

Manitoba Soccer Association

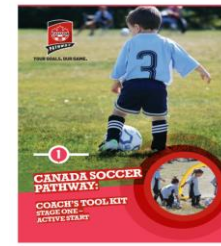
Active Start
Individual Skill Development
U4-U5

Grassroots Development





Active Start



Equipment: 1 ball



What to do: Pass the ball in between your feet and repeat.



Variations/Progressions: Try to move around while keeping the ball in your feet.



Keep in mind: Every 5 passes try to look up and be aware of your surroundings



Equipment: 1 ball



What to do: Tap the ball with your foot and simultaneously switch to the other foot. Repeat.



Variations/Progressions: Try to push the ball forward, backwards, or sideways.



Keep in mind: Lightly tap the ball and switch feet at the same time. Stay on your toes!