

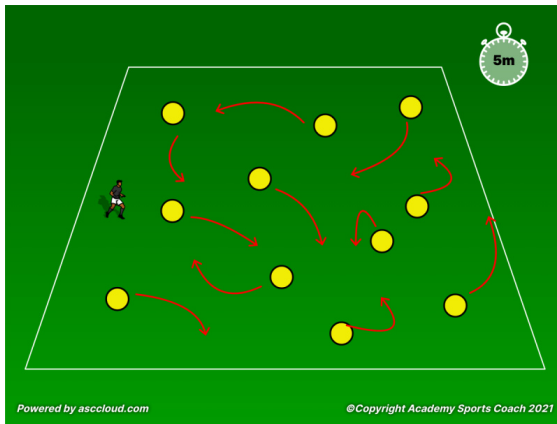
Select a Date

u3 - u6 Active Start Program Week 5

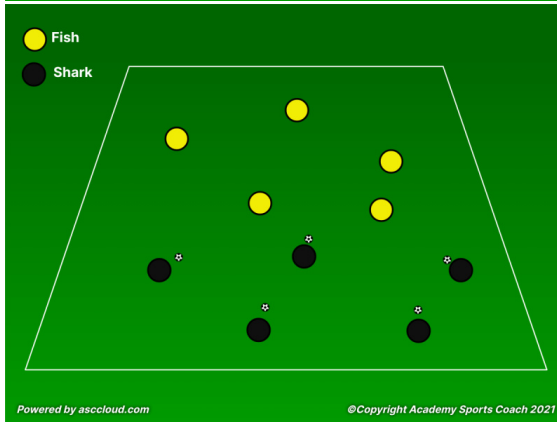
Select team

Theme: Dribbling/Passing/shooting

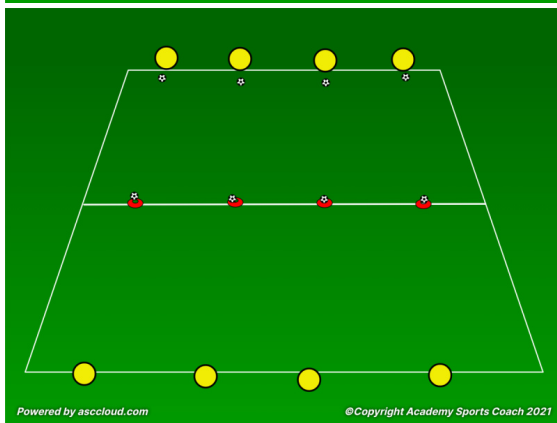
60 minutes



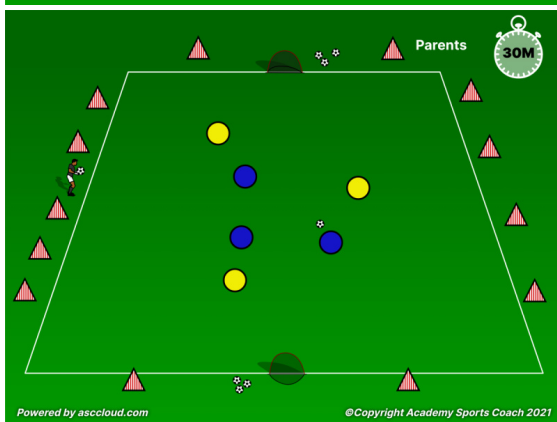
Physical Literacy
Organization:
 Players spread out inside the 30 x 20 yard area.
Procedure:
 Players move around in different directions looking to find space and move away from other players. Players follow the movement of the Coach.
Variations include: Walking (forwards and backwards), running, skipping, 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.



Fish vs Sharks (Tag)
Dribbling/ Running with the Ball
Organization:
 Players spread out inside the 20 x 16 yard area. Give each child a ball.
Procedure:
 Split the group of players into 2 teams. One team of fish and 1 team of sharks.
 The "Fish" dribble their ball around the field while the "sharks" attempt to tap the players soccer ball with their hands. If your ball is taped you are frozen until a team mate or other fish can unfreeze you.
 Play the game for 60 seconds. Each time a Shark freezes a fish they score a point. Rotate the two team and play again. Use different variations of the players having the ball and not having the ball. (Ie the sharks have a ball but the fish dont)



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.