



Active Start session 3

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!



Catch a Tail

Physical Literacy

Organization:

Players spread out inside the 20 x 16 yard area.

Procedure:

First have all the childrens parents surround the grid. Bring the children in and have them choose an animal to be that has a tail.

Tell the children the pinnie will act as their "tail."

Tuck the "tail" into the back of their shorts.

Have the children run around the grid and have the facilitators attempt to pull out their "tails."

Progression: Volunteer coaches can be "it"; Parents can be "it"; One player can be selected to be "it"; All players can be "it"

Emphasis: Heads up, keep running, have FUN!

Additional Notes: Be creative with the children. Encourage them by being loud and spirited! Ask your volunteer coaches to help the children out by giving them coaching tips such as running away from the facilitator and moving their hips.



Body Breaks

Dribbling

Organization:

Players spread out inside the 20 x 16 yard area.

Procedure:

Facilitator allows players to express themselves, while encouraging lots of touches. Remind the players to stay within the grid. The facilitator calls out a different body part every few seconds and the players have to place that body part on the ball and strike a pose until the Facilitator shouts go. For example the Facilitator may shout out nose and the players have to stop the ball and place their nose on the ball. As the players progress you can shout out more body parts at a faster speed. This works on the player's coordination.

Emphasis: Close control, lots of touches, change of pace, change of direction, FUN!

Additional Notes: If the volunteer coaches are comfortable, allow them to lead this activity by calling out different body parts along with you. Take a step back and have them run the activity on their own as well.



Simon Says

Listening/ Physical Literacy

Organization:

Players placed in front of the coach facing the coach.

Procedure:

Players follow the coach with his/her movements when they say "Coach says" so for example the coach may say, "Coach says throw your ball up and catch it" Players have to follow the coaches' command. If the coach says, "Throw your ball up and catch it" and any players do this they do 2 jumping jacks. Coaches can take this game in many different directions - Be creative.

You can choose to start with or without the ball, depending on their engagement level of the children on your field.

Variations: Balance, sit, stand, touch head/tummy/nose/ear, throw ball up, put ball down, spin around, hop up and down, etc.

Emphasis: FUN and listening

Additional Notes: Encourage the volunteer coaches to participate with the players. This will be helpful to players so they can see what to do. Another possibility would be to have the coach be "Simon"



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."

