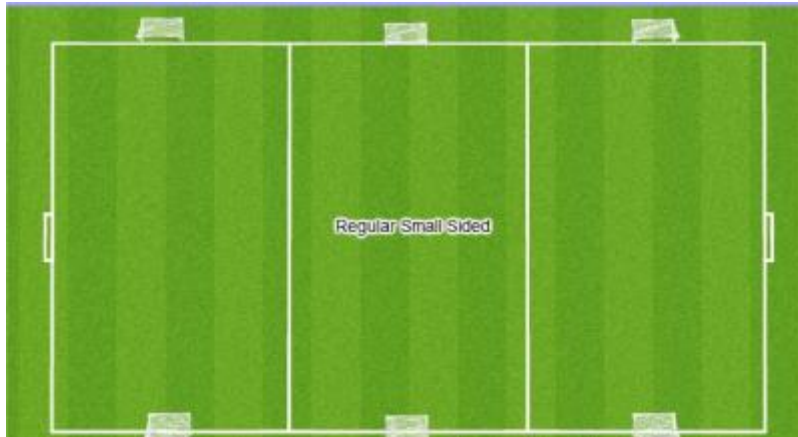




# Active Start Lesson Plans 2019/2020

Dec 7 2019



## ← Set Up

### The Small Sided Games Day

The fields will be set up upon arrival in this manner

Within your Starting Grid you will run your Cores warm up

#### Focus:

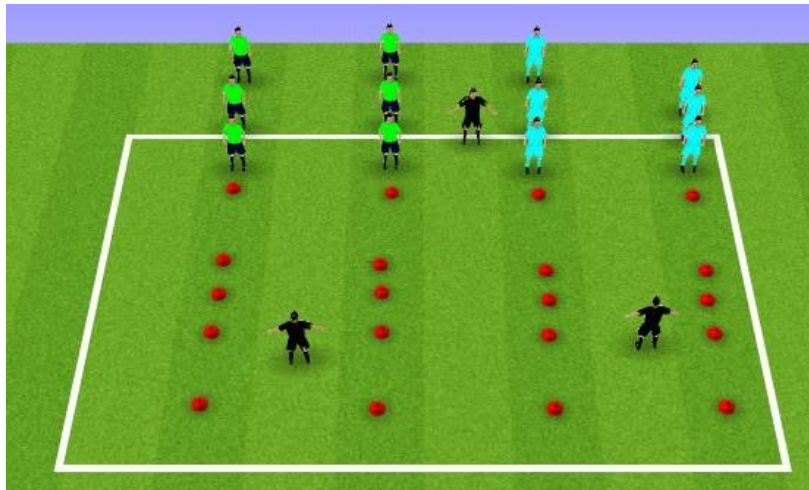
Should be placed on basic shape (Diamond)

\*Make it FUN

#### Of Note:

The whistle will blow in 10mins intervals

Please take your *Water Breaks* when players are *Off* or during transition periods



## ← Warm Up (10 mins)

### Cores Warm Up

Split your groups into their teams & colors

Take them through various movements using the cones as guides (Skipping, 1&2 foot jumps, forward and backward running, etc)

Introduce the ball and take them through the cones using inside/outside of both feet

#### Of Note:

As soon as the whistle blows be prepared to begin playing



## Active Start Lesson Plans 2017/2018



### **Regular Small Sided Game U6s 3v3 & U7s&U8s 4v4 (10 mins)**

The focus of this Small Sided Game is to foster real time decisions and allow the players to PLAY

#### **Encourage:**

Spreading Out in a *Diamond or Triangle* for U6s

Staying *High/Wide/Deep*

Keep their heads *UP*

#### **Of Note:**

Restarts from own end after goal

Opposing team backs up past center line

Kick ins when Ball goes out

First Pass is *Free*