



ACTIVE START COACH MANUAL

U3 to U6

Coaching U3 to U6 soccer introduces young children and their parents to the sport of soccer. Soccer is considered an early engagement and late specialization sport. As such, we are focused on very basic physical elements with introduction of individual ball skills. You do not have to be a technical / tactical soccer coach to be successful with the ACTIVE START age group.

Key Objectives for Your Practices

- Focus on FUN!
- Be creative with all sorts of equipment and games
- Keep them active and moving all the time
- No long lines.... Lots of movement
- No competitive games
- Learning to play and have fun

- Physical elements
 - o Running
 - o Jumping
 - o Twisting
 - o Throwing
 - o Catching

- Technical objectives revolve around making friends with the ball
 - o Completely inclusive... everyone participates
 - o Running with the ball
 - o Stopping with the ball
 - o Changing direction
 - o Dribbling

- PARENTS SHOULD BE ENCOURAGED TO PARTICIPATE

Four Cornered Approach for ACTIVE START

The Four Cornered approach for player development ensures we as coaches consider the total player development and not just focus on the Technical / Tactical skills.

Physical <ul style="list-style-type: none"> - Bones are still fragile - Not very coordinated - Very flexible - No difference between boys and girls 	Technical / Tactical <ul style="list-style-type: none"> - Introduction to the sport - Basic body movements - Make friends with the ball
Social / Emotional <ul style="list-style-type: none"> - Love their parents - Short attention span - Tire easily 	Psychological <ul style="list-style-type: none"> - Very egocentric - Shy to hyper and everything in between - Sensitive to criticism

Coaching During your Practice

- Have all the players come into one central point.
- Get down to the same level as players and make sure they are not facing sun/potential distractions
- Quickly get the players active - keep everyone moving in some type of dynamic warm up activity. Participate in session by continually demonstrating – “a picture paints a thousand words”
- Quick explanation/demonstration – get them active in exercise quickly... target getting them moving in less than 1 minute
- Reinforce positively every effort. Praise!
- Try not to use jargon.
- Use a variety of coaching styles, command, questions and answer. With the younger players the session is going to be primarily run using the command style. As players/parents become familiar with the content coaches can start to introduce other coaching styles.
- Try to end each session with a game of some form.
- At 3 and 4 this could be a game of 1 v 1 with child and parent playing against another player and parent.
- Review what they learned... ask them if they had fun???
- Team cheer and Snack

Safety

Before

- Safety check the area you are working in looking for potential harmful objects on the field and lay out the working area
- Check the weather conditions.

During

- Have a check in
- Check the players equipment, shin guards, no jewellery or watches
- Make sure players have no injuries, open cuts
- Have specific area set aside for water breaks. Provides safety and helps in organization

After

- Do not let any child leave the practice without a parent/guardian
- Make sure you are not left alone at the field with children

Key Factors of being a Coach

The Active Start Coach:

Think safety!

Practice area

Equipment

EAP

Be Prepared

Plan your work

Work your plan

Get Organized

Set up your practice area early

Progressions or stations

Be Enthusiastic and Encouraging

Inspire the players

Praise their efforts

Get them Active

Keep the energy level high

Keep player involvement high

Week 1

Focus: Physical Literacy Activity Name: Follow the leader

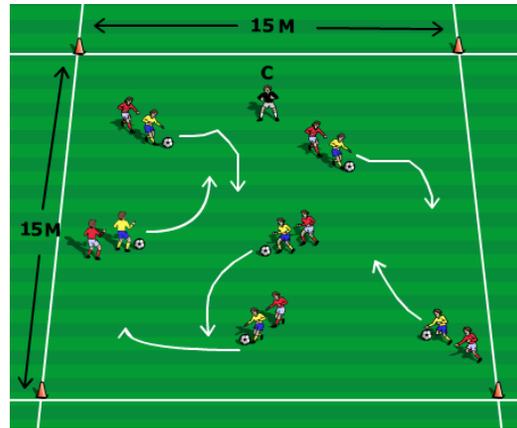
Introduction

Each child partners with his/her parent and finds space inside the playing area not too close to other pairs. As well as being purposeful each exercise described should be treated as fun/inventive and is performed alternately by the child and parent together. Jogging forward – child follows parent – parent weaves around the area. As coach shouts change they quickly switch roles:

Variations

As above but skipping, hopping (one foot), bunny hopping (two foot) giant steps, walking backwards

Coach calls out commands, touch ground with hand, sit down, stand up, dive and roll on ground etc



Emphasis

Listening
Following Instruction
Physical Literacy
Having Fun!



Focus - Ball Literacy

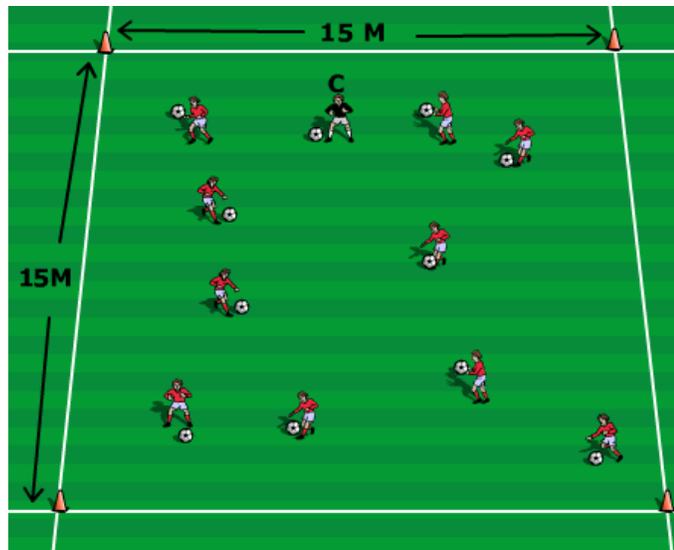
Name of Game: Making friends with the ball

Organization

Players partner with their parents and find space in the area. Game starts with parents rolling the ball back and forth with the children. Parent and children take turns tossing and catching the ball back and forth to one another. Parents then hold the ball out (quite low to start) and drop it letting the child control it with the bottom of the foot. Have the child shout "Ole!" when successful in controlling the ball. Parents can play a pass 5-6 yards away and have child run and get the ball and bring it back. Parent send with legs shoulder width apart and child kicks the ball between their legs – child then dives on the ball on the other side. Repeat with child retrieving the ball with feet. Switch role to have child play a pass and parent retrieving the ball. Have parents set up a small net with cones and have them act as a passive goalkeeper with child taking shots on them to score.

Alternatives

Harder – Instead of parents perform in partners. Increase distances and add Competition between partners



Emphasis

- Becoming familiar with the ball
- Basic kicking/passing motions
- Fun with mom or dad



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Focus - Ball Literacy
Name of Game: Nuts and Squirrels

Organization

Teams are divided into 4 groups - each group is given a different colored pinni. All the balls positioned in middle square. On coaches command 1 player from each group collects a ball (nut) from the middle. Player dribbles ball back to their triangle (tree) – next player can go when the ball is stopped in the triangle. When the coach stops the game, the team with the most balls (nuts) in their triangle wins the game.

Alternatives

Easier – Instead of dribbling players use hands.
 Harder – One player from each group is allowed to steal a ball from the other team's triangle.



