



Active Start Session 11 U4

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Am-Club: Oakville Soccer Club
Gareth Davies, Oakville, Canada

Candy Store (10 mins)

Dribbling

Organization:

Players spread out inside a 3v3 field.

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. As 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 and perform a specific challenge i.e. Toe Taps, Bells.

Emphasis: FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Imagination



Golden Egg

Physical Literacy

Organization:

Players are placed in pairs and are placed in a corner of the rectangle as above.

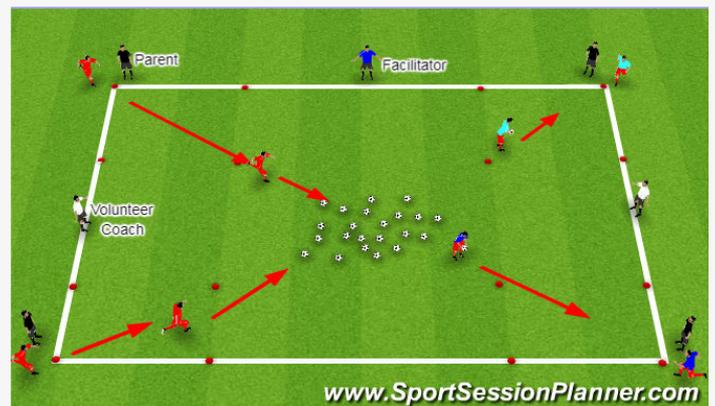
Procedure:

When the facilitator calls go one player (bird) from each team runs to the middle and picks up a ball (egg) with their hands. They run back to their area and place the egg in their nest. They then give their team mate a high 5 and then they go to collect an egg. Once all eggs have gone from the centre all players can then go and collect eggs from other nests. When the coach calls freeze, the birds with the most eggs win the game.

Progression: There is now a golden egg in the middle and the birds that end up with that egg score 5 additional points.

Progression 2: Players now use their feet and dribble the eggs back to their nests.

Additional Notes: Have a parent/volunteer coach stand in each grid to assist the players. It will help facilitate which players go where and when.



Tom and Jerry

Organization

- Players pretend to be the mice (Jerry) and the parents are the Cats (Tom).
- On 3v3 Field

Activity

- The mice will look to dribble through the gates (mice holes) while the Cat looks to stop them by standing in the way of the gates.
- If the Cats (parent) wins the ball/he/she then becomes the mice and players become the cats. Players count every time they run through a hole aka gate)

Coaches Emphasis

- Dribble with head up
- Keep the ball close

