



Active Start Session 6 U5

Category: Warm-ups
Difficulty: Beginner

Am-Club: Oakville Soccer Club
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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.



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!



Traffic Lights (10 mins)

Organization

- 3v3 Size Field
- All players have a ball
- Coach stands at the side of the field with 4 different pinnies

Activity

- The players move around the area with the ball at their feet, the coach encourages the players to try and use different parts where possible.
- As the players dribble the coach raises different coloured pinnies or cones. Green means move quickly keeping the ball under control, Red means stop, Orange means skill of the coaches choice.
- Make it competitive by the first player to do 5 of the skill wins a point.

Coaching Emphasis

- Players need to keep their heads up to see the pinnies/cones
- Keep the ball close when dribbling



