



## Active Start session 2

**Category:** Physical: Agility  
**Difficulty:** Beginner

Am-Club: Waterloo Minor Soccer Club  
Carl Horton, Waterloo, Canada

### Description

Warm Up and Activities: 25-30 min  
Mini-Game: 20 min

### Run Around the Castle

#### Physical Literacy

##### Organization:

Players spread out inside a 20 x 16 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 facilitator.

*Variations: 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, "crash" etc.*

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

**Additional Notes:** If you think of more movements, please feel free to do them. Try to be creative!



### Relay Races

#### Physical Literacy

##### Organization:

Set children up along the edge of a 20 X 16 yard grid.

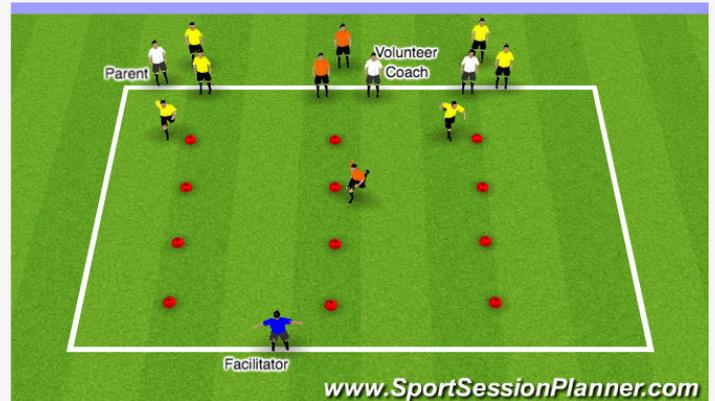
##### Procedure:

Tell players they are going to participate in a race. Be creative, have them do things such as running, crawling, hopping, etc., through a set of cones. To help, have the volunteer coaches and some parents stand at the beginning of each line to instruct players when it is their turn. MAXIMUM three players in each line up.

*Progression: Use a ball*

Emphasis: Running, heads up, and FUN!

**Additional Notes:** Adding parents to the beginning of each line can encourage players as well as monitor who goes when to avoid chaos.



### Hungry Hippo

#### Physical Literacy

##### Organization:

Players find a partner and spread out inside the 20 x 16 yard area.

##### Procedure:

Players will hand the facilitator their ball and the facilitator will throw the ball into a space. Go over what it looks like to hand the ball to a facilitator. The player runs after the ball, picks it up and runs back to the facilitator and hands the facilitator the ball. The facilitator continues to throw the ball in different directions.

*Progression: As the players what different parts of their body can they bring the ball back with? Allow the players to decide now.*

*Have a few players show you a different way to bring the ball back.*

*Final Progression: Have the players dribble the ball back to the coach using their feet.*

Movement variations would 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, etc.

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

**Additional Notes:** If you think of more movements, please feel free to do them. Try to be creative!



## Candy Store

### Dribbling

#### Organization:

Players spread out inside a 22 X 16 yard area.

#### Procedure:

All players dribble within the candy store. The players explore the candy store by shouting out their favourite candies. The facilitator will ask players their favourite candies and name each side of the candy store. As the players dribble around the candy store the facilitator will call out a candy and the players have to run to that side of the candy store and perform a specific challenge i.e. Toe Taps, Bells.

Emphasis: FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Imagination



## Mini-Game

### Organization:

6 players spread out inside a 20 x 16 yard area.

Parents outline the parameter of the field.

### Procedure:

Player engage in a 3 v 3 mini-game.

5 min- 6 soccer balls are placed on the field (one for each child)

10 min- 3 soccer balls are placed on the field

5 min- 1 soccer ball is placed on the field

Facilitator should have extra balls on hand to throw out when a ball goes out a play.

When players score give out high fives!

Have volunteer coaches help out by taking balls out of nets when they are scored.

Ensure that all players are having a chance to rotate in. (Volunteer coaches need to help with this)

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

**Additional Notes:** Involve your parents at this age group. Ask the question, "Hello parents, would you all mind helping me out by standing along the parameter of the field? This will help move the game along while keeping the children engaged." Say, "If a ball goes out of play please either roll or tap it back in for the players to continue playing. Act as a "side board," like in hockey."

You can also ask the players to go and retrieve their parents that way everyone is on the field when you ask. This makes the game move along much smoother, as well as allows you to act as a Game Leader instead of the "ball boy."

