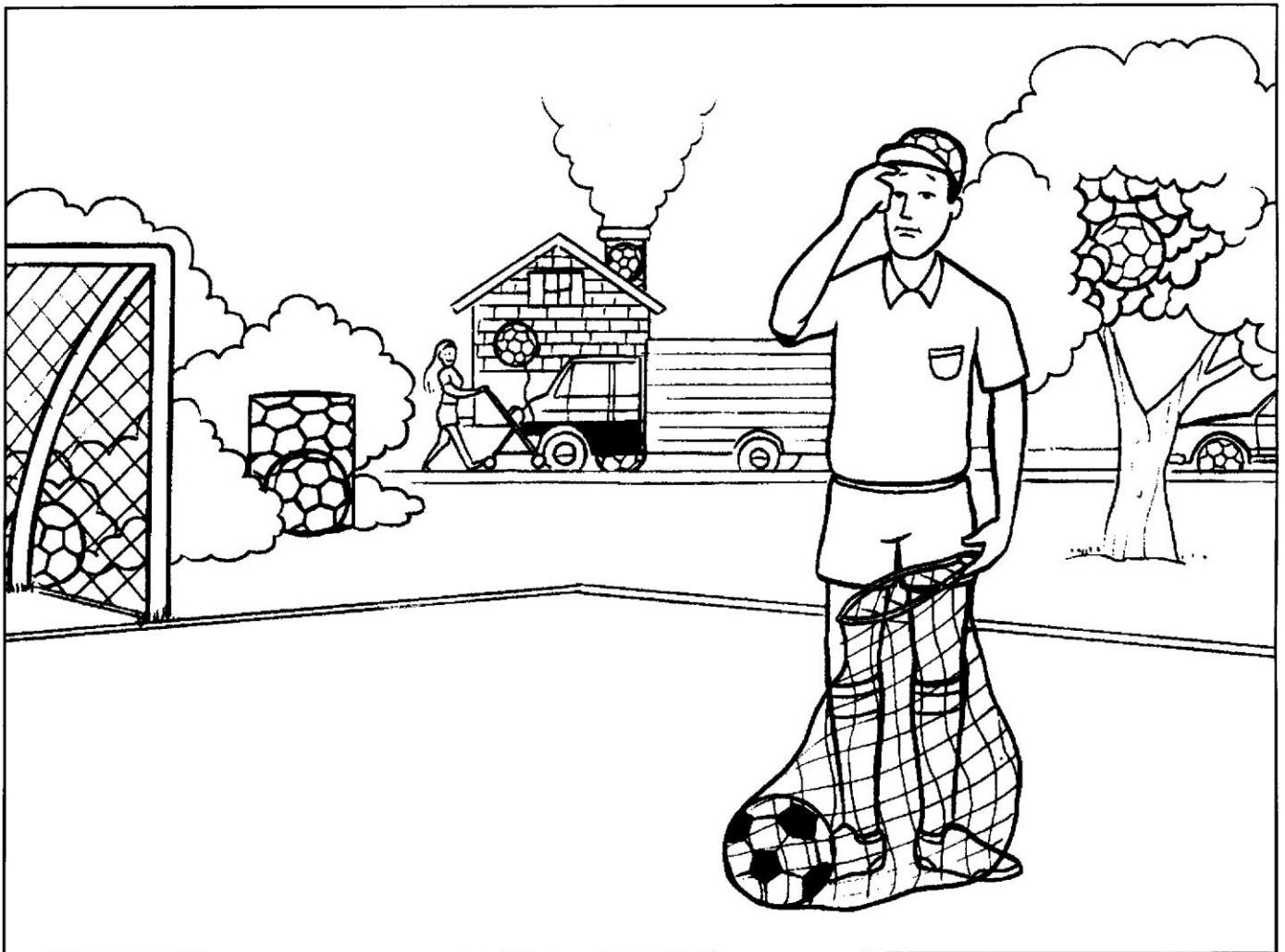


Spot the Soccer Balls

Soccer balls can easily be lost – particularly polka-dot balls like the one the coach has in his ball net.

