



# Active Start Session 1 U5

**Category:** Warm-ups  
**Difficulty:** Beginner

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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



## Hungry Hippo (10 mins)

### 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!



## Dribbling Square (10 mins)

### Organization

- All players in a 30 x 30 area
- All players have a ball

### Activity

- Players begin by dribbling around the area completing any skills and touches they like as long as the ball stays on the ground.
- To progress the drill the players will now react to the coaches raise of a pinnie
- Each colour pinnie that the coach raises will represent a number that the group has to then get into
- e.g - Yellow = 5, green = 4
- Inbetween ask the players to work different ball manipulations

### Progression

- The colours mean the same however once the players have got into groups of those sizes, they then must create a shape with that amount of sides. Keep this simple, restrict to 5/6 as the limit

### Coaches Emphasis

