



Active Start Session 7 U6

Category: Warm-ups
Difficulty: Beginner

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

Golden Egg (10 mins)

Physical Literacy

Organization:

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

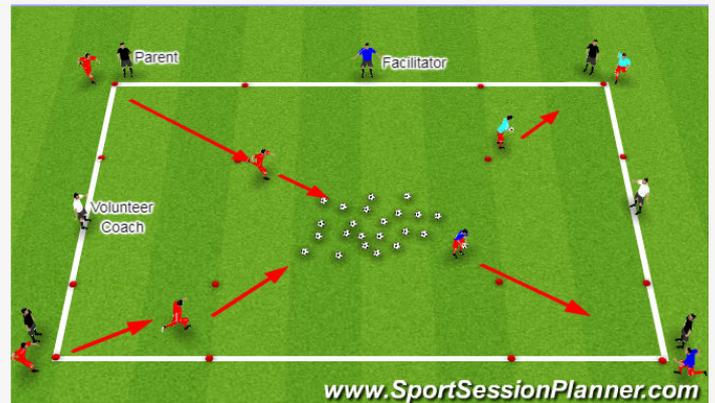
Procedure:

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.



Relay Races (10 mins)

Physical Literacy

Organization:

Set children up along the edge of a 20 X 16 yard grid.

Procedure:

Tell players they are going to participate in a race. Be creative, have them do things such as running, crawling, hopping, etc., through a set of cones. To help, have the volunteer coaches and some parents stand at the beginning of each line to instruct and play when it is their turn. MAXIMUM three players in each line up.

Progression: Use a ball

Emphasis: Running, heads up, and FUN!

Additional Notes: Adding parents to the beginning of each line can encourage players as well as monitor who goes when to avoid chaos.



Dribbling Gates (10 mins)

Organization:

- See diagram for set-up and equipment
- Use the full field for 3v3

Activity

- Players dribble around the area.
- When the coach calls go, the players try to go through as many gates as they can
- After 30 seconds the coach calls stop and asks the players how many gates they got. Always start with a low number to include all.

Progression

- Introduce different skills that the players must perform before attacking the next gate
- Ask the players to supply the skills that we should do between the gates.

Progression

- Add either 1 or 2 defenders to the central area depending on the quality of the session.

Coaching Points:

- close dribbling in tight areas
- accelerate/rwb into open spaces
- get head up to scan for space, gates, players
- use of both feet and all surfaces of feet



