



Active Start Session 8 U4

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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

Simon Says

Listening/ Physical Literacy

Organization:

Players placed in front of the coach facing the coach.

Procedure:

Players follow the coach with his/her movements when they say "Coach says" so for example the coach may say, "Coach says throw your ball up and catch it" Players have to follow the coaches' command. If the coach says, "Throw your ball up and catch it" and any players do this they do 2 jumping jacks. Coaches can take this game in many different directions - Be creative.

You can choose to start with or without the ball, depending on their engagement level of the children on your field.

Variations: Balance, sit, stand, touch head/tummy/nose/ear, throw ball up, put ball down, spin around, hop up and down, etc.

Emphasis: FUN and listening

Additional Notes: Encourage the volunteer coaches to participate with the players. This will be helpful to players so they can see what to do. Another possibility would be to have the coach be "Simon"



Freeze Tag

Physical Literacy/ Dribbling

Organization:

Players spread out inside the 20 x 16 yard area.

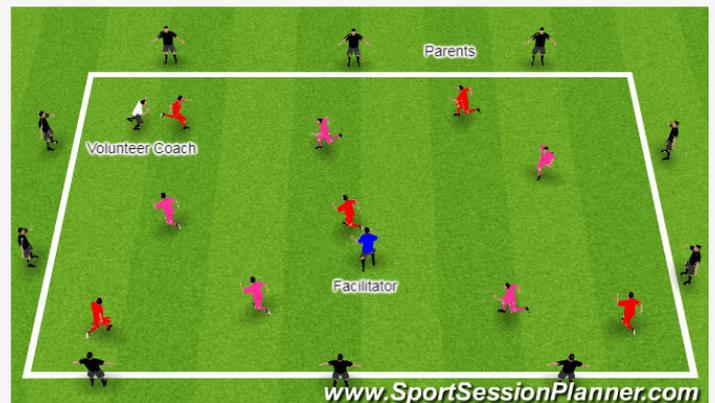
Parents surround grid.

Procedure:

The basic concept of 'tag.' Start with the facilitator and the volunteer coach being "it." Go over what gentle tagging looks like (light tap on the shoulder). Facilitator/coach attempt to tag as many other players as possible from whichever team. If a player is tagged they must freeze and stand with their legs apart and wait for another player to come crawl under their legs. **IMPORTANT:** Go over that every child must crawl through a players legs from behind. Give them a demo so that they understand.

Progression: Two players can be "it"; Give all players who are not "it" a soccer ball.

Emphasis: Heads up, running, and FUN!



Catch a Tail (10 mins)

Physical Literacy

Organization:

Players spread out inside the 3v3 Field

Procedure:

First have all the childrens parents surround the grid.

Bring the children in and have them choose an animal to be that has a tail.

Tell the children the pinnie will act as their "tail."

Tuck the "tail" into the back of their shorts.

Have the children run around the grid and have the facilitators attempt to pull out their "tails."

Progression: Volunteer coaches can be "it"; Parents can be "it"; One player can be selected to be "it"; All players can be "it"

Emphasis: Heads up, keep running, have FUN!

Additional Notes: Be creative with the children. Encourage them by being loud and spirited! Ask your volunteer coaches to help the children out by giving them coaching tips such as running away from the facilitator and moving their hips.

