

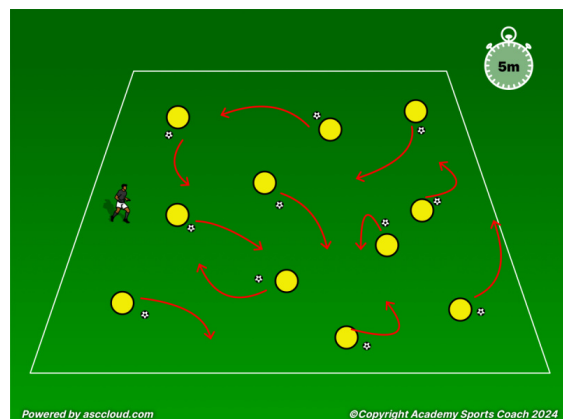
Select a Date

u3 - u6 Active Start Program Week 9

Select team

Theme: Dribbling/Passing/shooting

60 minutes



Physical Literacy

Organization:

Players spread out inside the 20 x 20 yard area.

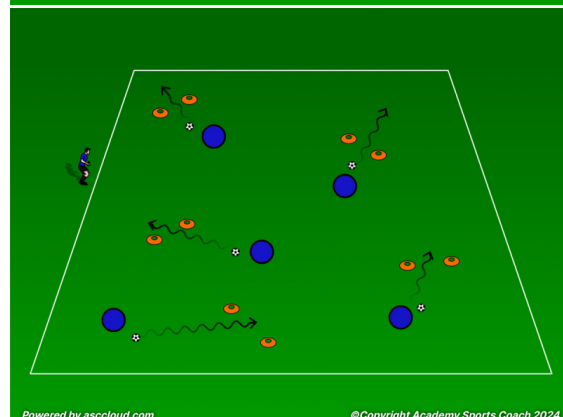
Procedure:

Players move around in different directions looking to find space and move away from other players. Players follow the movement of the Coach.

Variations include: Walking (forwards and backwards), running, skipping, knees up, jumping (i.e. kangaroo or bunny), hop (i.e., frog), rolling, bear crawl, lunges, shuffling, tippy toes, crab walk, fly like an bird...As the coach be creative!

Progression: After a couple minutes have the players add a ball for them to dribble around with

Emphasis: Listening, following instruction, physical literacy, having fun, and being positive!



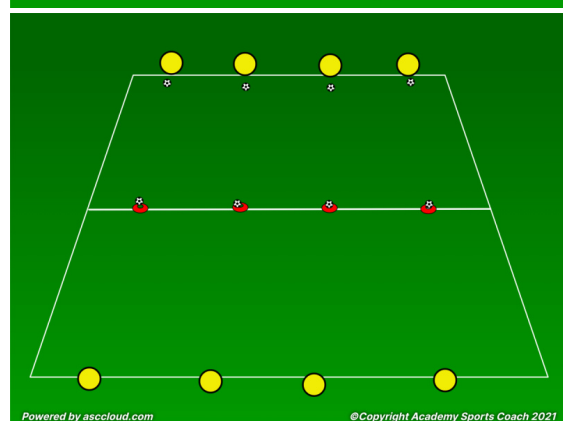
Name: Drawbridge

Organization: Set up a 20 x 20 grid with 4 - 6 sets of paired cones. Place the cones relatively close together.

Have the players dribble throughout the grid without touching any cones.

When the coach calls a variation of "The bridge is closing!" The players will then have to dribble to a set of cones and go through them without touching them in order to cross the bridge.

Focus: Close touches, moving to a target and listening.



Passing - Target Practice.

Organization:

Players find a partner and spread out as shown.

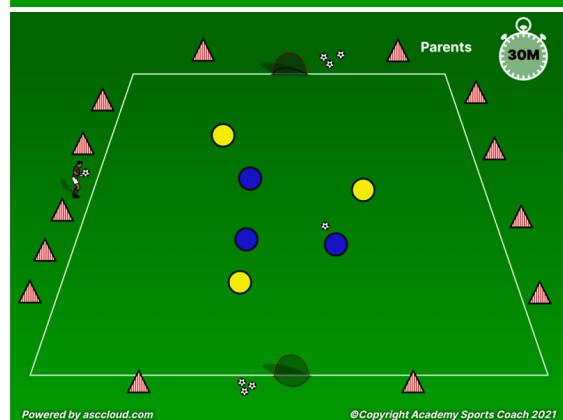
Procedure:

Players line up at a cone with their partner opposite a cone that has a ball on top.

The ball on the cone is the "target ball" and the players try and hit the ball off the cone with their

soccer ball. If they do so successfully the player places the ball back on top of the cone. Make this a competition and the first player to know the ball off 10 times wins.

Emphasis: Passes, heads up, and FUN.



Organization:

6 players spread out inside a 30 x 20 yard area.

Parents outline the parameter of the field.

Procedure:

Player engage in a 3 v 3 mini-game.

Coaches should have extra balls on hand to throw in when a ball goes out a play to keep the action happening.

When players score give out high fives and celebrate.

Ensure that all players are having a chance to rotate in.

Emphasis: Heads up. Keep moving. Having fun and trying your best!

Have the parents spread themselves around the outside of the field to help keep the ball in play for the children.