

# Manitoba Soccer Association

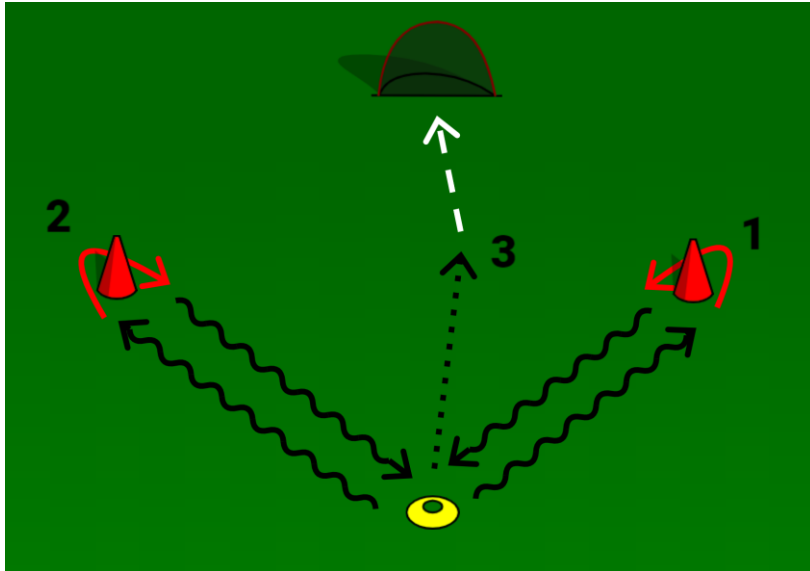
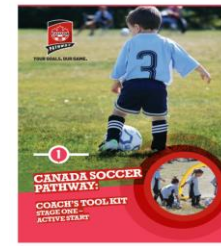
Active Start  
Individual Skill Development  
U4-U5

*Grassroots Development*





# Active Start



**Equipment:** 1 ball, 3 cones, 1 net/gate



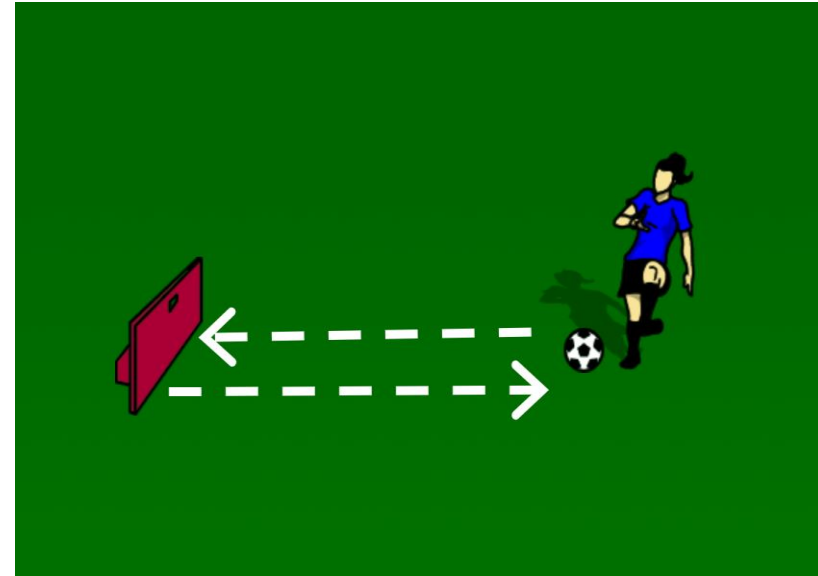
**What to do:** Start at the yellow cone, dribble around the first cone. Repeat and go around the second cone. After, have a shot on the net!



**Variations/Progressions:** Add more cones or move the cones to varying distances.



**Keep in mind:** Keep the ball close to your feet and touch the ball slightly in front when dribbling.



**Equipment:** 1 ball and a wall/flat surface



**What to do:** Pass the ball against the wall and control it when it comes back. Repeat.



**Variations/Progressions:** When receiving the ball, do 3 tik-toks/toe taps before passing again.



**Keep in mind:** Make sure the ball comes straight back. Be aware on the power of the pass. Does it need more or less power?