



Active Start Session 2 U5

Category: Warm-ups
Difficulty: Beginner

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

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



Catch a Tail (10 mins)

Physical Literacy

Organization:

Players spread out inside the 3v3 Field

Procedure:

First have all the childrens parents surround the grid. Bring the children in and have them choose an animal to be that has a tail.

Tell the children the pinnie will act as their "tail."

Tuck the "tail" into the back of their shorts.

Have the children run around the grid and have the facilitators attempt to pull out their "tails."

Progression: Volunteer coaches can be "it"; Parents can be "it"; One player can be selected to be "it"; All players can be "it"

Emphasis: Heads up, keep running, have FUN!

Additional Notes: Be creative with the children. Encourage them by being loud and spirited! Ask your volunteer coaches to help the children out by giving them coaching tips such as running away from the facilitator and moving their hips.



Relay Races (10 mins)

Physical Literacy

Organization:

Set children up along the edge of a 20 X 16 yard grid.

Procedure:

Tell players they are going to participate in a race. Be creative, have them do things such as running, crawling, hopping, etc., through a set of cones. To help, have the volunteer coaches and some parents stand at the beginning of each line to instruct players when it is their turn. MAXIMUM three players in each line up.

Progression: Use a ball

Emphasis: Running, heads up, and FUN!

