



Active Start week 9

Category: Technical: Passing & Receiving
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!



Topple Me Coconuts

Passing

Organization:

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

Players pair up with a parent.

Procedure:

Players line up at a cone with their parents across from them. In front of each parent is a cone with a ball on top of it. The ball is a "coconut." The players try and hit the coconut off the cone with their soccer ball. If they do so successfully the parent places the coconut back on top of the cone and rolls the players ball back to the player at their cone.

Progression: Players can move farther back.

Emphasis: Gentle passes, heads up, and FUN.

Additional Notes: It is not important that we teach the players how to pass exactly, but more about what passing means in the game and why we pass to our teammates (to help each other out!) If there are not enough balls to act as coconuts, have the players share a coconut space and take turns knocking the ball off the cone.



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 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!



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."

