



## Active Start Session 12 U6

**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 ups, 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.



### Traffic Lights (15 mins)

#### Organization

- 3v3 Size Field

- All players have a ball

- Coach stands at the side of the field with 4 different pinnies

#### Activity

- The players move around the area with the ball at their feet, the coach encourages the players to try and use different parts where possible.

- As the players dribble the coach raises different coloured pinnies or cones. Green means move quickly keeping the ball under control, Red means stop, Orange means skill of teh coaches choice.

- Make it competitive by the first player to do 5 of the skill wins a point.

#### Coaching Emphasis

- Players need to keep their heads up to see the pinnies/cones

- Keep the ball close when dribbling



### 1v1 Gates (10 mins)

#### Organization

- Set up two cone gates One either side of the goal

- In between the two gates add a group of defenders

- At a cone 10 yards in front of the gates opposite the defenders, add a line of attackers

#### Activity

- The attacking players attempt to to run through either of the two gates to earn a point

- The defending players attempt to tag the attacker to earn a point

- Players switch end after each go

#### Progression

- The attacking players have a ball at their feet and attempt to dribble through the gates without being tackled.

#### Coaches Emphasis

- Change of Direction

- Encouraging the players to use different speeds

- Keep the ball tight when dribbling

- Try and keep head up

- Simple fakes