The coach has only found one ball and is looking for another seven balls.

Find all eight and colour them in!



Soccer Words & Pictures

Draw a line from the word to the picture that matches it.

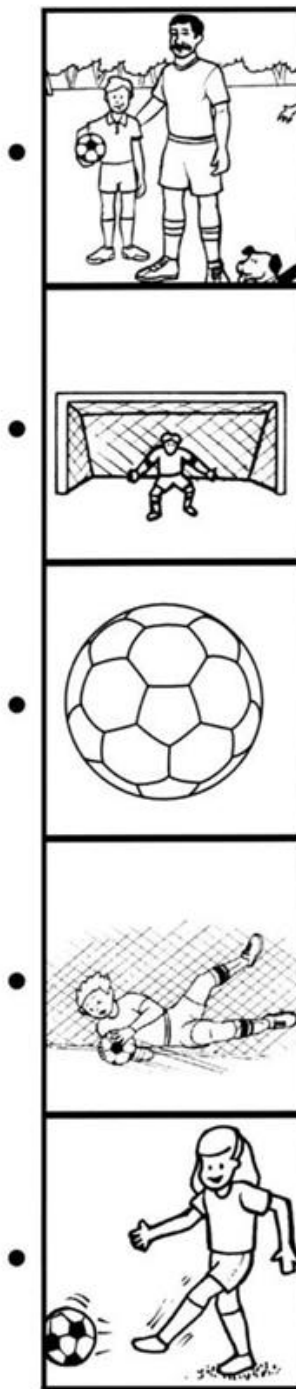
BALL •

KICK •

SAVE •

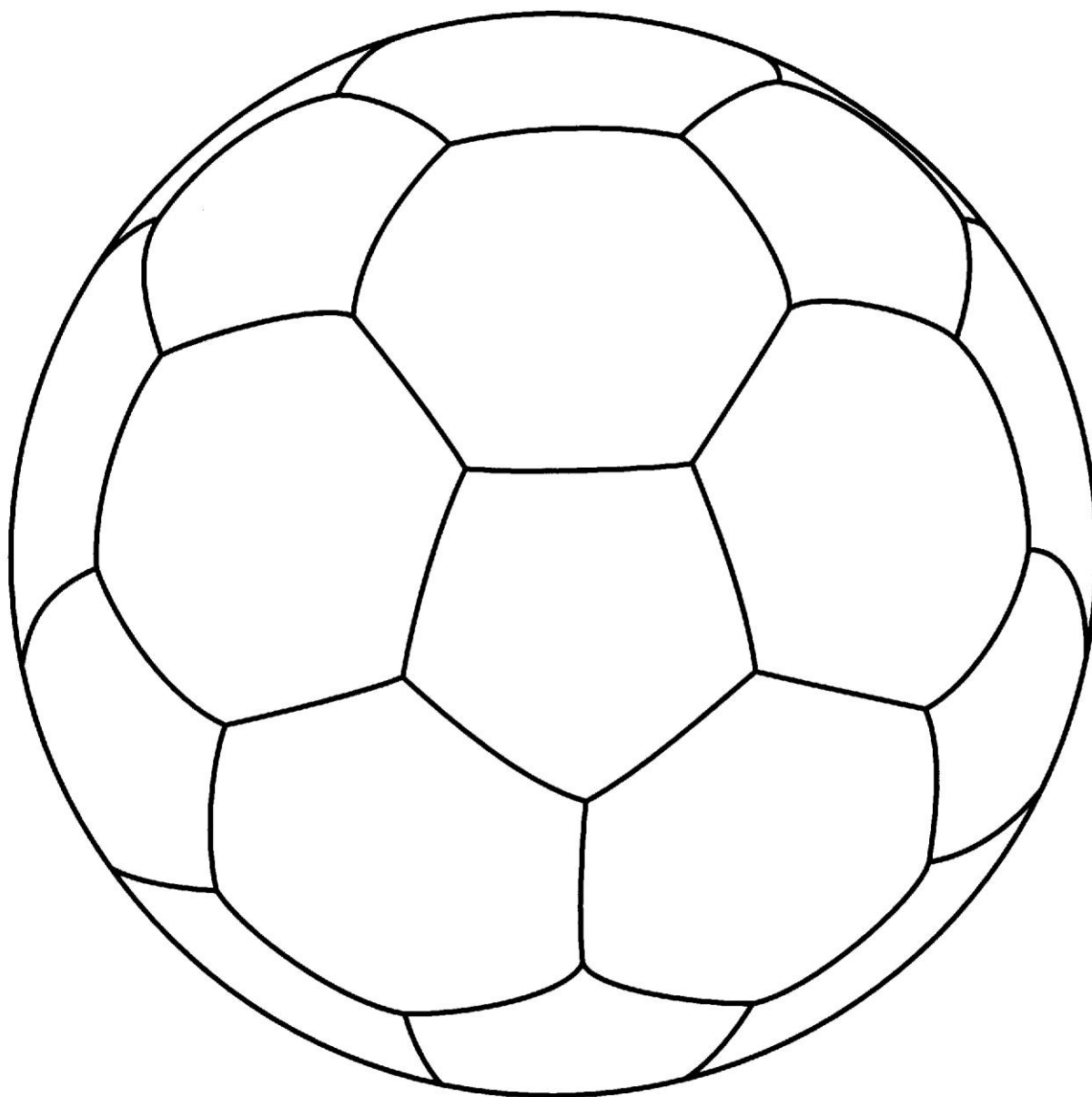
COACH •

GOAL •



Design-a-Ball

Use your favourite colours to make the big soccer ball below a really colourful ball!