Emphasis

- Running
- Turning – different types
- Gets first touch out of feet to travel quicker
- Keep ball in close control when approaching your tree.
- Stopping the ball
- Teamwork
- Having Fun!

Focus – Small sided Game
Name of Game – Chain Soccer

Organization

Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Parents and players not called can act as goalies on their side.

Alternatives

Harder (U6) – No parents. Ask children to link arms and work together to stop goals.
 Harder (U6) – Increase the # of players called into the grid to 2 or 3.



Emphasis

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!

Week 2

Focus- Physical Literacy Activity Name: Freeze Tag

Introduction

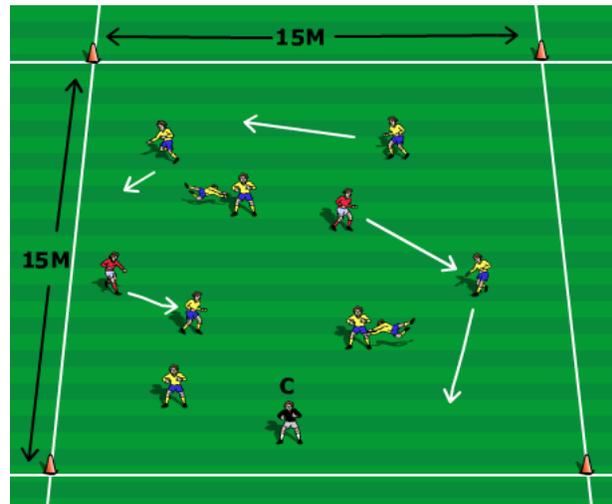
Set up a 20m x 20m grid. Players travel around the grid with a ball. Coach/parent tries to tag the players. When a player is tagged he/she must stand still with legs shoulder width apart and pick up ball. Players are unfrozen when a teammate can dribble a ball through their legs.

Variations

Easier (U4): Start with no balls, players hold hands out to side - player freed by going under an arm – progress to under legs

Harder (U6): Have players replace coach(es) as taggers.

Harder (U6): Players must perform 2 juggles to unfreeze.



Emphasis

- Running
- Change of directions
- Teamwork
- Having Fun!

Focus – Ball Literacy Name of Game: Topple me Coconuts

Organization

Split players into 2 teams and have them line-up as shown below. Place balls on top of cones like coconuts. Ask players to alternate making passes/shots to try and knock the ball off of a cone. If a player is successful they can go and retrieve both balls and bring them back to their side. Encourage celebrations!

Alternatives

Easier (U4): Start with rolling the ball across a smaller distance.



Emphasis

- Passing
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!

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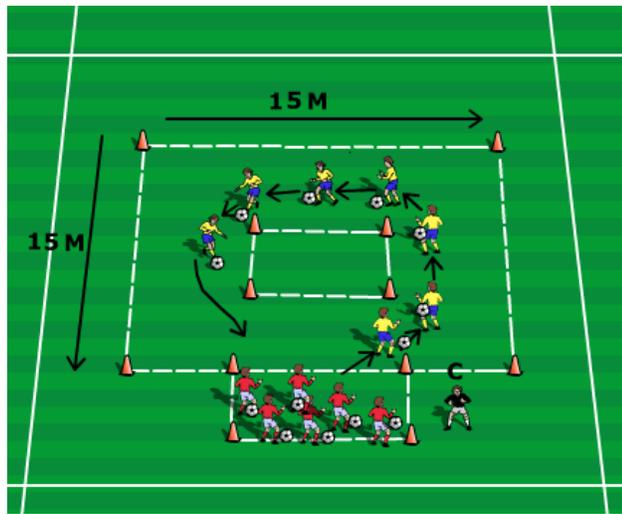
Focus - Ball Literacy
Name of Game: Indy 500

Organization

Players start from "Pit row" with parents. Player starts by exiting the pits and dribbling the ball in a clockwise direction around the track following their parent. If the ball exits the track they must make 3 toe taps on the ball to restart the engine. Parent and player can switch roles with child following parents. Encourage players to make "Vroom! Vroom!" car sounds while driving!

Alternatives

- Easier – run the track first with no balls.
- Easier – layers carry ball in hands and run around track
- Harder – Have players drive the truck on their own.
- Harder – Switch directions and have drivers go counter-clockwise.
- Harder – Change direction before completing circuit on coaches' command



Emphasis

- Introduction to dribbling
- Player takes lots of small touches to move the ball forward
- Turning in different directions
- Having Fun!



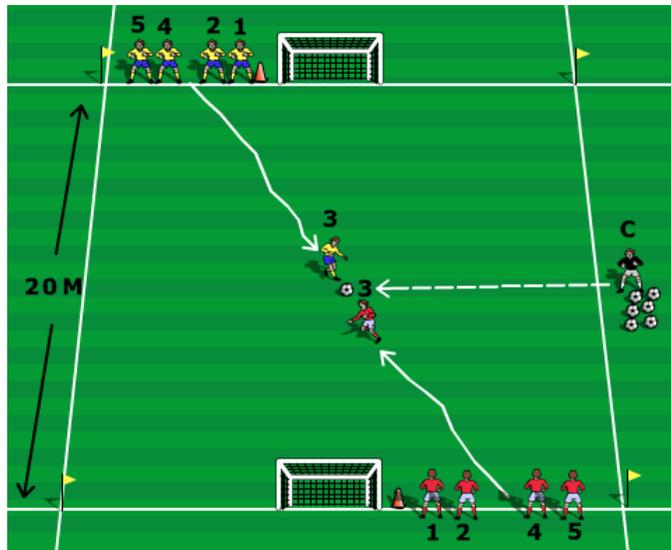
Focus – Small Sided Game
Name of Game: Numbers Games – 2 Goals

Organization

Set up a small grid, depending on number of players. *Separate players into 2 teams as shown below.* Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players must attempt to score on their opponent's goal while defending their own. Encourage celebrations after a goal!

Alternatives

- Easier: have them just run it as a race with a ball in their hand and have them throw the ball in goal
- Easier (U4): Put two balls so each can score goals
- Harder (U6) – Increase number of players to 2 or 3 to encourage teamwork (grid size may need to increase to accommodate this.)



Emphasis

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!



Week 3

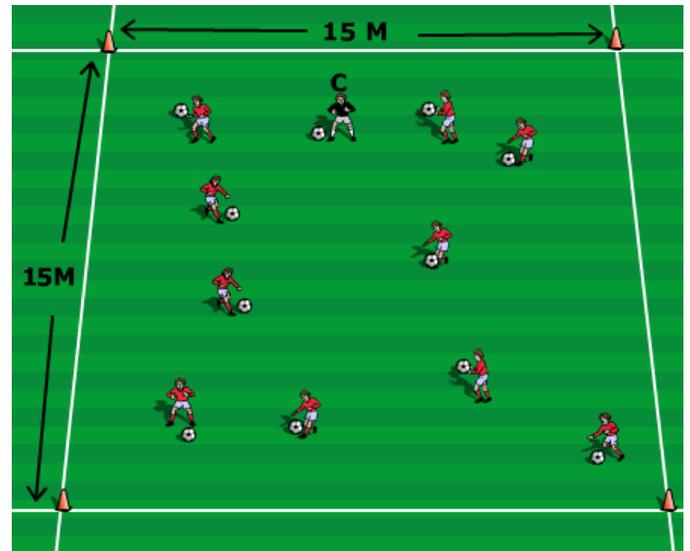
Focus – Ball Literacy
Name of Game: Red Light/ Green Light

Organization

Players move around the grid dribbling the ball – when coach shouts red light players stop. Green light players go. Go speeding – players go faster. Crash - players dive on their ball., Coach can be creative

Alternatives

Easier – Players play without a ball



Emphasis

- Keeping control of the ball, Stopping with control/Change of pace

Focus - Ball Literacy
Name of Game: Nuts and Squirrels

Organization

Teams are divided into 4 groups - each group is given a different colored pinni. All the balls positioned in middle square. On coaches command 1 player from each group collects a ball (nut) from the middle. Player dribbles ball back to their triangle (tree) – next player can go when the ball is stopped in the triangle. When the coach stops the game, the team with the most balls (nuts) in their triangle wins the game.

