



## Active Start U4 Session 3

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

Am-Club: Oakville Soccer Club  
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### Tom and Jerry (10 mins)

#### 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



### Freeze Tag (10 mins)

#### Physical Literacy/ Dribbling

#### Organization:

Players spread out inside the 20 x 16 yard area.  
Parents surround grid.

#### Procedure:

The basic concept of 'tag.' Start with the facilitator and the volunteer coach being "it." Go over what gentle tagging looks like (light tap on the shoulder). Facilitator/coach attempt to tag as many other players as possible from whichever team. If a player is tagged they must freeze and stand with their legs apart and wait for another player to come crawl under their legs. **IMPORTANT:** Go over that every child must crawl through a player's legs from behind. Give them a demo so that they understand.

*Progression:* Two players can be "it"; Give all players who are not "it" a soccer ball.

Emphasis: Heads up, running, and FUN!



### 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.

