



Active Start Session 3 U5

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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

Tom and Jerry

Organization

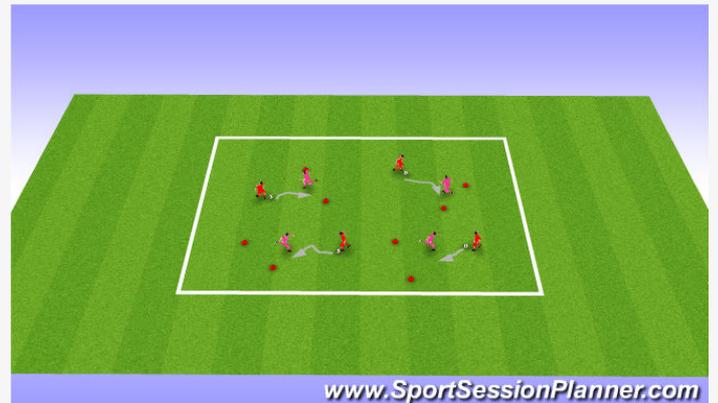
- Players pretend to be the mice (Jerry) and the parents are the Cats (Tom).
- On 3v3 Field

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

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!



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 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