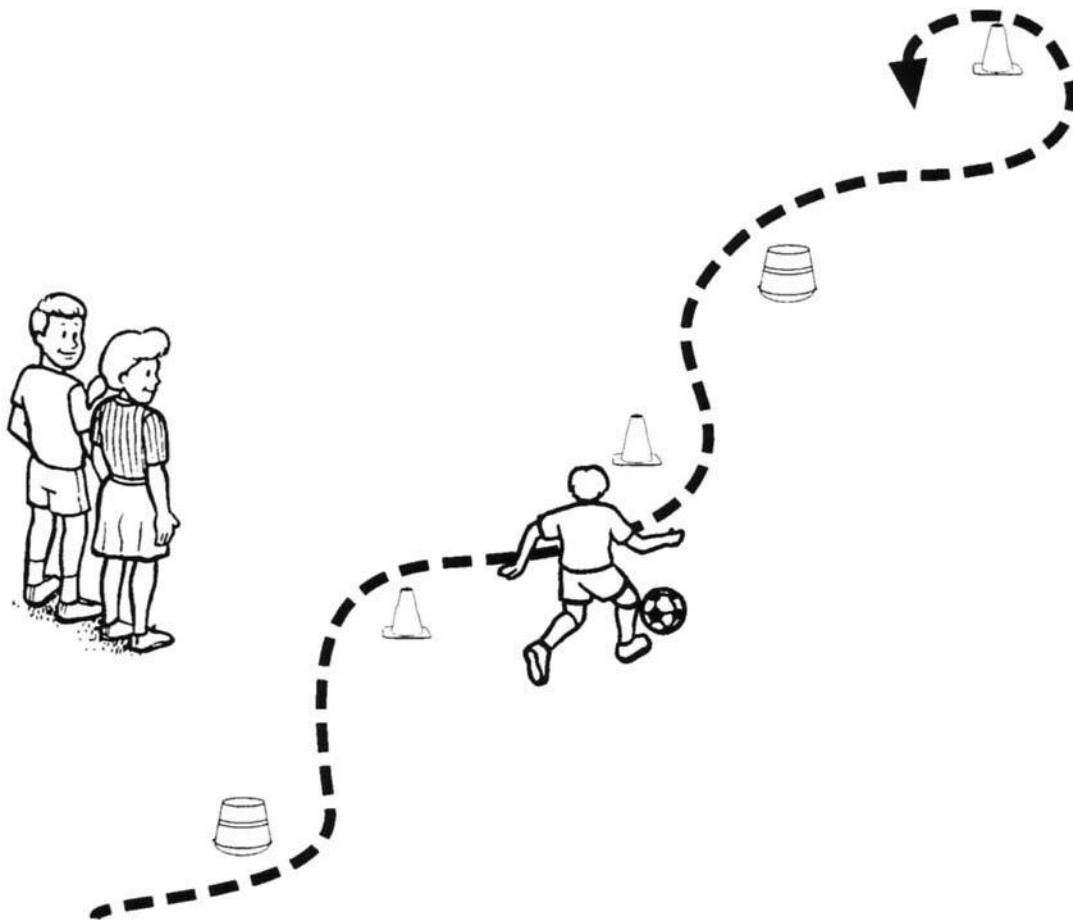


You may want to photocopy this so you can design several different balls.

Don't be a Conehead

Dribbling in and out of the cones or water bottles (or anything that is safe) is great soccer fun.

Don't be a Conehead and knock over any obstacles.

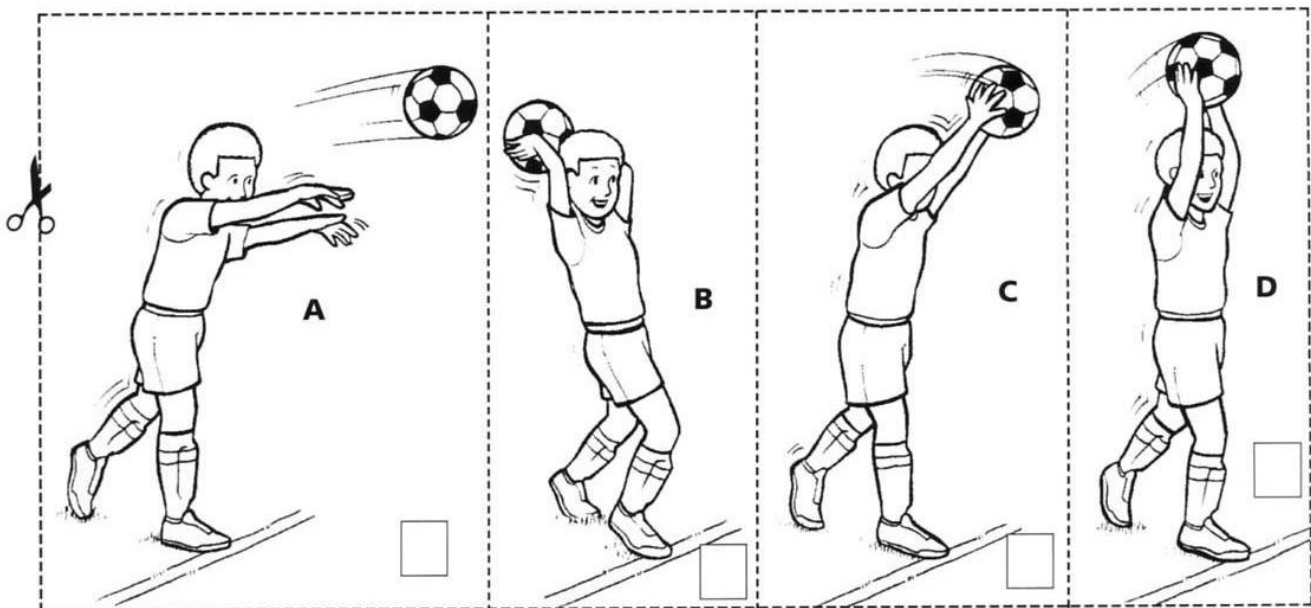


A Soccer Throw-In

A throw-in is a very important soccer play. Put a #1 in the box under the picture of the player starting the throw-in. Then number the other pictures in order.

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Colour the pictures, then cut and paste them into the empty boxes. Practice a throw-in with you as the player.



