



## Active Start Session 1 U4

**Category:** Technical: Dribbling and RWB

**Difficulty:** Moderate

Am-Club: Oakville Soccer Club  
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### Follow The leader (10 mins)

#### Organization

- All Activity within 3v3 field

#### Activity

- Players in pairs
- Players are numbered 1 and 2
- Number 1 leads number 2 around the area. As they move around the area the Number 1 does different actions (Jog, jump, sprint, sideways, backwards) Number 2 follows the actions.
- Switch Number 1 and 2 after a short period to have Number 2 lead the activity and the movements

#### Progression

- Each player now has a ball and the leading player performs different skills with the ball that the following player has to attempt to copy
- Give the players a couple of ideas but also encourage creativity

#### Coaches Emphasis

- FUN
- Creativity
- Keep the ball tight
- Players switch partners
- Both of the players have the ball and the player with the pinnie must now attempt to hit their partners ball with theirs before switching the pinnie. The ball cannot not be hit from more than 5 yards away.

#### Phase 2

- Players remain in pairs, one player has a pinnie tucked in the side of their shorts and a ball, the other player has no ball or pinnie
- The player with the ball must dribble with the same side foot that they have the pinnie tucked in to, the defender will attempt to steal the pinnie.
- If the pinnie is stolen the players will then switch roles
- The player without the pinnie at the end of the time will complete 10 Jumping Jacks



### 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.



## What Time Is It Mr./Ms. Wolf?

### Physical Literacy

Organization:

Set up a 20 x 16 yard area.

### Procedure:

Line up players on one end of the field with parent.

Facilitator stands in the centre and waits for players and their volunteer coaches to ask the question, "What time is it Mr./Ms. Wolf?"

Facilitator calls out a number and players walk as many steps as the facilitator has called out.

i.e. "What time is it Mr./Ms. Wolf?" "5 o'clock" Players take 5 steps.

Facilitator can wait until players have come very close and choose to call out "Lunch Time" at which point all players would run back to the line without being caught.

*Progression: Use soccer balls.*

Emphasis: Listening, heads up, and FUN!

**Additional Notes:** If you think of more movements, please feel free to do them. Try to be creative!

