



Active Start Session 3 U6

Category: Warm-ups
Difficulty: Beginner

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

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



Traffic Lights (10 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 the 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 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

