



Active Start Session 11 U6

Category: Warm-ups
Difficulty: Beginner

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

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.



1v1 Channels (10 mins)

Organization

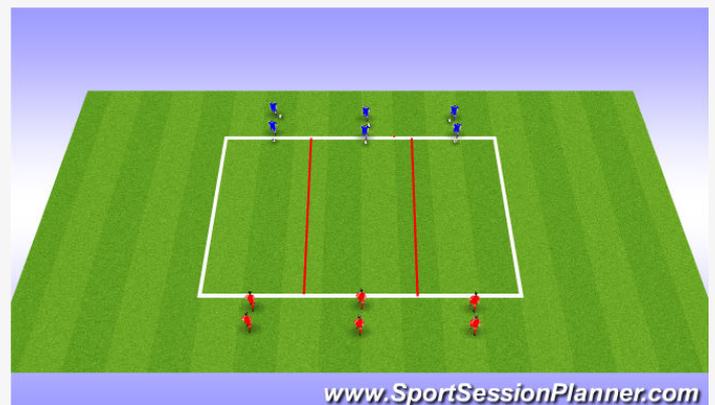
- Split the 3v3 field in 3 across the field

Activity

- Line Ball
- Attacker start one end and defenders start at the opposite
- Attackers attempt to get to the opposite line and stop the ball
- Defenders attempt to steal the ball and stop the ball on the attackers starting line

Coaches Emphasis

- Encourage Creativity
- Encourage players to change speed and direction



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

- Make the gates different colours and ask the players parents to count the players points.

Coaching Points:

- close dribbling in tight areas
- accelerate/rwb into open spaces
- get head up to scan for space, gates, players



