

# Active Start Lesson Plans 2019/2020

Sept 7 and Sept 10 OR 12



## 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)

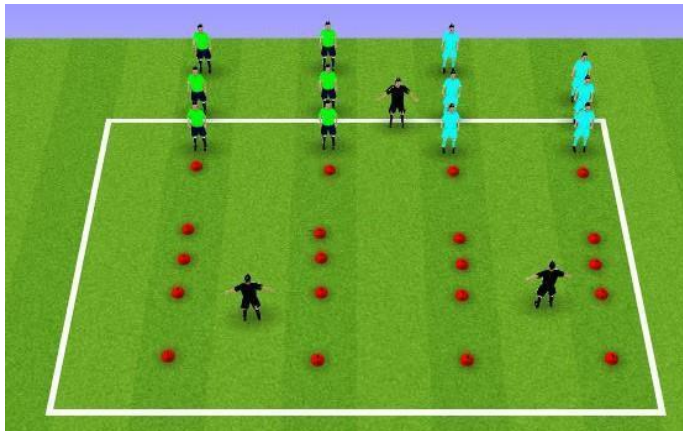
\*Make it FUN

#### **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)

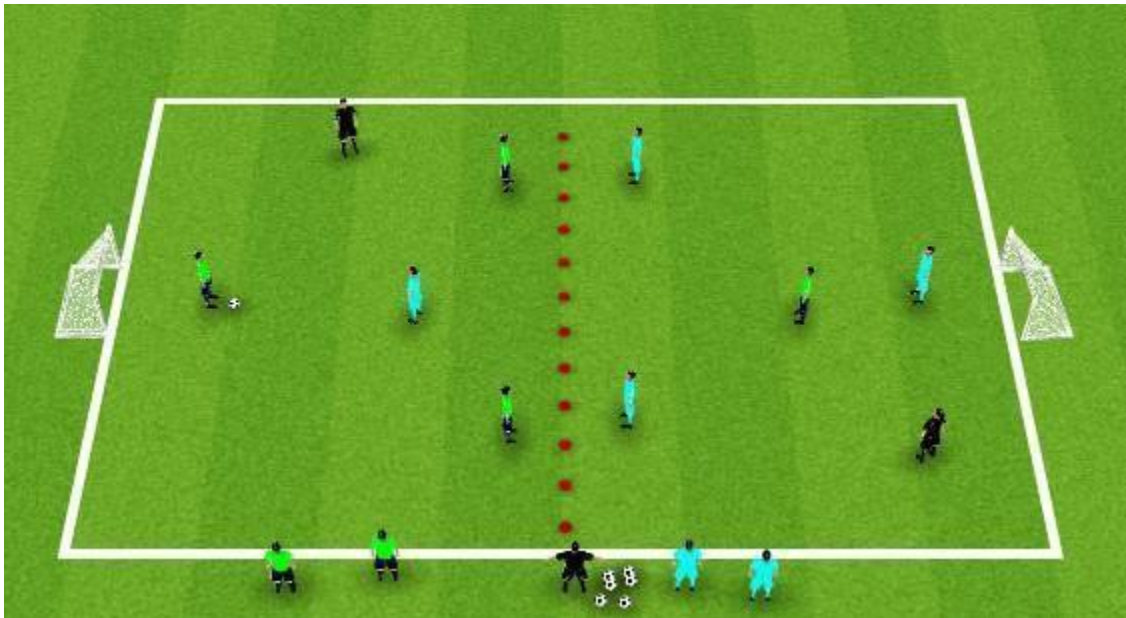
Introduce the ball and take them through the cones using inside/outside of both feet

#### **Of Note:**

As soon as the whistle blows be prepared to begin playing

# Active Start Lesson Plans 2019/2020

Sept 7 and Sept 10 OR 12



## 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*