



Active Start Lesson Plans 2020

FEB 1 and 4 OR 6(UHILL/Jericho)

ACTIVITY 1: Survivor (10 -12mins)



Set Up: each player with a ball

Instructions: “Go!” – use your feet to move the ball around the island, but don’t let the ball go in the water! “Stop!” – use the bottom of your foot to stop the ball.

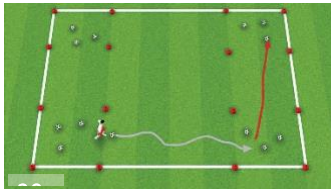
Options: Dribble around as many palm trees (cones) as you can (in 30 seconds).

Knock over as many palm trees as you can with the ball (in 30 seconds).

“Trade!” trade balls with another player.

“Turn!” – put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction.

ACTIVITY 2: “SPECIAL DELIVERY”



SET UP: each player with a ball.

- Put extra balls in each corner box.

INSTRUCTIONS:

- “Go!” – use your feet to move the ball (your “package”) to a corner box. Use the bottom of your foot to stop the ball. Leave that ball in the corner box, take a different ball, and use your feet to move the new ball to another corner.

- “Stop!” – use the bottom of your foot to stop the ball.

OPTIONS:

- “Turn!” – put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction towards a different corner.
- “Visit” as many squares as you can (in one minute).
- “Stay away from the mean dogs!” Coaches and/or parents block entry into one or more of the corner boxes. Players can only dribble into the open corner box(es).

ACTIVITY 3: Chain Soccer (10-12mins)



Instructions:

- Split Group Up into 2 teams
- Number off each player and match them with a player from the other side
- All players must hold hands across their goal
- Only when your number is called are you allowed to break the chain and challenge for the ball(s)

Option:

Send out a ball each for so all can score

Activity 4: Small Sided Game

U6: 3v3

U7 & U8: 4 v4

*final 10mins against own team

*Emphasis on starting shape on re-starts