



Active Start Session 8 U6

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"



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



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