Alternatives

Easier – Instead of dribbling players use hands.
Harder – One player from each group is allowed to steal a ball from the other team's triangle.



Emphasis

- Running
- Turning – different types
- Gets first touch out of feet to travel quicker
- Keep ball in close control when approaching your tree.
- Stopping the ball
- Teamwork
- Having Fun!



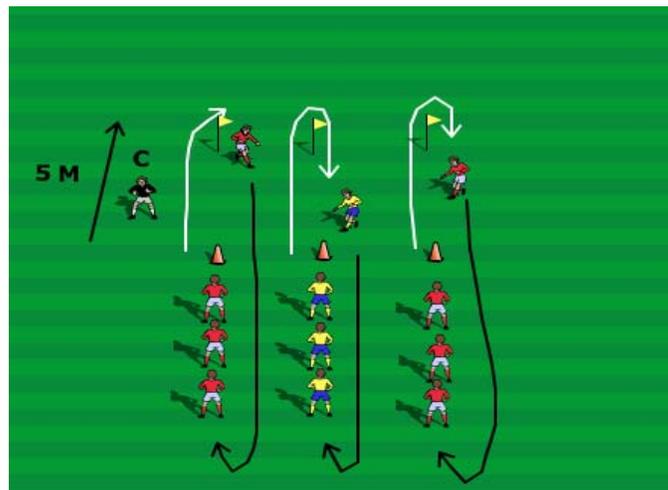
Focus: Physical Literacy
Activity Name: Relay Games

Introduction

Divide your players into three teams. Players on coaches command run around the flag and high five their team mate on their return. Once team mate touched next player can go. Players can then repeat using different actions, hopping one leg, bunny hops, etc

Variations

1. **Easier (U4)** – Players can run around their flag with parent holding hands.
2. **Harder (U6)** – Coach can make the game into a little race. Placing emphasis on completion of exercise and not winners



Emphasis

- Running
- Hopping
- Jumping
- Twisting
- Having Fun !



Focus – Small sided Game
Name of Game – Chain Soccer

Organization

Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Parents and players not called can act as goalies on their side.

Alternatives

- Easier (U4):** Put two balls so each can score goals
Harder (U6) – No parents. Ask children to link arms and work together to stop goals.
Harder (U6) – Increase the # of players called into the grid to 2 or 3.



Emphasis

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!



Week 4

Focus- Physical Literacy Activity Name: Freeze Tag

Introduction

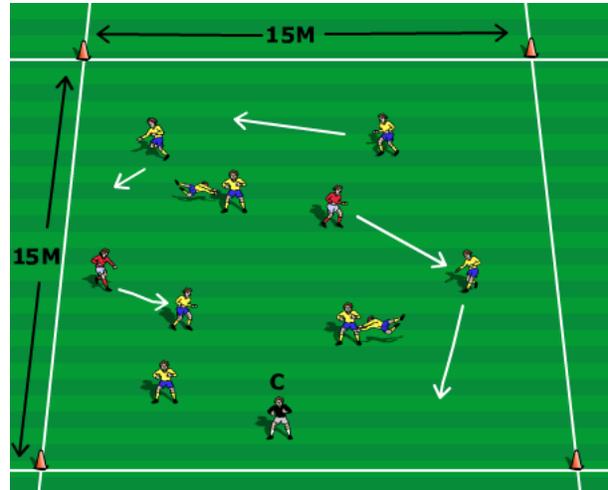
Set up a 20m x 20m grid. Players travel around the grid with a ball. Coach/parent tries to tag the players. When a player is tagged he/she must stand still with legs shoulder width apart and pick up ball. Players are unfrozen when a teammate can dribble a ball through their legs.

Variations

Easier (U4): Start with no balls, players hold hands out to side - player freed by going under an arm – progress to under legs

Harder (U6): Have players replace coach(es) as taggers.

Harder (U6): Players must perform 2 juggles to unfreeze.



Emphasis

- Dribbling into space
- Change of directions
- Teamwork
- Having Fun!

Focus- Bal Familiarity Activity Name: Pirate Pete

Introduction

Divide the players into two teams. Put the teams in two different pinni colors. One team has to run through the channel to get to the treasure (balls). The other team kicks the ball to their team mate trying to hit the other team with the ball below the knee as they run through. If players get struck by the ball they have to go back and try again. When players get to treasure (Ball) they bring back a piece back to their ship. Players change roles after a set time. Count the pieces (Balls) each team collects.

Variations

Easier (U4): Players can role the ball rather than kick it. Players can carry treasure back in their hands. Parents can help.

Harder (U6): Players can shoot the ball. Players can dribble both ways with the ball.



Emphasis

- Running
- Spatial Awareness
- Kicking (passing/shooting)
- Hitting a moving target
- Having Fun!

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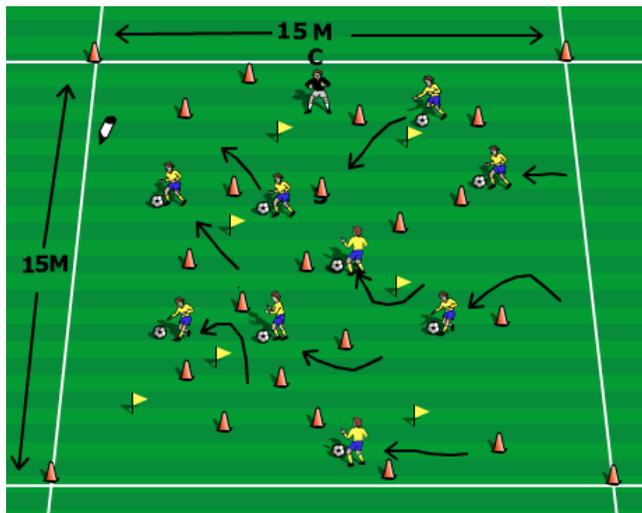
Focus - Ball Literacy
Name of Game: Enchanted Forest

Organization

Set up a 20m x 20m grid. Scatter cones around grid as "spooky trees". Other obstacles such as rings, hurdles or larger cones can be used as different challenges. Start by having parent lead player with a ball through the forest avoiding the spooky trees. Players can pick up ball and toss it over the taller spooky trees.

Alternatives

Easier – First explore the forest with no balls.
 Harder – Have players travel from one end of the forest on their own to rescue mom or dad, who are stuck on the other side.
 Harder – Have parent chase children through the forest. Switch roles.



