

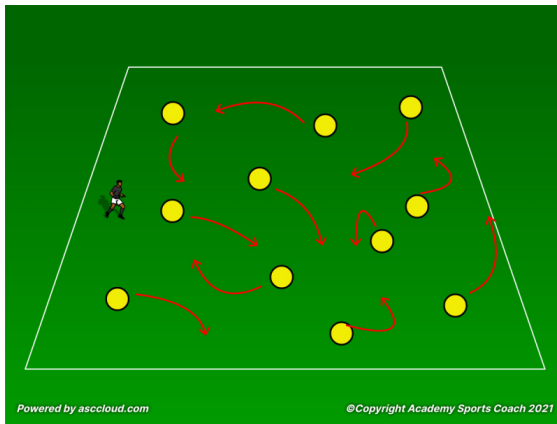
Select a Date

u3-u6 Active Start Program Week 1

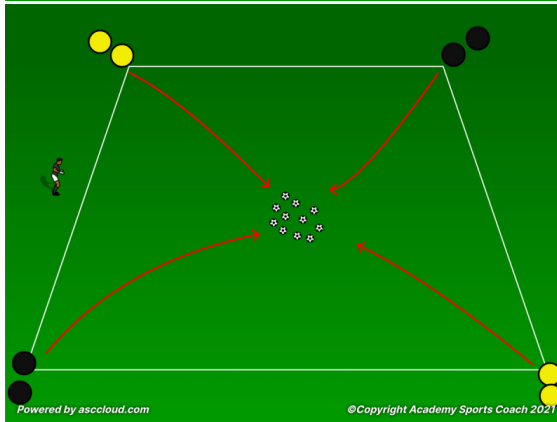
Select team

Introduction to soccer.

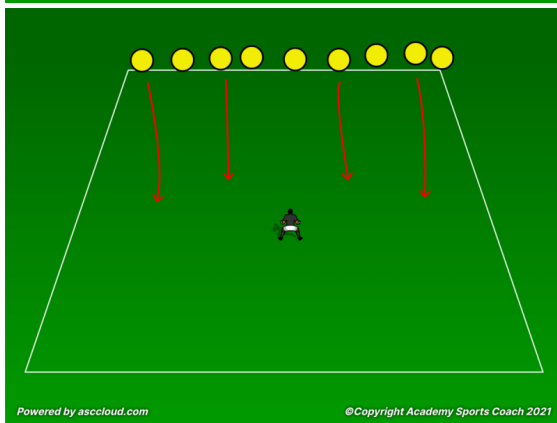
60 minutes



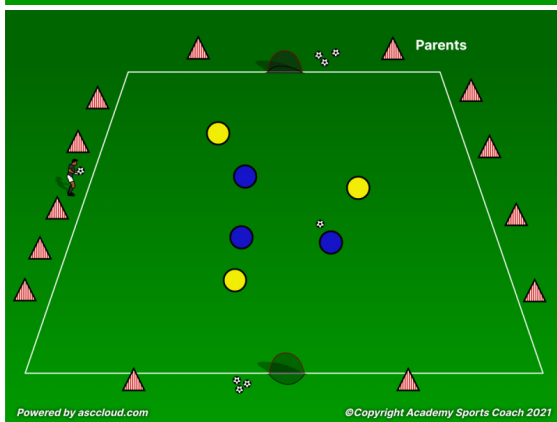
Physical Literacy
Organization:
 Players spread out inside the 30 x 20 yard area.
Procedure:
 Players move around in different directions looking to find space and move away from other players. Players follow the movement of the Coach.
Variations include: Walking (forwards and backwards), running, skipping, 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!
Emphasis: Listening, following instruction, physical literacy, having fun, and being positive!
 Give the players the ball and continue with different movements.



Focus: Physical Literacy
Instructions: Players are placed in pairs and are placed in a corner of the rectangle as above. When the coach calls go, every player runs to the middle and picks up a ball (egg) with their hands. They run back to their area and place the egg in their nest (corner). Once all eggs have gone from the centre all players can then go and collect eggs from other nests. When the coach calls freeze, the birds with the most eggs win the game.
Progression: There is now a golden egg in the middle and the birds that end up with that egg score 5 additional points.
Progression 2: Players now use their feet and dribble the eggs back to their nests.



Focus: Attention and Listening
Instructions: Line up players on one end of the field as shown Coach stands in the centre and waits for players to ask the question, "What time is it Mr./Ms. Wolf?"
 Coach calls out a number and players walk as many steps as the coach has called out.
 i.e. "What time is it Mr./Ms. Wolf?" "5 o'clock" Players take 5 steps. Coach can wait until players have come very close and choose to call out "Lunch Time" at which point all players would run back to the line without being caught.
Progression: Dog crawl, bear crawl, side shuffle, hop, crab walk, big step, etc.
Progression 2, all players have a soccer ball and play the game dribbling
Coaching points: Listening and heads up and keep the ball close.



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.