

Manitoba Soccer Association

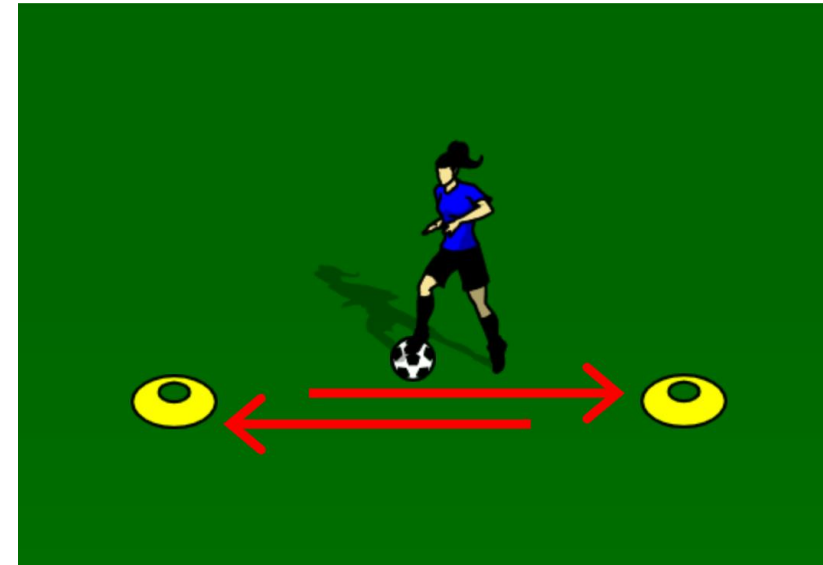
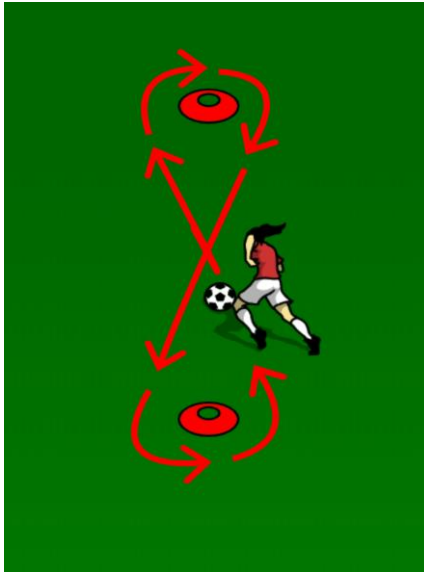
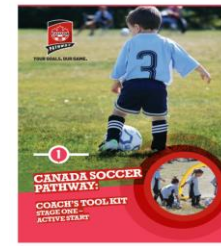
Active Start
Individual Skill Development
U4-U5

Grassroots Development





Active Start



Equipment: 1 ball and 2 cones



What to do: Dribble in a figure 8 pattern around the cones.



Variations/Progressions: Use different parts of your feet when turning around the cones – inside and outside of foot



Keep in mind: Keep the ball close to your feet and touch the ball slightly in front when dribbling. Tight turns around the cone.



Equipment: 1 ball and 2 cones.



What to do: Dribble side-to-side using the sole of the foot.



Variations/Progressions: Use both feet to perform a roll over. Vary the distances between cones.



Keep in mind: Don't put all your weight on the ball when rolling.