



Active Start Session 11 U5

Category: Warm-ups
Difficulty: Beginner

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

Octopus (10 mins)

Organization

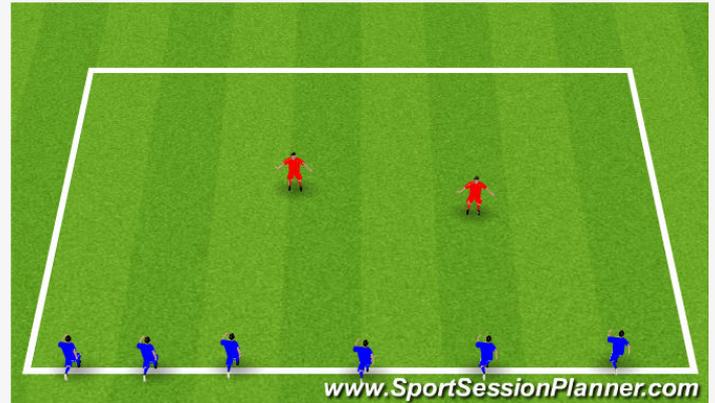
- Use the 3v3 game area
- 2 Players begin in the centre of the field as the Octopus (May be coach or parent)
- The remaining players begin at the end of the field spread out along the line

Activity

- The players in the centre will shout go and the players on the end line attempt to run past the Octopus to the opposite end line without being tagged.
- If a player is tagged they become seaweed and have to stand still in their spot for the rest of the game
- The players then attempt to get back to their original start line without being tagged by either the octopus or the seaweed.
- The last player to be tagged is the winning player

Progression

- Add a ball so the players now have to dribble as they attempt to avoid being tagged
- Advanced groups could also have the octopus have a ball in their hands and to catch a player they throw their ball off one of the runners balls.



What Time Is It Mr./Ms. Wolf? (10 mins)

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.

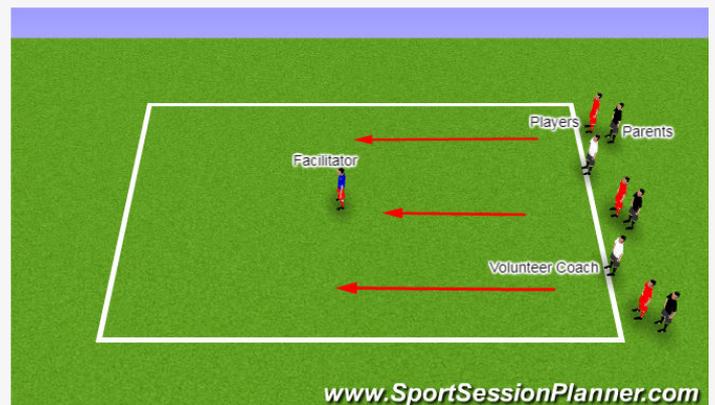
i.e. "What time is it Mr./Ms. Wolf?" "5 o'clock" Players take 5 steps.

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!



1v1 Channels (10 mins)

Organization

- Split the 3v3 field in 3 across the field

Activity

- Line Ball
- Attacker start one end and defenders start at the opposite
- Attackers attempt to get to the opposite line and stop the ball
- Defenders attempt to steal the ball and stop the ball on the attackers starting line

Coaches Emphasis

- Encourage Creativity
- Encourage players to change speed and direction

