

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development

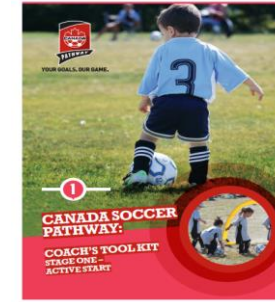




Active Start

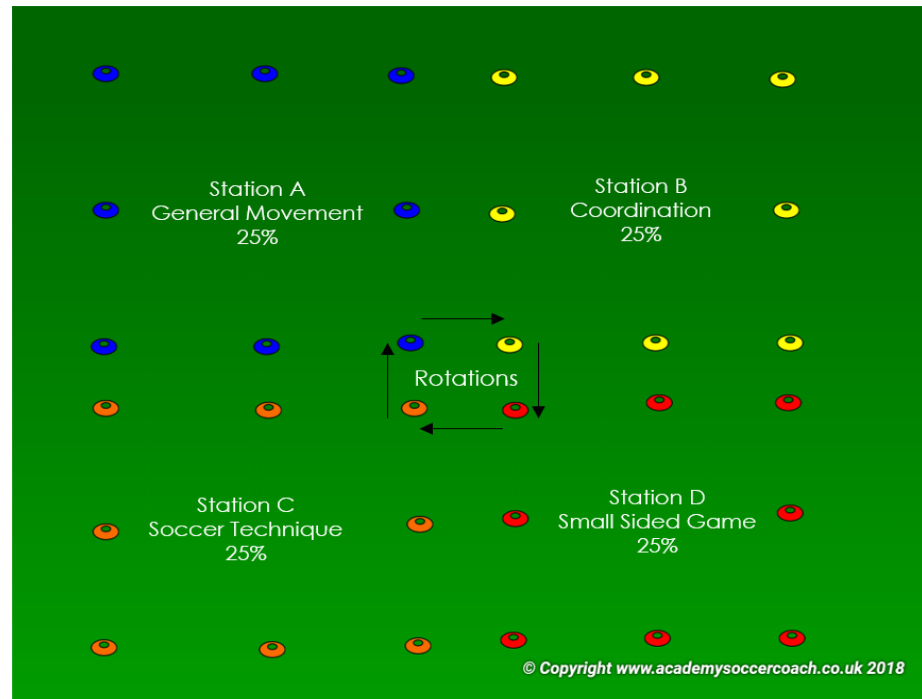
Preferred Training Model

How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



Active Start

General Movement

Mr. Wolf



Organization

Players start on end-line. Coach stands on opposite end.

Procedure

Players start in their end-zone without a ball. They start by calling out "What time is it Mr. Wolf?" The wolf (coach) then says a time (ex. 4 o'clock). Players then proceed that many movements (hop, skip, steps) closer to the wolf. When the wolf calls "lunch time, then the players must retreat back to starting position without getting tagged. If tagged, then the players join the wolf.

Progression

Introduce Various Fundamental Movements (ex. gallop), Add a Ball. Player becomes a Wolf.

