



Active Start Session 5 U5

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Am-Club: Oakville Soccer Club
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Mud Monsters

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.



Body Breaks

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.



Numbers Game (10 mins)

Organization

- 3v3 Field
- Two groups of players
- Players line up on opposite sides of the field
- One goal at each end of the field
- Coach stands in a corner with the ball at his feet

Activity

- Both teams number themselves 1 to however many they have in their team
- On the call of their number players on the blue team will run around the goal to their right and then step on to the field calling for the ball from the coach
- The red player will do the same but run around the goal to their right
- The players will then go 1v1 to score

Progressions

- Have the players start in different positions e.g Sat Down
- Call out more than one number at a time

Coaching emphasis

- Be creative to beat the player
- Highlight the need to change speed and direction
- Look for space by keeping head up



