



# Active Start- U4 to U6

Soccer contributes to the well-being of children by engaging them in the sport while teaching them the basic movements. At this introductory level, the objective is to get moving and to keep active.

**Physical** – Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.

**Technical** – The player and the ball – dribbling, kicking and shooting.

**Tactical** – None.

**Mental** – Fun, fascination, and passion for play.





# Sample Practices

## Catch the Tail

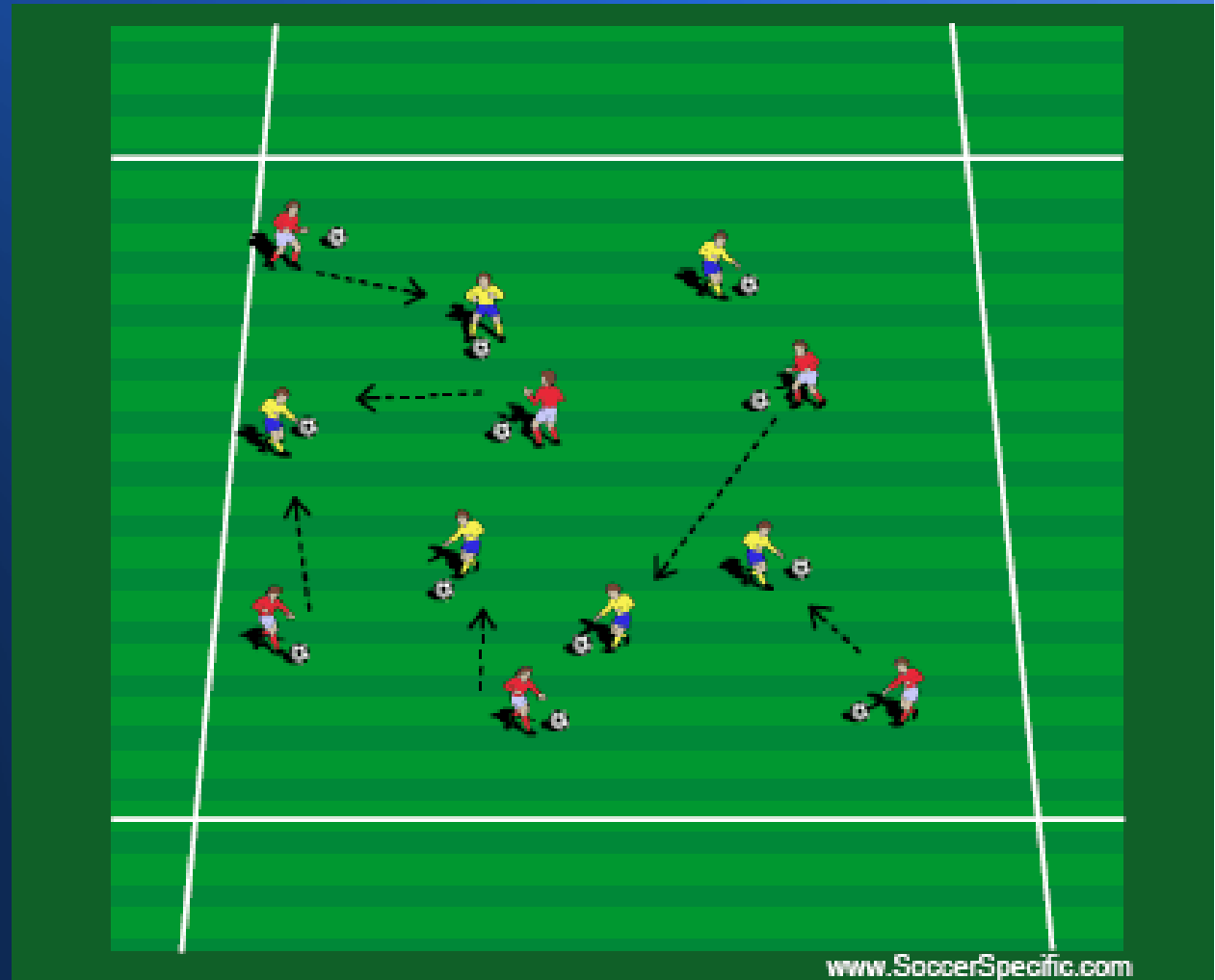
Set-up: 10 x 10 metre working area

### Instructions:

Two teams of even or uneven numbers without balls to start. One team will have bibs tucked in the back of their shorts. On the signal, the team without bibs (Red as shown above) tries to steal the other players (Yellow) bibs.