Emphasis

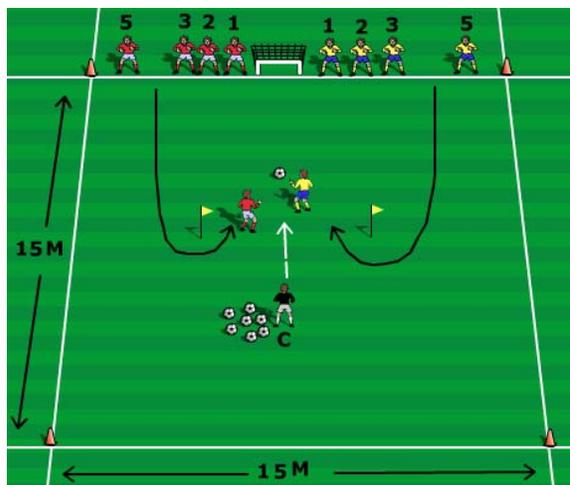
- Small touches to keep the ball close
- Keep ball in close control when approaching a tree.
- Turning in different directions.
- Having Fun!

Focus – Small Sided Game
Name of Game: Numbers Games with one net
Organization

Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players are trying to both defend and score on the same net. Encourage celebrations after a goal!

Alternatives

Easier (U4): Have players vs. parents to allow players to always win.
Harder (U6) – Increase number of players to 2
Easier (U4): Put two balls so each can score goals or 3 to encourage teamwork (grid size may need to increase to accommodate this.)



Emphasis

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!

Week 5

Focus - Physical Literacy Activity Name: Donkey Tails

Introduction

Half the players are given a pinni to tuck into the back of their shorts as a tail. Coach shouts "Go!" players without a tail attempt to grab a tail from the players with one. Once players get a tail they must now avoid having it taken.

Variations

1. **Easier (U4):** Partner player with his/her parent and make it a 1 on 1 challenge with mom/dad!!



Emphasis

- Running
- Change of Directions
- Finding Space
- Having Fun!

Focus - Ball Literacy Name of Game: North/South Game

Organization

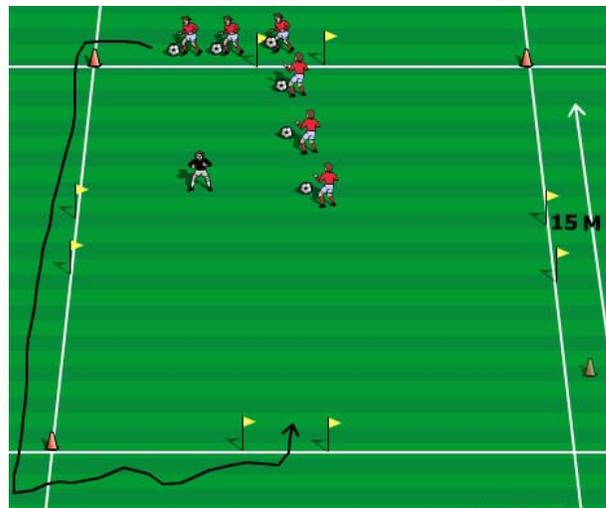
Start by having players dribble around grid. Coach shouts out "North" and players must dribble out the "North" goal, around the outside of the grid and re-enter through the "South" goal. Alternate between "North" & "South". Once players are comfortable with "North" & "South", introduce "East" & "West" goals.

Alternatives

Easier – Use colours instead of directions, red, blue green etc

Easier - Perform with no balls start or have parents accompany players on their "voyage."

Harder – Parents exit opposite goal as players and race around the grid to see who can get back in first; parents or players (allow players to win!)



Emphasis

- Running with the ball under control
- Turning in different directions.
- Having Fun!

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Focus – Ball Literacy
Name of Game – Houses

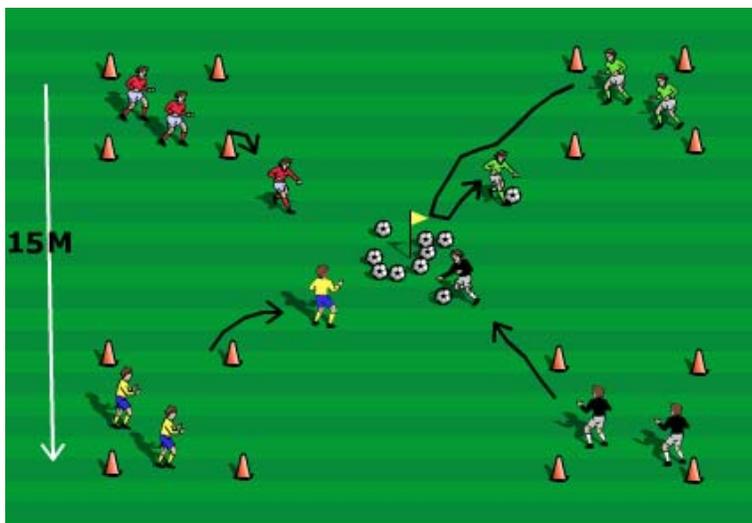
Organization

Set up four houses by placing four cones in each corner of the playing area. A parent/child team is stationed inside each house. Place all the balls in the middle of the playing area. On the coach's signal, one player at a time runs out to get a ball and brings it back to the house (must stop the ball inside the house). When the balls are all recovered, count the number of balls in each house.

Alternatives

Easier - Start by using hands to bring the balls back. Dribble ball back and stop ball in the house before next player can go.

Harder - Once all players have a ball they can switch houses or take balls back into middle again.



Emphasis

- Running
- Dribbling
- Stopping the ball
- Teamwork
- Having Fun!



Focus – Small Sided Game
Name of Game: Numbers Games – 2 Goals

Organization

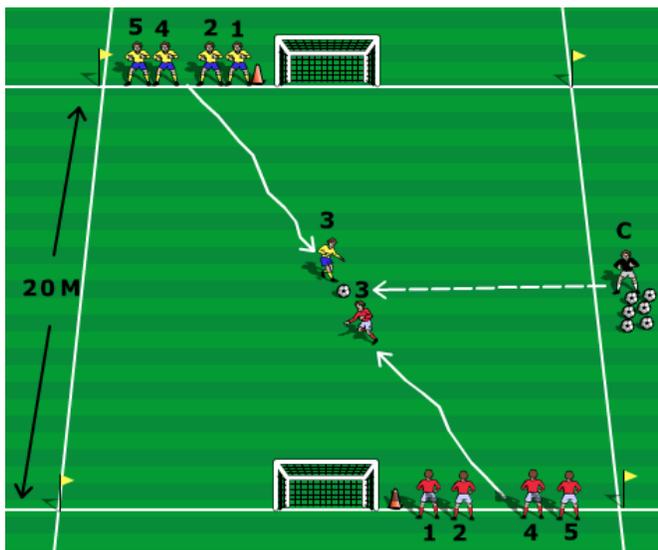
Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players must attempt to score on their opponent's goal while defending their own. Encourage celebrations after a goal!

Alternatives

Easier: have them just run it as a race with a ball in their hand and have them throw the ball in goal

Easier (U4): Put two balls so each can score goals

Harder (U6) – Increase number of players to 2 or 3 to encourage teamwork (grid size may need to increase to accommodate this.)



