



Active Start Session 7 U4

Category: Technical: Dribbling and RWB

Difficulty: Beginner

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

Golden Egg

Physical Literacy

Organization:

Players are placed in pairs and are placed in a corner of the rectangle as above.

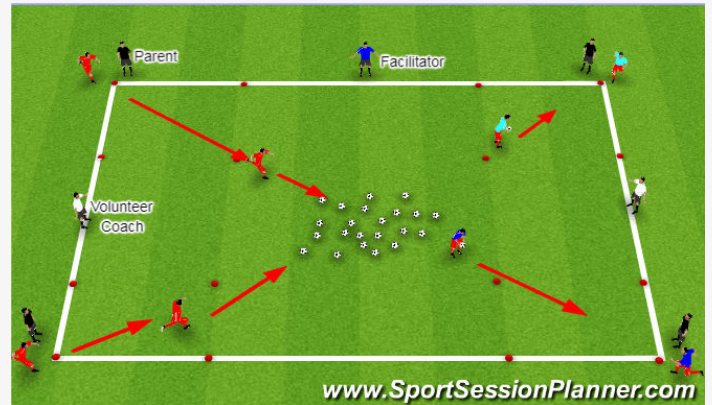
Procedure:

When the facilitator calls go one player (bird) from each team runs to the middle and picks up a ball (egg) with their hands. They run back to their area and place the egg in their nest. They then give their team mate a high 5 and then they go to collect an egg. Once all eggs have gone from the centre all players can then go and collect eggs from other nests. When the coach calls freeze, the birds with the most eggs win the game.

Progression: There is now a golden egg in the middle and the birds that end up with that egg score 5 additional points.

Progression 2: Players now use their feet and dribble the eggs back to their nests.

Additional Notes: Have a parent/volunteer coach stand in each grid to assist the players. It will help facilitate which players go where and when.



Tom and Jerry

Organization

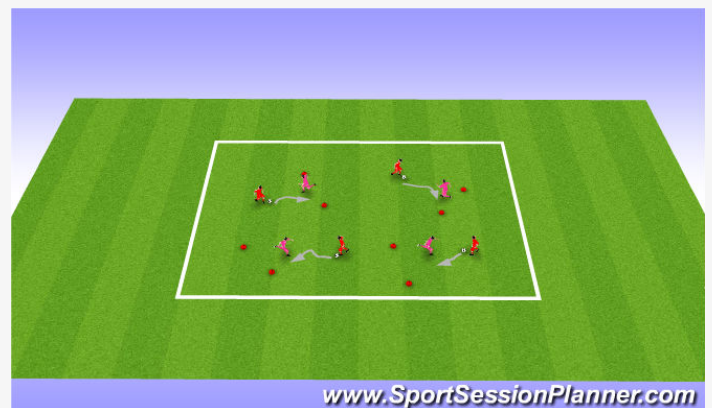
- Players pretend to be the mice (Jerry) and the parents are the Cats (Tom).
- On 3v3 Field

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



Shark Tank

Dribbling/ Running with the Ball

Organization:

Players spread out inside the 3v3 Field
Give each child a ball.

Procedure:

Explain to the players that they are all fish and the volunteer coaches are sharks. (Facilitator can also join in a be a shark). The players dribble their ball around the field while the "shark" attempts to tap the players soccer ball away. If they do so the player does a movement such as five toe taps and re-enters the game.

Progression: Parents can be sharks; Select one child to be the "shark"

Emphasis: Dribbling, heads up, shielding, being positive, and FUN!

Additional Notes: Good time to remind players that they must always try and kick the ball and not each others legs. Encourage the volunteer coaches to be sharks as well!

