



Active Start week 5

Category: Technical: Ball Control
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.

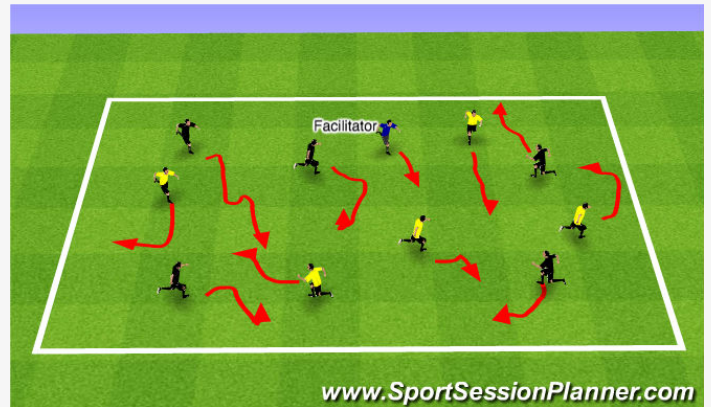
Procedure:

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, 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!



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!



Lights

Physical Literacy

Organization:

Set up a 20 x 16 yard area.

Procedure:

Players move from one end of the field to the other. When coach calls a colour, players respond. If a player does a movement that the coach has not called they must take 5 steps back. First player to the opposite line gets a point.

Red: Stop

Green: Go (Dribble)

Yellow: Slow

Purple: Toe Taps

Blue: Bells

Crash: Fall down

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

Additional Notes: If you think of more movements, please feel free



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.



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."