Emphasis

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!



WEEK 6

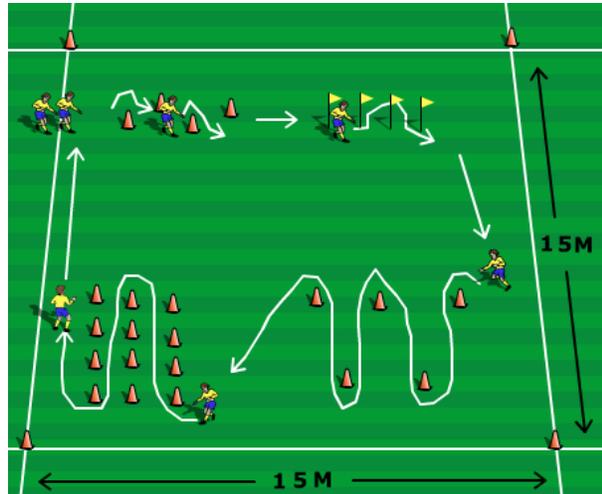
Focus – Physical Literacy
Activity Name: Obstacle Course

Organization

Set up an obstacle course inside a designated area. The children start at the first station and move in a clockwise direction around the course carrying out the exercises shown below. Parents follow and encourage their child.

Variations

1. Hops (1 footed & 2 footed)
2. Running backwards
3. Sideways shuffles
4. Introduce a ball at 3, 4 or 5.



Emphasis

- Listening
- Following Instruction
- Physical Literacy
- Having Fun!

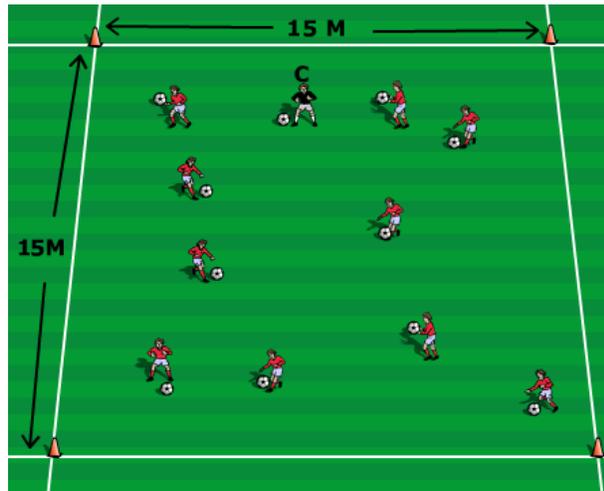
Focus - Ball Literacy
Name of Game: Making friends with the ball

Organization

Players partner with their parents and find space in the area. Game starts with parents rolling the ball back and forth with the children. Parent and children take turns tossing and catching the ball back and forth to one another. Parents then hold the ball out (quite low to start) and drop it letting the child control it with the bottom of the foot. Have the child shout "Ole!" when successful in controlling the ball. Parents can play a pass 5-6 yards away and have child run and get the ball and bring it back. Parent send with legs shoulder width apart and child kicks the ball between their legs – child then dives on the ball on the other side. Repeat with child retrieving the ball with feet. Switch role to have child play a pass and parent retrieving the ball. Have parents set up a small net with cones and have them act as a passive goalkeeper with child taking shots on them to score.

Alternatives

Harder – Instead of parents perform in partners. Increase distances and add Competition between partners



Emphasis

- Close Ball control
- Coordination
- Control
- Dribbling
- Shooting

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Focus – Ball Literacy
Name of Game - King/Queen of the Ring

Organization

Players have a ball each. Players must keep ball within a defined area .
 Players are encouraged to kick other balls out of area. When a player gets their ball kick out of the grid, they must leave the grid and practice a skill (3 juggles, toe taps etc) and then they are allowed to return to grid.
 Ask players to keep track of how many times they lost possession.

Alternatives

Easier – Parent and child can play keep away in pairs. Parent letting child enjoy success

Harder - Progress to last man standing (King/Queen of the ring). When a player gets their ball knocked out of the square they are now “out” and are not allowed to return to the grid. They remain outside the grid cheering for their teammates. Continue this until everybody is knocked out and there is only one player left. This player becomes the King/Queen of the Ring.



Emphasis

- Keep Ball close
- Dribbling
- Shielding ball
- Moving away from danger
- Having Fun



Focus – Small sided Game
Name of Game – Chain Soccer

Organization

Set up a small grid, depending on number of players.
 Separate players/parents into 2 teams as shown below.
 Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Parents and players not called can act as goalies on their side.

Alternatives

- Easier (U4):** Put two balls so each can score goals
Harder (U6) – No parents. Ask children to link arms and work together to stop goals.
Harder (U6) – Increase the # of players called into the grid to 2 or 3.



Emphasis

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!



Week 7

Focus: Physical/Ball Literacy Activity Name: Red Light/Green Light

Introduction

Set up a 15m x 15m grid. Players line up opposite coach, as shown below. Coach gives commands "Green Light" for go and "Red Light" for stop. Players dribble towards coach during "Green Light" and must stop ball and stand still during "Red Light." If a coach catches a player moving during "Red Light" he/she must return to the start. First player to reach the opposite side of the grid wins!

Variations

Easier (U4): Start with no balls or have parents help players.

Harder (U6): Use red/green cones or pinnis instead of shouting commands.



Emphasis

- Listening
- Dribbling
- Stopping the ball
- Having Fun!

Focus – Ball Literacy Name of Game – Shark Attack

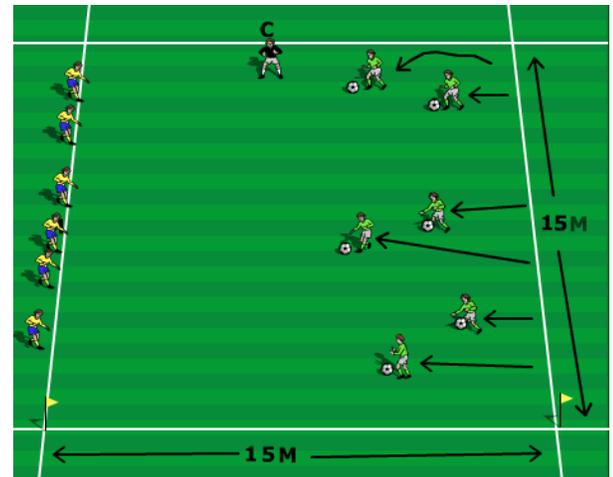
Organization

Players (Fishes) start on one end of the grid with a ball each. Coach/parents are the Shark without a ball. Objective is for players to dribble from the coral reef into the open ocean using different parts of the foot. When coach shouts shark attack – parents and coach try and steal the players ball. Player has to turn and get back to the safety of the coral reef. When player loses their ball they join their parents as sharks

Alternatives

Easier – Divide team into two and let a parent and player play sharks.

Harder – Divide players into two teams and let the two teams have a turn at been a shark and dribbling fish.