Progression: Ball per player. All Players maintain possession of their ball.

Key Factors: Let them play!





# Sample Practices

## Dribble by Numbers

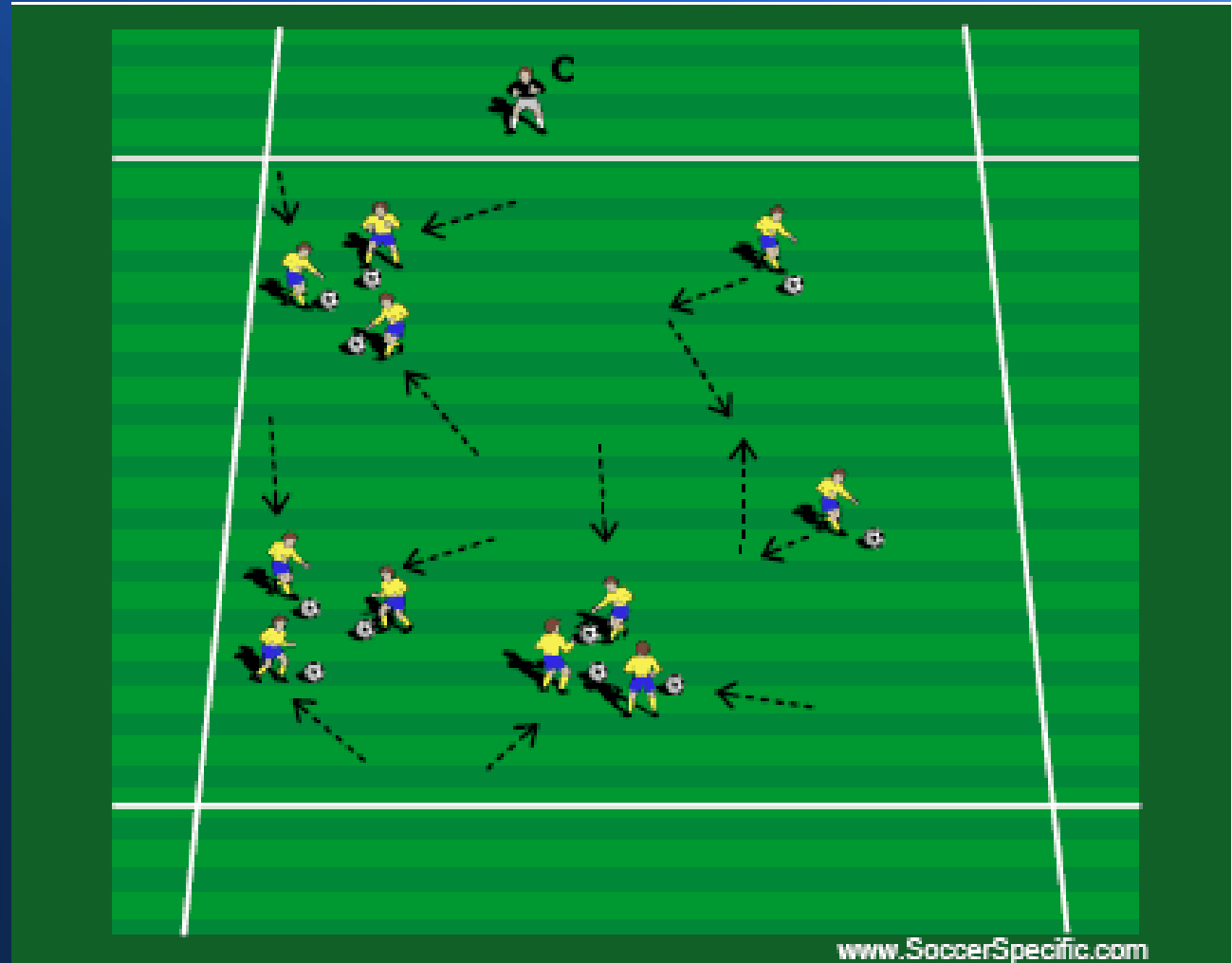
Set-up: 10 x 10 metre working area

### Instructions:

Players moving freely inside the working area without the ball. When the coach calls out a number the players quickly move into groups the size of the number called (E.g. groups of 3 as shown above). Players left out of any group must perform a silly trick to continue.

Progression: 1 ball per player with players dribbling freely in the working area keeping possession of their ball.

Key Factors: Let them play!





