



## Active Start Session 9 U4

**Category:** Warm-ups  
**Difficulty:** Beginner

Am-Club: Oakville Soccer Club  
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### Body Breaks (10 mins)

#### Dribbling

##### Organization:

Players spread out inside the 20 x 16 yard area.

##### Procedure:

Facilitator allows players to express themselves, while encouraging lots of touches. Remind the players to stay within the grid. The facilitator calls out a different body part every few seconds and the players have to place that body part on the ball and strike a pose until the Facilitator shouts go. For example the Facilitator may shout out nose and the players have to stop the ball and place their nose on the ball. As the players progress you can shout out more body parts at a faster speed. This works on the player's coordination.

Emphasis: Close control, lots of touches, change of pace, change of direction, FUN!

**Additional Notes:** If the volunteer coaches are comfortable, allow them to lead this activity by calling out different body parts along with you. Take a step back and have them run the activity on their own as well.



### Octopus (10 mins)

#### Organization

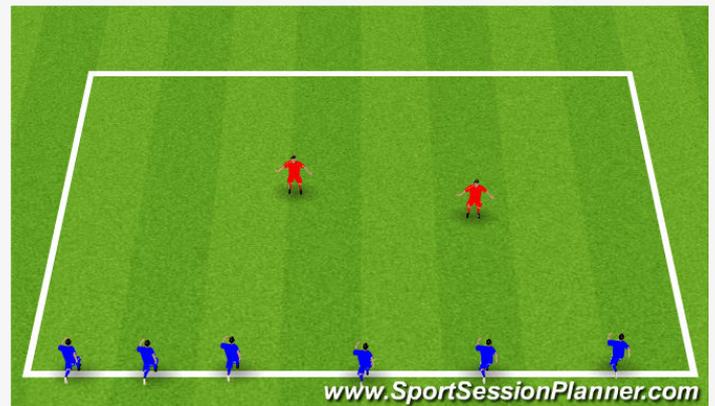
- Use the 3v3 game area
- 2 Players begin in the centre of the field as the Octopus (May be coach or parent)
- The remaining players begin at the end of the field spread out along the line

#### Activity

- The players in the centre will shout go and the players on the end line attempt to run past the Octopus to the opposite end line without being tagged.
- If a player is tagged they become seaweed and have to stand still in their spot for the rest of the game
- The players then attempt to get back to their original start line without being tagged by either the octopus or the seaweed.
- The last player to be tagged is the winning player

#### Progression

- Add a ball so the players now have to dribble as they attempt to avoid being tagged
- Advanced groups could also have the octopus have a ball in their hands and to catch a player they throw their ball off one of the runners balls.



### What Time Is It Mr./Ms. Wolf? (10 mins)

#### Physical Literacy

##### Organization:

Set up a 20 x 16 yard area.

##### Procedure:

Line up players on one end of the field with parent.

Facilitator stands in the centre and waits for players and their volunteer coaches to ask the question, "What time is it Mr./Ms. Wolf?"

Facilitator calls out a number and players walk as many steps as the facilitator has called out.

i.e. "What time is it Mr./Ms. Wolf?" "5 o'clock" Players take 5 steps. Facilitator can wait until players have come very close and choose to call out "Lunch Time" at which point all players would run back to the line without being caught.

*Progression: Use soccer balls.*

Emphasis: Listening, heads up, and FUN!

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