Emphasis

- Dribbling
- Keeping ball close
- Keeping control of ball
- Changing direction
- Stealing the ball (Defending)
- Having Fun

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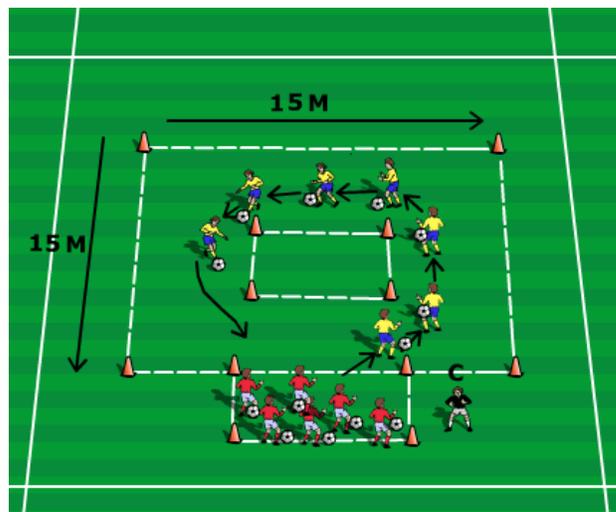
Focus - Ball Literacy
Name of Game: Indy 500

Organization

Players start from "Pit row" with parents. Player starts by exiting the pits and dribbling the ball in a clockwise direction around the track following their parent. If the ball exits the track they must make 3 toe taps on the ball to restart the engine. Parent and player can switch roles with child following parents. Encourage players to make "Vroom! Vroom!" car sounds while driving!

Alternatives

- Easier – run the track first with no balls.
- Easier – layers carry ball in hands and run around track
- Harder – Have players drive the truck on their own.
- Harder – Switch directions and have drivers go counter-clockwise.
- Harder – Change direction before completing circuit on coaches' command



Emphasis

- Introduction to dribbling
- Player takes lots of small touches to move the ball forward
- Turning in different directions
- Having Fun!

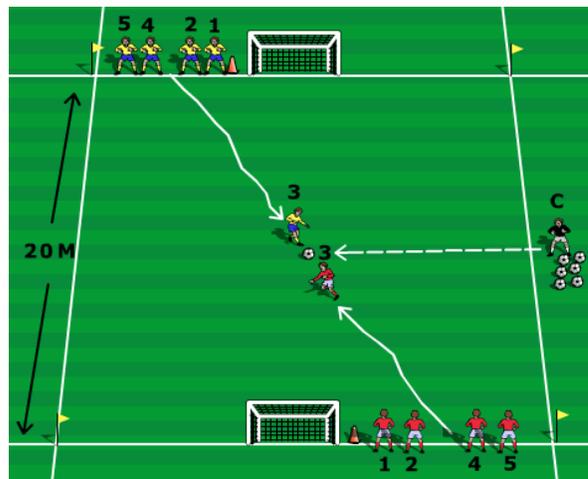
Focus – Small Sided Game
Name of Game: Numbers Games – 2 Goals

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Set up a small grid, depending on number of players. *Separate players into 2 teams as shown below.* Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players must attempt to score on their opponent's goal while defending their own. Encourage celebrations after a goal!

Alternatives

- Easier:** have them just run it as a race with a ball in their hand and have them throw the ball in goal
- Easier (U4):** Put two balls so each can score goals
- Harder (U6) –** Increase number of players to 2 or 3 to encourage teamwork (grid size may need to increase to accommodate this.)



Emphasis

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!

Week 8

Focus: Physical Literacy
Activity Name: Follow the leader

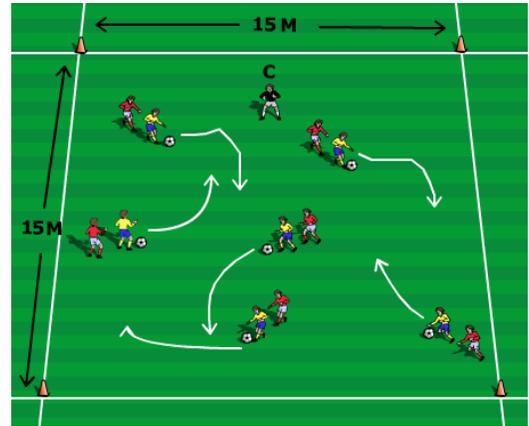
Introduction

Each child partners with his/her parent and finds space inside the playing area not too close to other pairs. As well as being purposeful each exercise described should be treated as fun/inventive and is performed alternately by the child and parent together. Jogging forward – child follows parent – parent weaves around the area. As coach shouts change they quickly switch roles:

Variations

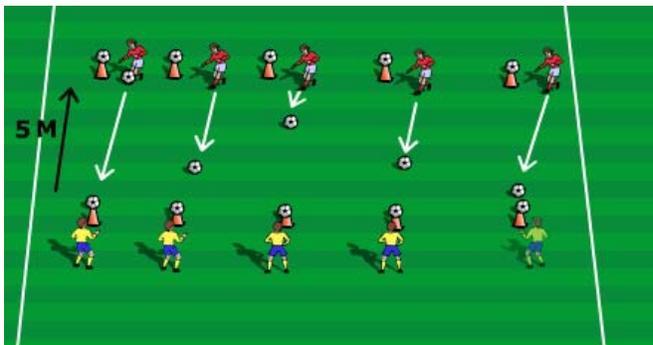
As above but skipping, hopping (one foot), bunny hopping (two foot) giant steps, walking backwards

Coach calls out commands, touch ground with hand, sit down, stand up, dive and roll on ground etc



Emphasis

- Listening
- Following Instruction
- Physical Literacy
- Having Fun!



Emphasis

- Passing
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!



Focus – Ball Literacy
Name of Game: Topple me Coconuts

Organization

Split players into 2 teams and have them line-up as shown below. Place balls on top of cones like coconuts. Ask players to alternate making passes/shots to try and knock the ball off of a cone. If a player is successful they can go and retrieve both balls and bring them back to their side. Encourage celebrations!

Alternatives

Easier (U4): Start with rolling the ball across a smaller distance.

Focus- Ball Familiarity
Activity Name: Pirate Pete

Introduction

Divide the players into two teams. Put the teams in two different pinni colors. One team has to run through the channel to get to the treasure (balls). The other team kicks the ball to the player running through the channel mate trying to hit the other team with the ball below the knee as they run through. If players get struck by the ball they have to go back and try again. When players get to treasure (Ball) they bring back a peace back to their ship. Players change roles after a set time. Count the pieces (Balls) each team collects.

Variations

Easier (U4): Players can role the ball rather than kick it. Players can carry treasure back in their hands. Parents can help.

Harder (U6): Players can shoot the ball. Players can dribble both ways with the ball.



Emphasis

- Running
- Spatial Awareness
- Kicking (passing/shooting)
- Hitting a moving target
- Having Fun!

Focus – Small Sided Game

Name of Game: Numbers Games with one net
Organization

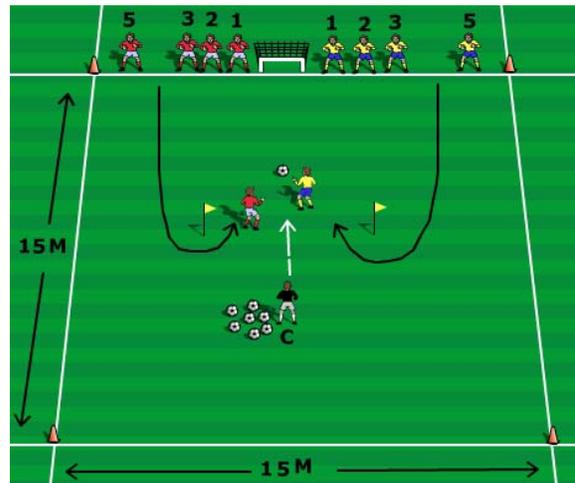
Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players are trying to both defend and score on the same net. Encourage celebrations after a goal!

