



## Active Start Session 12 U5

**Category:** Technical: Dribbling and RWB

**Difficulty:** Beginner

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

### Catch a Tail (10 mins)

#### Physical Literacy

##### Organization:

Players spread out inside the 3v3 Field

##### Procedure:

First have all the childrens parents surround the grid.

Bring the children in and have them choose an animal to be that has a tail.

Tell the children the pinnie will act as their "tail."

Tuck the "tail" into the back of their shorts.

Have the children run around the grid and have the facilitators attempt to pull out their "tails."

*Progression: Volunteer coaches can be "it"; Parents can be "it"; One player can be selected to be "it"; All players can be "it"*

Emphasis: Heads up, keep running, have FUN!

**Additional Notes:** Be creative with the children. Encourage them by being loud and spirited! Ask your volunteer coaches to help the children out by giving them coaching tips such as running away from the facilitator and moving their hips.



### Golden Egg

#### Physical Literacy

##### Organization:

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

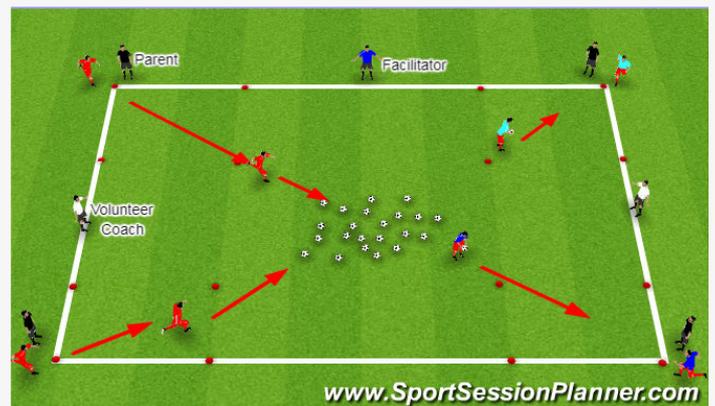
##### Procedure:

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.



### 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

