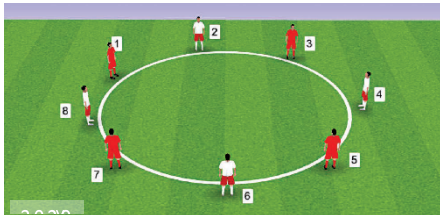




Active Start Lesson Plans 2018

October 13 and Oct 16 OR 18

ACTIVITY 1: "AROUND THE WORLD"



SET UP: players, sitting or standing in a large circle.

- Number each player (1-12).

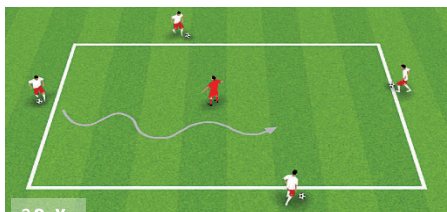
INSTRUCTIONS: "Go!" – when the coach calls your number, travel around the outside of the circle and return to your spot as fast as you can.

- "Listen!" – move as your coach tells you to. **1.** Run forwards. **2.** Run backwards. **3.** Shuffle to the side. **4.** Hop with your feet together. **5.** Skip, etc.

PROGRESSIONS: Each player has a ball: "Forwards" – players dribble the ball forward around the circle. "Turn!" – players turn and dribble in the other direction. "Weave!" – players must weave in and out of their seated teammates as they dribble around the circle.

- Players use only their left or right foot, or a certain part of the foot (i.e., inside, outside, laces) to move the ball.
- "Race!" – call out 2 numbers at once. The first player back wins!

ACTIVITY 2: "DRIBBLE TAG"



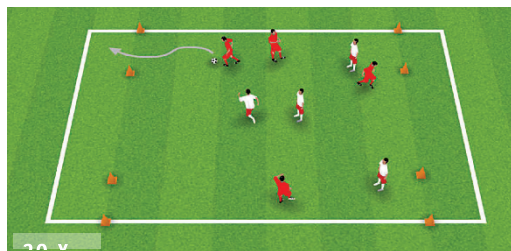
SET UP: Five players, 4 of them with a ball.

- Player without a ball (the defender) goes to the centre of the field.

INSTRUCTIONS: "Go!" – players on the outside begin dribbling around the edge of the field, and then dribble across while the defender tries to tag them with his/her hand. If a player gets tagged once, they keep going. If a player gets tagged twice in the same crossing, they become the defender.

OPTIONS: Instead of tagging players, the defender tries to take the ball away. If successful, the other player becomes the defender.

ACTIVITY 3: "THROUGH THE GATES"



SET UP: u6-3v3 / u7 and u8- 4v4- 2 teams; 1 ball.

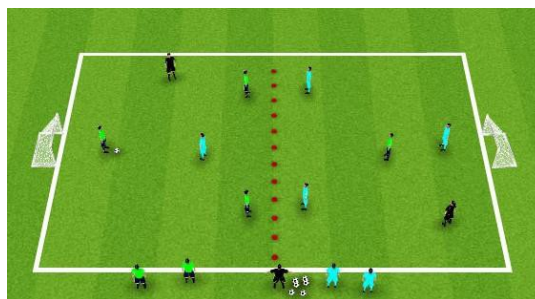
- Use cones to mark out 4 corner gates.

INSTRUCTIONS: "Go!" – your team scores a point by dribbling the ball through one of the other team's gates. Work with your teammates in an attacking "triangle," where the two players on the outside support the dribbling player by getting into space and providing options for passes.

PROGRESSIONS: Allow players to pass to a teammate through a gate to score.

- Add a third gate in the middle of the field that either team can use to score.

Activity 4. Small Sided Game



U6s 3v3 & U7s&U8s 4v4

- 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*