



## Active Start week 4

**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.



### Freeze Tag

#### Physical Literacy/ Dribbling

##### Organization:

Players spread out inside the 20 x 16 yard area.

Parents surround grid.

##### Procedure:

The basic concept of 'tag.' Start with the facilitator and the volunteer coach being "it." Go over what gentle tagging looks like (light tap on the shoulder). Facilitator/coach attempt to tag as many other players as possible from whichever team. If a player is tagged they must freeze and stand with their legs apart and wait for another player to come crawl under their legs. IMPORTANT: Go over that every child must crawl through a players legs from behind. Give them a demo so that they understand.

*Progression: Two players can be "it"; Give all players who are not "it" a soccer ball.*

Emphasis: Heads up, running, and FUN!



## Shark Tank

### Dribbling/ Running with the Ball

#### Organization:

Players spread out inside the 20 x 16 yard area.

Give each child a ball.

#### Procedure:

Explain to the players that they are all fish and the volunteer coaches are sharks. (Facilitator can also join in and be a shark). The players dribble their ball around the field while the "shark" attempts to tap the player's soccer ball away. If they do so the player does a movement such as five toe taps and re-enters the game.

*Progression: Parents can be sharks; Select one child to be the "shark"*

Emphasis: Dribbling, heads up, shielding, being positive, and FUN!

**Additional Notes:** Good time to remind players that they must always try and kick the ball and not each other's legs. Encourage the volunteer coaches to be sharks as well!



## 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 of 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."

