



Active Start week 6

Category: Technical: Dribbling and RWB
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.

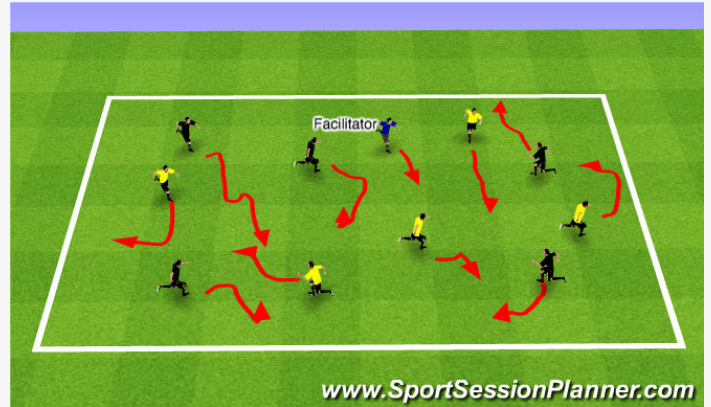
Procedure:

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!



Octopus

Dribbling

Organization:

Set up a 20 x 16 yard area.

Procedure:

Have all the children and their parents line up with their toes on the white line. Explain that they are all fishies, and the coaches/facilitators are octopus. The children must run from one end of the half to the other without being tagged by the octopus. If they do, they become a seaweed and must stand with their parent and attempt to tag other fish. ** Note ** Since children are so young they do not have to become seaweed, a coach can also come and release them as fish again.

Progression: Parents do not need to be involved if children are comfortable.

Emphasis: Heads up, keep running, and have FUN!



Candy Store

Dribbling

Organization:

Players spread out inside a 20 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. Ask 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. NOTE: If children are too small to understand, try without a ball first.

Progression: Add movements to do when children get to the candy store.

Emphasis: FUN, listening, dribbling, changing direction, balance, agility, coordination, and imagination.

Additional Notes: When calling out candy names, it is helpful to point to the side the children need to run to. Also having parents stand around the grid can help children remember where to go.



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.



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."