Alternatives

Easier (U4): Have players vs. parents to allow players to always win. Have two balls so both players can score

Easier (U4)– Two balls so both players can have success scoring.

Harder (U6) – Increase number of players to 2 or 3 to encourage teamwork (grid size may need to increase to accommodate this.)



Emphasis

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!

Week 9

Focus- Physical Literacy Activity Name: Freeze Tag

Introduction

Set up a 20m x 20m grid. Players travel around the grid with a ball. Coach/parent tries to tag the players. When a player is tagged he/she must stand still with legs shoulder width apart and pick up ball. Players are unfrozen when a teammate can dribble a ball through their legs.

Variations

Easier (U4): Start with no balls, players hold hands out to side - player freed by going under an arm – progress to under legs

Harder (U6): Have players replace coach(es) as taggers.

Harder (U6): Players must perform 2 juggles to unfreeze.



Emphasis

- Running
- Change of directions
- Teamwork
- Having Fun!

Focus – Ball Literacy Name of Game - King/Queen of the Ring

Organization

Players have a ball each. Players must keep ball within a defined area . Players are encouraged to kick other balls out of area. When a player gets their ball kick out of the grid, they must leave the grid and practice a skill (3 juggles, toe taps etc) and then they are allowed to return to grid. Ask players to keep track of how many times they lost possession.

Alternatives

Easier – Parent and child can play keep away in pairs. Parent letting child enjoy success

Harder - Progress to last man standing (King/Queen of the ring). When a player gets their ball knocked out of the square they are now "out" and are not allowed to return to the grid. They remain outside the grid cheering for their teammates. Continue this until everybody is knocked out and there is only one player left. This player becomes the King/Queen of the Ring.



Emphasis

- Keep Ball close
- Dribbling
- Shielding ball
- Moving away from danger
- Having Fun

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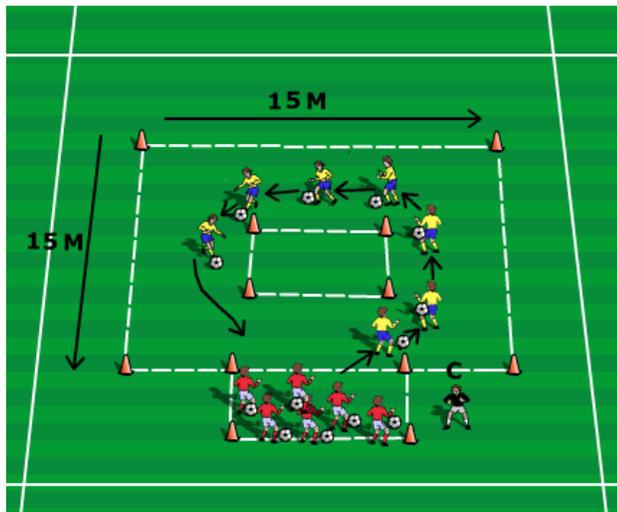
Focus - Ball Literacy
Name of Game: Indy 500

Organization

Players start from "Pit row" with parents. Player starts by exiting the pits and dribbling the ball in a clockwise direction around the track following their parent. If the ball exits the track they must make 3 toe taps on the ball to restart the engine. Parent and player can switch roles with child following parents. Encourage players to make "Vroom! Vroom!" car sounds while driving!

Alternatives

Easier – run the track first with no balls.
 Easier – layers carry ball in hands and run around track
 Harder – Have players drive the truck on their own.
 Harder – Switch directions and have drivers go counter-clockwise.
 Harder – Change direction before completing circuit on coaches' command



Emphasis

- Introduction to dribbling
- Player takes lots of small touches to move the ball forward
- Turning in different directions
- Having Fun!

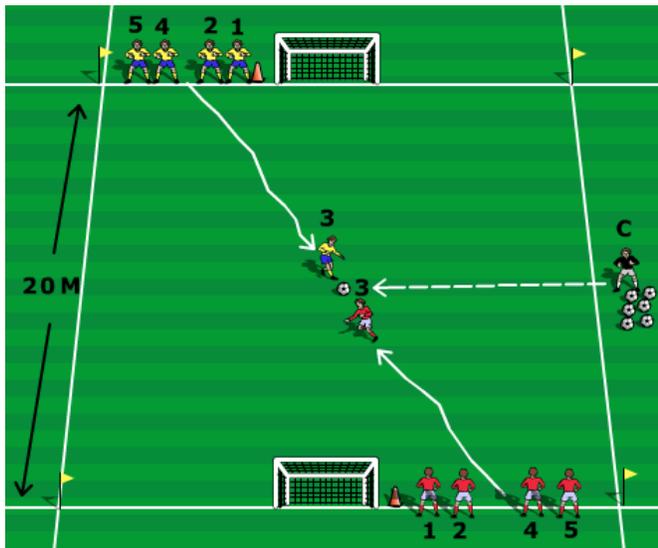
Focus – Small Sided Game
Name of Game: Numbers Games – 2 Goals

Organization

Set up a small grid, depending on number of players. *Separate players into 2 teams as shown below.* Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players must attempt to score on their opponent's goal while defending their own. Encourage celebrations after a goal!

Alternatives

Easier (U4): Put two balls so each can score goals
Harder (U6) – Increase number of players to 2 or 3 to encourage teamwork (grid size may need to increase to accommodate this.)



Emphasis

- Dribbling
- Shooting
- Teamwork
- Having Fun!

Week 10

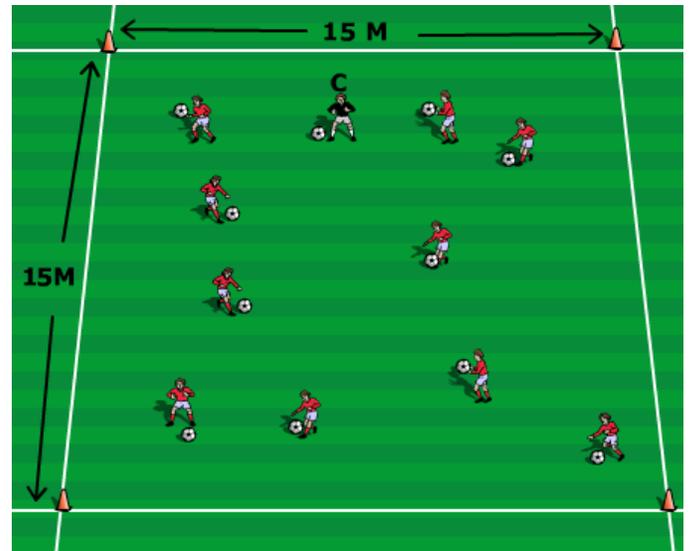
Focus – Ball Literacy
Name of Game: Red Light/ Green Light

Organization

Players move around the grid dribbling the ball – when coach shouts red light players stop. Green light players go. Go speeding – players go faster. Crash - players dive on their ball., Coach can be creative

Alternatives

Easier – Players play without a ball



Emphasis

- Keeping control of the ball,
Stopping with control/Change of pace

Focus - Ball Literacy
Name of Game: Nuts and Squirrels

Organization

Teams are divided into 4 groups - each group is given a different colored pinni. All the balls positioned in middle square. On coaches command 1 player from each group collects a ball (nut) from the middle. Player dribbles ball back to their triangle (tree) – next player can go when the ball is stopped in the triangle. When the coach stops the game, the team with the most balls (nuts) in their triangle wins the game.

