



Active Start Session 6 U4

Category: Warm-ups
Difficulty: Beginner

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

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



Candy Store (10 mins)

Dribbling

Organization:

Players spread out inside a 3v3 field.

Procedure:

All players dribble within the candy store. The players explore the candy store by shouting out their favourite candies. The facilitator will ask players their favourite candies and name each side of the candy store. As the players dribble around the candy store the facilitator will call out a candy and the players have to run to that side of the candy store and perform a specific challenge i.e. Toe Taps, Bells.

Emphasis: FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Imagination



Hungry Hippo (10 mins)

Physical Literacy

Organization:

Players find a partner and spread out inside the 20 x 16 yard area.

Procedure:

Players will hand the facilitator their ball and the facilitator will throw the ball into a space. Go over what it looks like to hand the ball to a facilitator. The player runs after the ball, picks it up and runs back to the facilitator and hands the facilitator the ball. The facilitator continues to throw the ball in different directions.

Progression: As the players what different parts of their body can they bring the ball back with? Allow the players to decide now.

Have a few players show you a different way to bring the ball back.

Final Progression: Have the players dribble the ball back to the coach using their feet.

Movement variations would include: Walking (forwards and backwards), running, skipping, knees up, jumping (i.e. kangaroo or bunny), hop (i.e., frog), rolling, bear crawl, lunges, shuffling, tippy toes, etc.

Emphasis: Listening, following instruction, physical literacy, having FUN, and being positive!

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

