



Active Start Session 8 U5

Category: Technical: Dribbling and RWB

Difficulty: Beginner

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

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 the ball, depending on their 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"



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



1v1 Battles (10 mins)

Organization

- Playing on the 3v3 field

- Attackers start at one end behind the goal with a ball each

- Defenders start at the opposite end without a ball.

Activity

- The players with the balls are in 2 lines one behind the other, either side of the goal. The defenders do the same at the opposite end.

- On the coaches go the front two players dribble out and attempt to score in the opposite goal.

- The front two players on the defenders side come out to try and stop the attackers scoring