Alternatives

Easier – Instead of dribbling players use hands.
Harder – One player from each group is allowed to steal a ball from the other team's triangle.



Emphasis

- Running
- Hopping
- Jumping
- Twisting
- Having Fun !

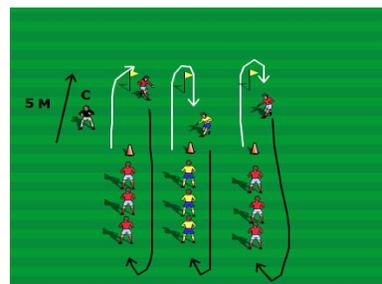
Focus: Physical Literacy
Activity Name: Relay Games

Introduction

Divide your players into three teams. Players on coaches command run around the flag and high five their team mate on their return. Once team mate touched next player can go. Players can then repeat using different actions, hopping one leg, bunny hops, etc

Variations

- Easier (U4)** – Players can run around their flag with parent holding hands.
- Harder (U6)** – Coach can make the game into a little race. Placing emphasis on completion of exercise and not winners



Emphasis

- Running
- Turning – different types
- Gets first touch out of feet to travel quicker
- Keep ball in close control when approaching your tree.
- Stopping the ball
- Teamwork
- Having Fun!

Focus – Small sided Game
Name of Game – Chain Soccer

Organization

Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Parents and players not called can act as goalies on their side.

Alternatives

- Easier (U4)**– Two balls so both players can have success scoring.
- Harder (U6)** – No parents. Ask children to link arms and work together to stop goals.
- Harder (U6)** – Increase the # of players called into the grid to 2 or 3.



Emphasis

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!

WEEK 11

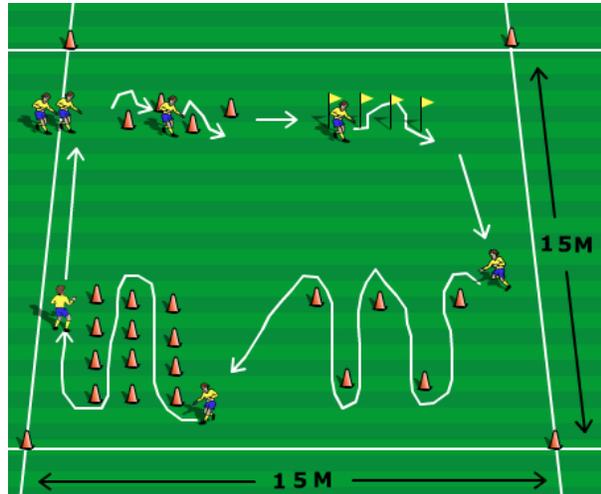
Focus – Physical Literacy Activity Name: Obstacle Course

Organization

Set up an obstacle course inside a designated area. The children start at the first station and move in a clockwise direction around the course carrying out the exercises shown below. Parents follow and encourage their child.

Variations

- Hops (1 footed & 2 footed)
- Running backwards
- Sideways shuffles



Emphasis

- Listening
- Following Instruction
- Physical Literacy
- Having Fun!

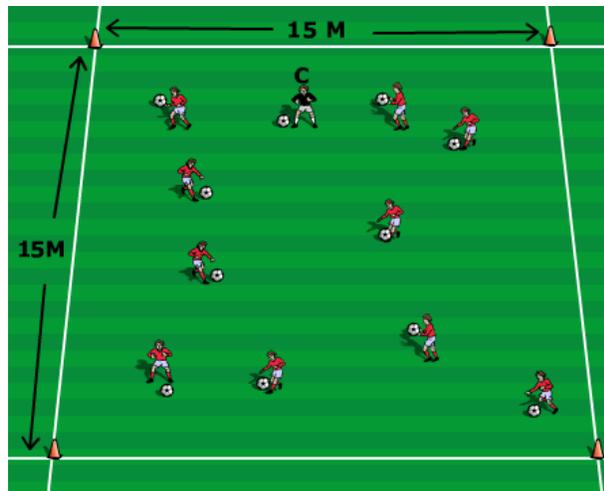
Focus - Ball Literacy Name of Game: Making friends with the ball

Organization

Players partner with their parents and find space in the area. Game starts with parents rolling the ball back and forth with the children. Parent and children take turns tossing and catching the ball back and forth to one another. Parents then hold the ball out (quite low to start) and drop it letting the child control it with the bottom of the foot. Have the child shout "Ole!" when successful in controlling the ball. Parents can play a pass 5-6 yards away and have child run and get the ball and bring it back. Parent send with legs shoulder width apart and child kicks the ball between their legs – child then dives on the ball on the other side. Repeat with child retrieving the ball with feet. Switch role to have child play a pass and parent retrieving the ball. Have parents set up a small net with cones and have them act as a passive goalkeeper with child taking shots on them to score.

Alternatives

Harder – Instead of parents perform in partners. Increase distances and add Competition between partners



Emphasis

- Close Ball control
- Coordination
- Control
- Dribbling
- Shooting

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Focus – Ball Literacy
Name of Game - King/Queen of the Ring

Organization

Players have a ball each. Players must keep ball within a defined area. Players are encouraged to kick other balls out of area, When a player gets their ball kick out of the grid, they must leave the grid and practice a skill (3 juggles, toe taps etc) and then they are allowed to return to grid.
 Ask players to keep track of how many times they lost possession.

Alternatives

Easier – Child plays with parent. Parents lets child enjoy success in both roles
Harder - Progress to last man standing (King/Queen of the ring). When a player gets their ball knocked out of the square they are now “out” and are not allowed to return to the grid. They remain outside the grid cheering for their teammates. Continue this until everybody is knocked out and there is only one player left. This player becomes the King/Queen of the Ring.



Emphasis

- Keep Ball close
- Dribbling
- Shielding ball
- Moving away from danger
- Having Fun



Focus – Small sided Game
Name of Game – Chain Soccer

Organization

Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Parents and players not called can act as goalies on their side.

Alternatives

Easier (U4)– Two balls so both players can have success scoring.
Harder (U6) – No parents. Ask children to link arms and work together to stop goals.
Harder (U6) – Increase the # of players called into the grid to 2 or 3.



Emphasis

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!



Week 12

Let the players pick their favorite games from the first 11 weeks of the program. Plan the session below.

Phase	Time	Activity Name	Emphasis
Warm up/Agility	6-8mins		
Break	2-3mins		
Ball Familiarity Games	6-8 mins		
Break	3 mins		
Ball Familiarity Games	6-8 mins		
Break	3 mins		
Small sided Games	10-15 mins		
	5 mins	Team Cheer and Snack Time	



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