



Active Start week 10

Category: Technical: Ball Control
Difficulty: Beginner

Am-Club: Waterloo Minor Soccer Club
Carl Horton, Waterloo, Canada

Description

Warm Up and Activities: 30 min
Mini-Game: 20-25 min

Run Around the Castle

Physical Literacy

Organization:

Players spread out inside a 20 x 16 yard area.

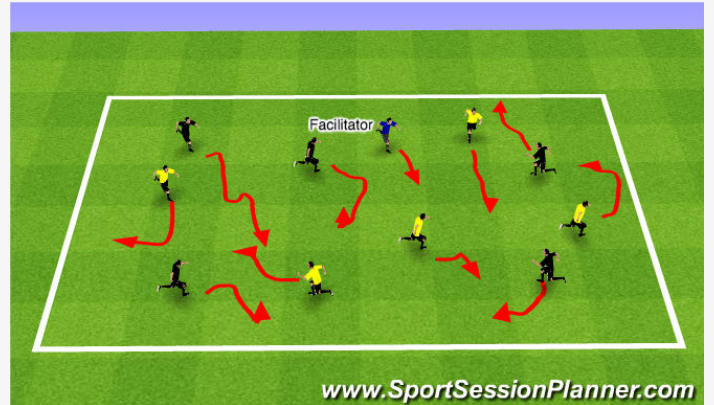
Procedure:

Players move around in different directions looking to find space and move away from other players. Players follow the movement of the facilitator.

Variations: Walking (forwards and backwards), running, skipping, knees up, jumping (i.e. kangaroo or bunny), hop (i.e., frog), rolling, bear crawl, lunges, shuffling, tippy toes, etc.

Emphasis: Listening, following instruction, physical literacy, having fun, and being positive!

Additional Notes: If you think of more movements, please feel free to do them. Try to be creative!



Candy Store

Dribbling

Organization:

Players spread out inside a 20 X 16 yard area.

Procedure:

All players dribble within the candy store. The players explore the candy store by shouting out their favourite candies. The facilitator will ask players their favourite candies and name each side of the candy store. Ask the players dribble around the candy store the facilitator will call out a candy and the players have to run to that side of the candy store. NOTE: If children are too small to understand, try without a ball first.

Progression: Add movements to do when children get to the candy store.

Emphasis: FUN, listening, dribbling, changing direction, balance, agility, coordination, and imagination.

Additional Notes: When calling out candy names, it is helpful to point to the side the children need to run to. Also having parents stand around the grid can help children remember where to go.



Simon Says

Listening/ Physical Literacy

Organization:

Players placed in front of the coach facing the coach.

Procedure:

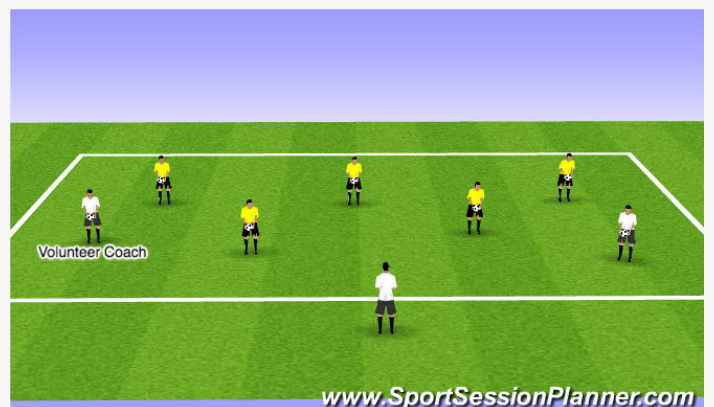
Players follow the coach with his/her movements when they say "Coach says" so for example the coach may say, "Coach says throw your ball up and catch it" Players have to follow the coaches' command. If the coach says, "Throw your ball up and catch it" and any players do this they do 2 jumping jacks.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

You can choose to start with or without a ball, depending on the 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"



Mud Monsters

Dribbling

Organization:

Players spread out inside the 20 x 16 yard area.

2 players are without a ball and become the "Mud Monsters."

Procedure:

Facilitator allows players to express themselves, while encouraging lots of touches. Remind the players to stay within the grid (Jungle). Mud Monsters attempt to tag the dribbling player. If a player is tagged, they pick up their ball and hold it above their head and stand with their legs apart, screaming "Help Help I'm stuck in the mud" Players who are still dribbling have to free a player by passing the ball through their legs and collect the ball on the opposite side and continue dribbling.

Emphasis: Close control, lots of touches, change of pace, change of direction. FUN!

Additional Notes: If this seems too challenging ask the volunteer coaches to be mud monsters, or even have the childrens parents play along side them.



Mini-Game

Organization:

6 players spread out inside a 20 x 16 yard area.

Parents outline the parameter of the field.

Procedure:

Player engage in a 3 v 3 mini-game.

5 min- 6 soccer balls are placed on the field (one for each child)

10 min- 3 soccer balls are placed on the field

5 min- 1 soccer ball is placed on the field

Facilitator should have extra balls on hand to throw out when a ball goes out a play.

When players score give out high fives!

Have volunteer coaches help out by taking balls out of nets when they are scored.

Ensure that all players are having a chance to rotate in. (Volunteer coaches need to help with this)

Emphasis: Heads up. Keep moving. Having fun and trying your best!

Additional Notes: Involve your parents at this age group. Ask the question, "Hello parents, would you all mind helping me out by standing along the parameter of the field? This will help move the game along while keeping the children engaged." Say, "If a ball goes out of play please either roll or tap it back in for the players to continue playing. Act as a "side board," like in hockey."

