



## Active Start Session 4 U5

**Category:** Technical: Dribbling and RWB  
**Difficulty:** Beginner

Am-Club: Oakville Soccer Club  
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### What Time Is It Mr./Ms. Wolf?

#### Physical Literacy

**Organization:**

Set up a 20 x 16 yard area.

#### Procedure:

Line up players on one end of the field with parent.

Facilitator stands in the centre and waits for players and their volunteer coaches to ask the question, "What time is it Mr./Ms. Wolf?"

Facilitator calls out a number and players walk as many steps as the facilitator has called out.

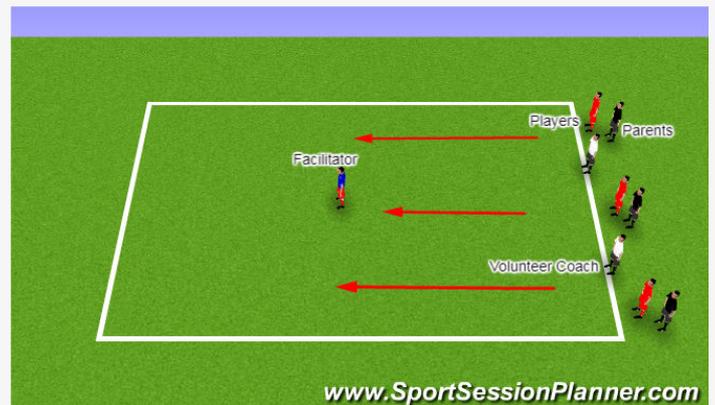
i.e. "What time is it Mr./Ms. Wolf?" "5 o'clock" Players take 5 steps.

Facilitator can wait until players have come very close and choose to call out "Lunch Time" at which point all players would run back to the line without being caught.

*Progression: Use soccer balls.*

**Emphasis:** Listening, heads up, and FUN!

**Additional Notes:** If you think of more movements, please feel free to do them. Try to be creative!



### Simon Says

#### Listening/ Physical Literacy

#### Organization:

Players placed in front of the coach facing the coach.

#### Procedure:

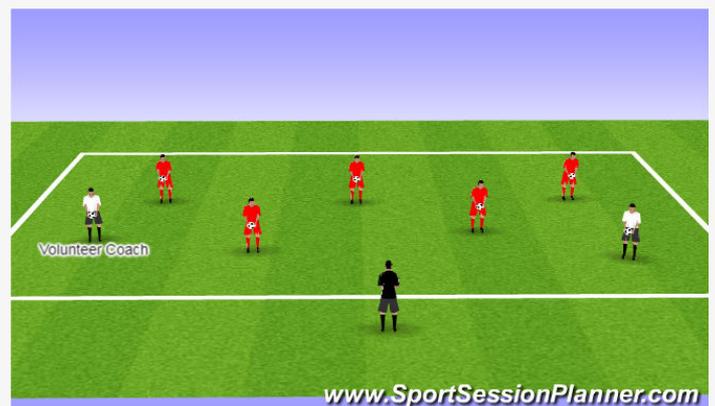
Players follow the coach with his/her movements when they say "Coach says" so for example the coach may say, "Coach says throw your ball up and catch it" Players have to follow the coaches' command. If the coach says, "Throw your ball up and catch it" and any players do this they do 2 jumping jacks. Coaches can take this game in many different directions - Be creative.

You can choose to start with or without a ball, depending on the engagement level of the children on your field.

*Variations: Balance, sit, stand, touch head/tummy/nose/ear, throw ball up, put ball down, spin around, hop up and down, etc.*

**Emphasis:** FUN and listening.

**Additional Notes:** Encourage the volunteer coaches to participate with the players. This will be helpful to players so they can see what to do. Another possibility would be to have the coach be "Simon"



### 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 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

