



## Active Start Session 5 U6

**Category:** Technical: Dribbling and RWB

**Difficulty:** Beginner

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

### What Time Is It Mr./Ms. Wolf?

#### 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.

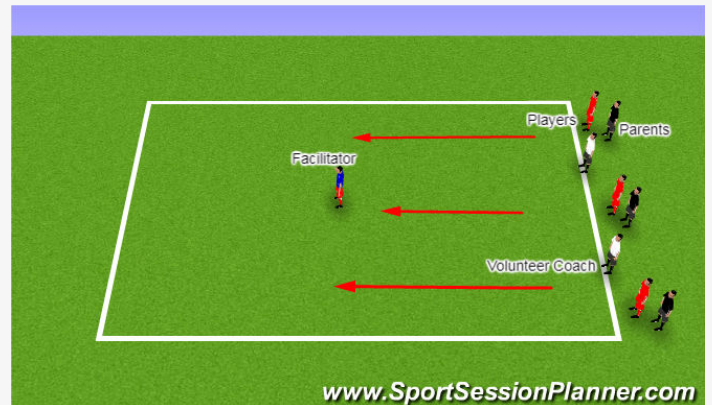
i.e. "What time is it Mr./Ms. Wolf?" "5 o'clock" Players take 5 steps.

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!



### Busy Dribble (10 mins)

#### Organization

- Working within the 3v3 Field

- 6 players at the side of the field spread out along the touchline

- 6 players spread out along the goal line

#### Activity

- On the coaches go the players have to dribble across the field having as many touches as possible while also avoiding the players running in the opposite direction.

- Ask the players to use only Right foot, only left foot.

#### Progression

- Add a skill that the players must attempt on their way to the opposite end

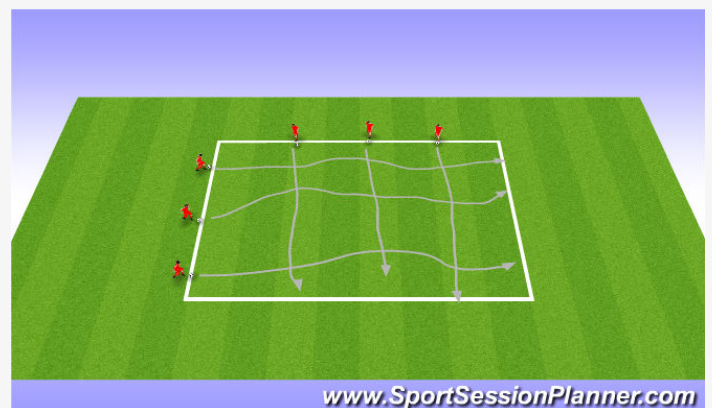
#### Coaching Emphasis

- Keeping the ball tight

- Dribbling with head up

- Lots of touches

- Laces Dribble



### 1v1 Battles (10 mins)

Organization

- Playing on the 3v3 field

- Attackers start at one end behind the goal with a ball each

- Defenders start at the opposite end without a ball.

Activity

- The players with the balls are in 2 lines one behind the other, either side of the goal. The defenders do the same at the opposite end.

- On the coaches go the front two players dribble out and attempt to score in the opposite goal.

- The front two players on the defenders side come out to try and stop the attackers scoring

