



## Active Start Session 6 U6

**Category:** Warm-ups  
**Difficulty:** Beginner

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

### 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!



### Dribbling Square (10 mins)

#### Organization

- All players in a 30 x 30 area
- All players have a ball

#### Activity

- Players begin by dribbling around the area completing any skills and touches they like as long as the ball stays on the ground.
- To progress the drill the players will now react to the coaches raise of a pinnie
- Each colour pinnie that the coach raises will represent a number that the group has to then get into
- e.g - Yellow = 5, green = 4
- Inbetween ask the players to work different ball manipulations

#### Progression

- The colours mean the same however once the players have got into groups of those sizes, they then must create a shape with that amount of sides. Keep this simple, restrict to 5/6 as the limit

#### Coaches Emphasis



### 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