# Sample Practices

## Knights Away

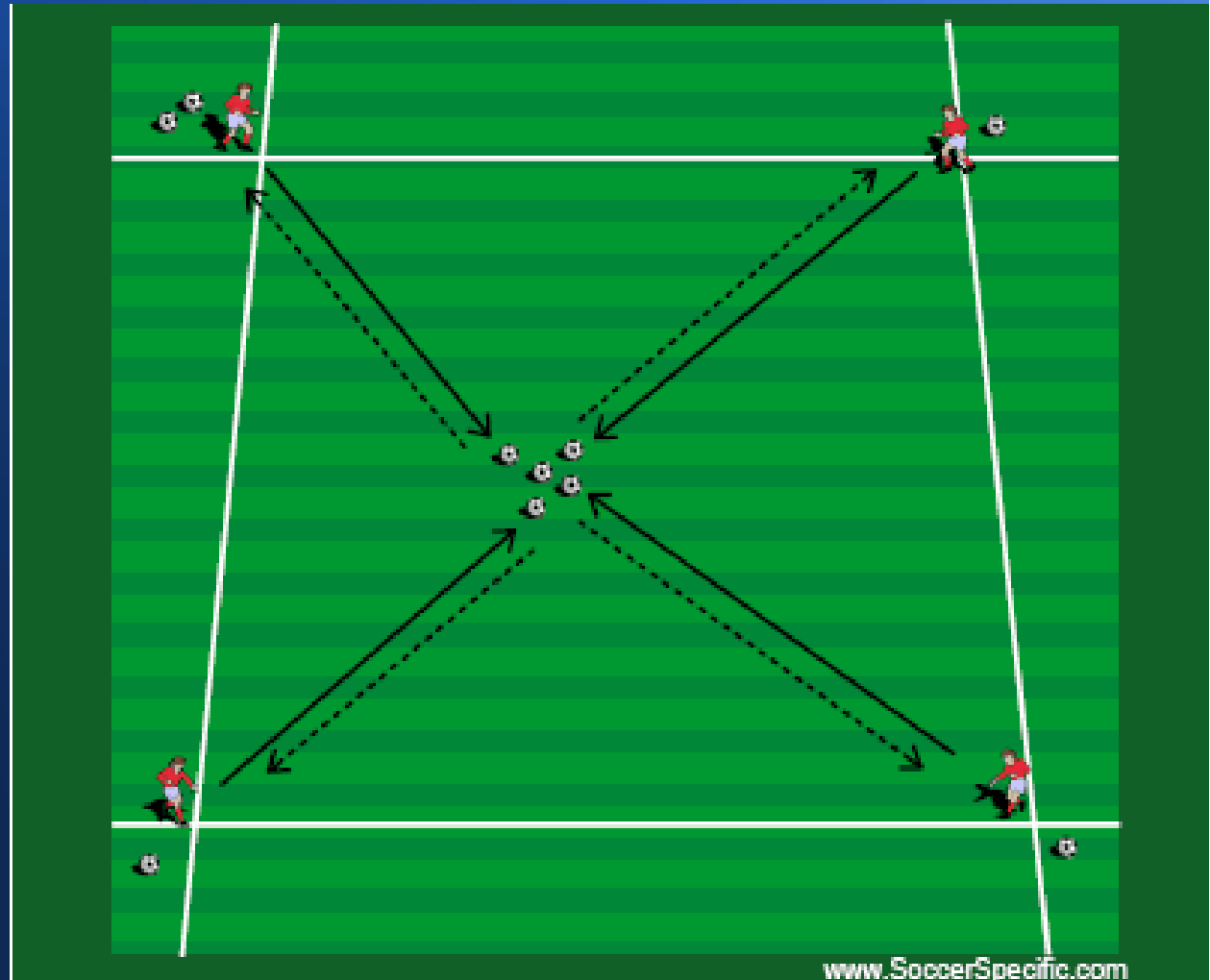
Set-up: 10 x 10 metre working area

### Instructions:

4 player (Knights) each assigned a 'Castle' in a corner of the working area. 10 balls (jewels) in the middle of the area. On the signal "Knights Away", each player will run toward the jewels, pick 1 up, & bring it back to their castle. When all the jewels/balls are gone players can steal balls from the other players castles. Players only allowed 1 ball at a time & players cannot protect balls or tackle. Play for 1-2 minutes & then change players.

Progression: Rather than pick the ball up, players now try to dribble the ball.

Key Factors: Let them play!





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**MAKE IT FUN!!!!!!!**

