



## Active Start Session 9 U6

**Category:** Technical: Dribbling and RWB

**Difficulty:** Beginner

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

### 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 player's 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!



### Square Turns (10 mins)

#### Organization

- Players split between the 4 corners of the square
- Anything over 3 players at each cone then create a new square
- Square is 20 x 20
- One cone set in the centre of the area

#### Activity

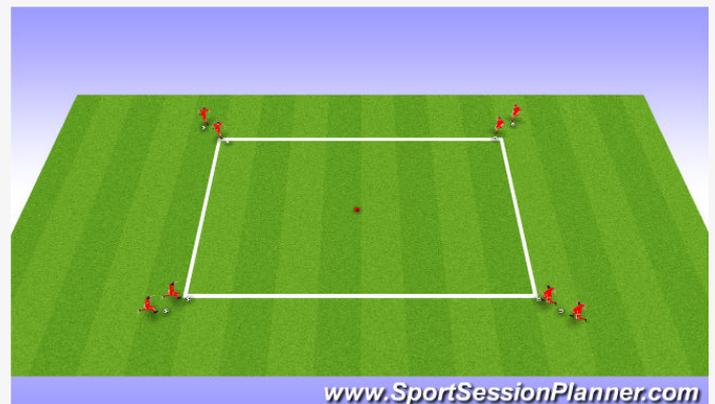
- The players manipulate the ball in different ways to get in to the centre square
- Insides, toe taps, sole roll, inside outside,
- Work each manipulation for 2 minutes

#### Progression

- Players dribble with laces touches in to the middle cone before performing a turn at the cone
- Inside/Outside hook, drag back inside, drag back outside, Cruyff, Stepover, Fake pass
- Work each turn for 2 mins

#### Coaches Emphasis

- Soft Tight touches on the way to the cone
- Technique in the turn, bend knees, explode out, fake first movement
- Accelerate away



### 1v1 Gates (10 mins)

#### Organization

- Set up two cone gates One either side of the goal
- In between the two gates add a group of defenders
- At a cone 10 yards in front of the gates opposite the defenders, add a line of attackers

#### Activity

- The attacking players attempt to run through either of the two gates to earn a point
- The defending players attempt to tag the attacker to earn a point
- Players switch end after each go

#### Progression

- The attacking players have a ball at their feet and attempt to dribble through the gates without being tackled.

#### Coaches Emphasis

- Change of Direction
- Encouraging the players to use different speeds
- Keep the ball tight when dribbling
- Try and keep head up
- Simple fakes

