



Active Start Session 10 U4

Category: Warm-ups
Difficulty: Beginner

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

Mud Monsters (10 mins)

Dribbling

Organization:

Players spread out inside the 20 x 16 yard area.

2 players are without a ball and become the "Mud Monsters."

Procedure:

Facilitator allows players to express themselves, while encouraging lots of touches. Remind the players to stay within the grid (Jungle). Mud Monsters attempt to tag the dribbling player. If a player is tagged, they pick up their ball and hold it above their head and stand with their legs apart, screaming "Help Help I'm stuck in the mud" Players who are still dribbling have to free a player by passing the ball through their legs and collect the ball on the opposite side and continue dribbling.

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

Additional Notes: If this seems too challenging ask the volunteer coaches to be mud monsters, or even have the childrens parents play along side them.



Snowballs (10 mins)

Organization

- All players on 3v3 mini field
- Players play in their teams
- Two small boxes diagonally opposite on the field
- Each teams coach in their box

Activity

- The players start in their respective boxes
- When the coach calls snowball the players have to try and get as many of the snow balls as possible back in to their box
- The coach keeps rolling them back out once the players dribble them back
- After 1 minute count who has the most snowballs to decide who is the winning team

Coaches Emphasis

- FUN



Hungry Hippo (10 mins)

Physical Literacy

Organization:

Players find a partner and spread out inside the 20 x 16 yard area.

Procedure:

Players will hand the facilitator their ball and the facilitator will throw the ball into a space. Go over what it looks like to hand the ball to a facilitator. The player runs after the ball, picks it up and runs back to the facilitator and hands the facilitator the ball. The facilitator continues to throw the ball in different directions.

Progression: As the players what different parts of their body can they bring the ball back with? Allow the players to decide now.

Have a few players show you a different way to bring the ball back.

Final Progression: Have the players dribble the ball back to the coach using their feet.

Movement variations would include: Walking (forwards and backwards), running, skipping, knees up, jumping (i.e. kangaroo or bunny), hop (i.e., frog), rolling, bear crawl, lunges, shuffling, tippy toes, etc.

Emphasis: Listening, following instruction, physical literacy, having FUN, and being positive!

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