Parent Guide

Page 2 A-Mazing

There are six varying routes although they share some of the same paths. Let your child try to find their way the first time, but give guidance when it is necessary.

Page 3 Connect the Dots.

Letter “A” is the starting place and has the biggest dot. Ask your child to find the “Big Dot” and guide them from there.

Page 4 Ball In and Out of Play

If your child doesn’t quite get it, use a quarter or a dime to show “in and out of play.”

Page 5 Count the Balls

Before your child begins to count, identify one ball that is “in play” and colour it blue. Use that ball to help the count —so they know where to start and when to finish counting.

Page 6 Uniform Design by Numbers

Your child should colour the player by the number in each part of the uniform and the hair and shoes. Some of it will be quite intricate so you may need to help.

Page 7 Shin Guards

Shinguards to protect the lower leg from serious and painful injury are mandatory in soccer.

Page 8 Crocs and Swamps

Your child can colour the Crocs and Swamps picture. Then you can set up the Crocs and Swamps game in the back yard using a variety of old crocs! —boxes, cones, water bottle, the dog, you get the idea. Make sure to use safe materials.

Page 9 Something is Wrong!

Most of the things wrong are silly, such as the glasses on the horse —but good fun! On a more serious note, it doesn’t appear as if any of the players are wearing shinguards. Oh, dear!

Page 10 The Handy Goalkeeper

The goalbox area is the last 6-yards in a Modified and a Micro Soccer field. Ask your child to color/shade the last part of the field at each end. When you play the goalkeeping game, don't kick or roll the ball too hard. Try to keep it low as young children cannot deal with high balls just yet. Encourage your child to side-skip to the ball to the side of them — if there is enough time —as we see with our goalkeeper at the bottom of the page.

Page 11 Beach Ball (How Many?)

The drawing may be a little overwhelming for some 4- and 5-year olds so you may need to “take them by the hand” and lead them through the activity “step-by-step.” Suggest coloring the balls, the goal posts, etc.

Page 12 Jungle Soccer

Encourage your child to have fun designing the uniform for the elephant and tiger (tiger would probably need some yellow). Could do all sorts of weird and wonderful things with the elephant's uniform! Encourage your child to be creative, but make sure the uniform fits. We don't want a saggy, baggy elephant on the team.

Page 13 Back Yard Jungle

Just make sure you use safe objects to grow your jungle. Let your child find his or her own way through the jungle to start with —before the Elephant and Tiger appear!

Page 14 Knock 'em Down

The two activities will give you a good idea of what can be done by improvising with the areas and equipment, but you may have to be creative in your own back yard —depending on the size and available equipment.

Page 15 Spot the Soccer Balls

Remember there are eight balls hidden within the picture. We suggest you find all 8 first as we don't want you looking like a conehead. The last one might be the most difficult. That is why the coach is scratching his head. Hint! Hint!

Page 16 Soccer Words and Pictures

Drawing a line from one dot to another can be quite difficult for a 4/5 year old. Perhaps you can help them use a ruler.

Page 17 Design-a-Ball

Think of photocopying the big ball so your child can design many different balls over a period of time.

Page 18 Don't be a Conehead!

Dribbling and maintaining possession of the ball are the first instincts of a soccer player—and probably the most important. “I’ve got the ball. Why should I give it someone else?” An opponent? Certainly not. A teammate? Somewhat reluctantly! Passing is a very important skill of soccer, but giving the ball to someone else ...! You’d have to be a Conehead to do that! Encourage your child to go through the cones as quickly as possible; then another time try some “free-styling”—doing turns, going backwards, faking, etc. Don’t be afraid to have a go yourself.

Page 19 A Soccer Throw-In

In the adult game, when the ball goes over the sidelines, it is restarted with a throw-in. The same thing happens in Micro Soccer, Mini and Modified Soccer which your child will be playing before long—if not already. Perhaps you can practice the throw-in technique in the back yard. Stand three or four yards away and ask your child to throw the ball at you to try to hit your nose. It will help develop the correct technique.



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