



## Active Start Session 2 U6

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

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### Snowballs (10 mins)

#### Organization

- All players on 3v3 mini field
- Players play in their teams
- Two small boxes diagonally opposite on the field
- Each teams coach in their box

#### Activity

- The players start in their respective boxes
- When the coach calls snowball the players have to try and get as many of the snow balls as possible back in to their box
- The coach keeps rolling them back out once the players dribble them back

- After 1 minute count who has the most snowballs to decide who is the winning team

#### Coaches Emphasis

- FUN



### Relay Races (10 mins)

#### Physical Literacy

#### Organization:

Set children up along the edge of a 20 X 16 yard grid.

#### Procedure:

Tell players they are going to participate in a race. Be creative, have them do things such as running, crawling, hopping, etc., through a set of cones. To help, have the volunteer coaches and some parents stand at the beginning of each line to instruct players when it is their turn. MAXIMUM three players in each line up.

*Progression: Use a ball*

Emphasis: Running, heads up, and FUN!

**Additional Notes:** Adding parents to the beginning of each line can encourage players as well as monitor who goes when to avoid chaos.



### Dribbling Gates (10 mins)

#### Organization:

- See diagram for set-up and equipment
- Use the full field for 3v3

#### Activity

- Players dribble around the area.
- When the coach calls go, the players try to go through as many gates as they can
- After 30 seconds the coach calls stop and asks the players how many gates they got. Always start with a low number to include all.

#### Progression

- Introduce different skills that the players must perform before attacking the next gate
- Ask the players to supply the skills that we should do between the gates.

#### Progression

- Make the gates different colours and ask the players parents to count the players points.

#### Coaching Points:

- close dribbling in tight areas
- accelerate/rwb into open spaces
- get head up to scan for space, gates, players
- use of both feet and all surfaces of feet



