



Active Start Session 7 U5

Category: Technical: Dribbling and RWB

Difficulty: Beginner

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

Golden Egg

Physical Literacy

Organization:

Players are placed in pairs and are placed in a corner of the rectangle as above.

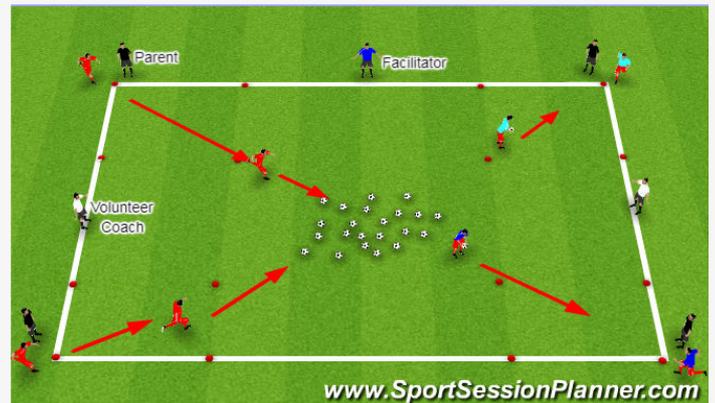
Procedure:

When the facilitator calls go one player (bird) from each team runs to the middle and picks up a ball (egg) with their hands. They run back to their area and place the egg in their nest. They then give their team mate a high 5 and then they go to collect an egg. Once all eggs have gone from the centre all players can then go and collect eggs from other nests. When the coach calls freeze, the birds with the most eggs win the game.

Progression: There is now a golden egg in the middle and the birds that end up with that egg score 5 additional points.

Progression 2: Players now use their feet and dribble the eggs back to their nests.

Additional Notes: Have a parent/volunteer coach stand in each grid to assist the players. It will help facilitate which players go where and when.



Snowballs

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



Dribbling Gates (10 mins)

Organization:

- See diagram for set-up and equipment
- Use the full field for 3v3

Activity

- Players dribble around the area.
- When the coach calls go, the players try to go through as many gates as they can
- After 30 seconds the coach calls stop and asks the players how many gates they got. Always start with a low number to include all.

Progression

- Make the gates different colours and ask the players parents to count the players points.

Coaching Points:

- close dribbling in tight areas
- accelerate/rwb into open spaces
- get head up to scan for space, gates, players
- use of both feet and all surfaces of feet