Conditions

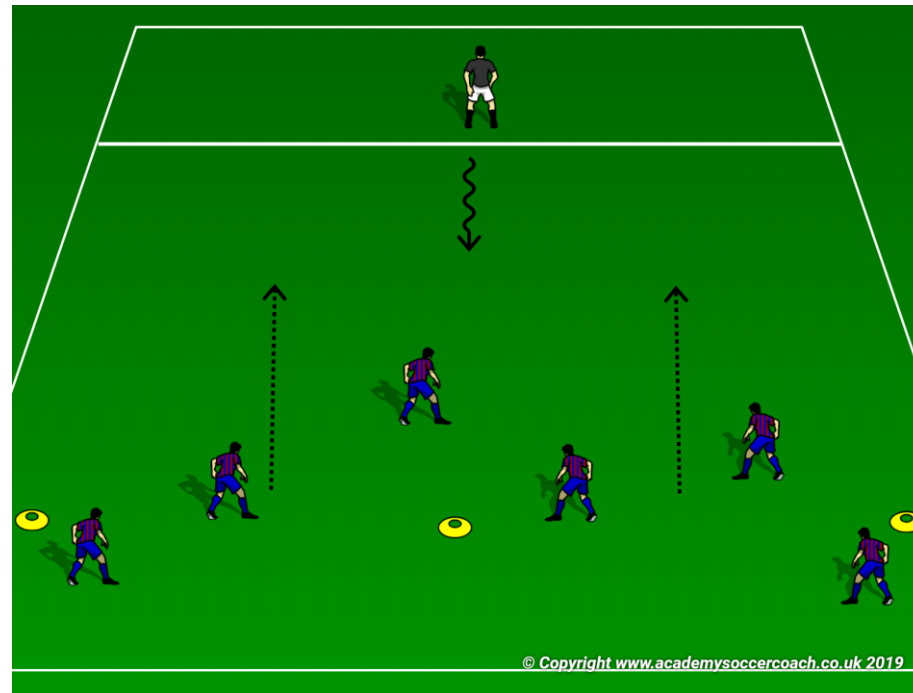
N/A

Station Time

6-8 Minutes

Area

25m x 25m



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Objective

Give players opportunity to lead, and make decisions in a fun, safe environment

Technical

Awareness
Running with the Ball

Psychological

Confidence

Physical

Movement Skills
Physical Fitness

Social

Peer Interaction

Outcome

Individual: Players try a variety of movements.
Collective: All players are given leadership role.



Active Start

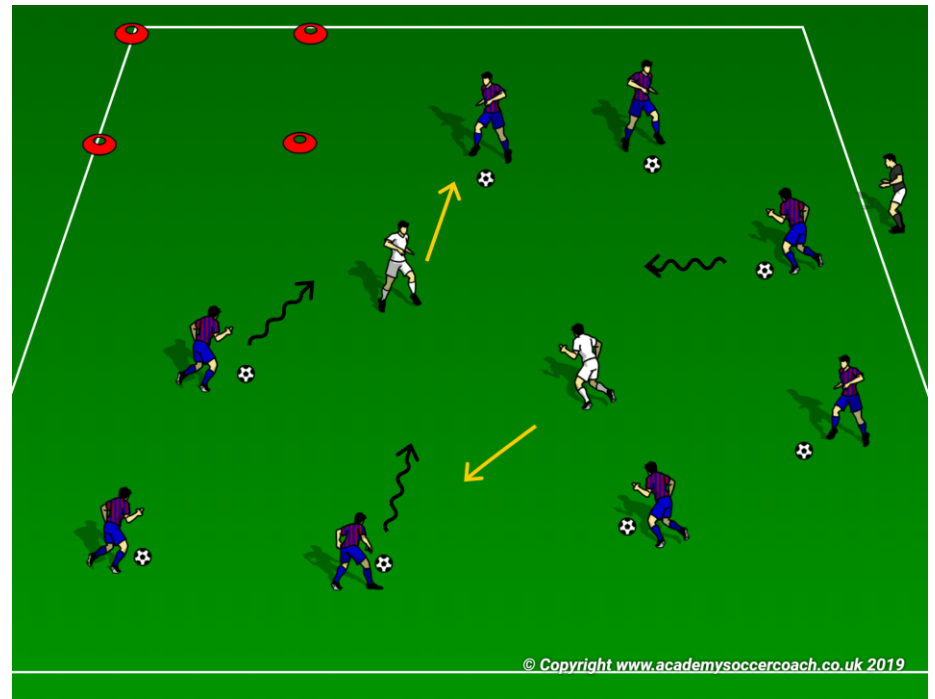
Coordination Game

Police Chase



Organization	Every players has a ball.
Procedure	Introduce 3 different speeds slow, medium, and fast (school-zone, city, highway). Coach tells a driving story as the players dribble with their vehicles (ball). When players learn the different speeds then introduce 2-3 police. Police can only catch players when they travel on the highway. If tagged, then they go to jail. To be rescued, another player has to high-five them.
Progression	Parents/Coaches are the Police.
Conditions	N/A

Station Time	Area
8-10 Minutes	25m x 25m



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Objective	
Awareness of other players Dribbling under pressure	
Technical	Psychological
Awareness Dribbling Running with the Ball	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players challenge each other with various of dribbling techniques and moves. Collective: All players are given leadership role.	



Active Start

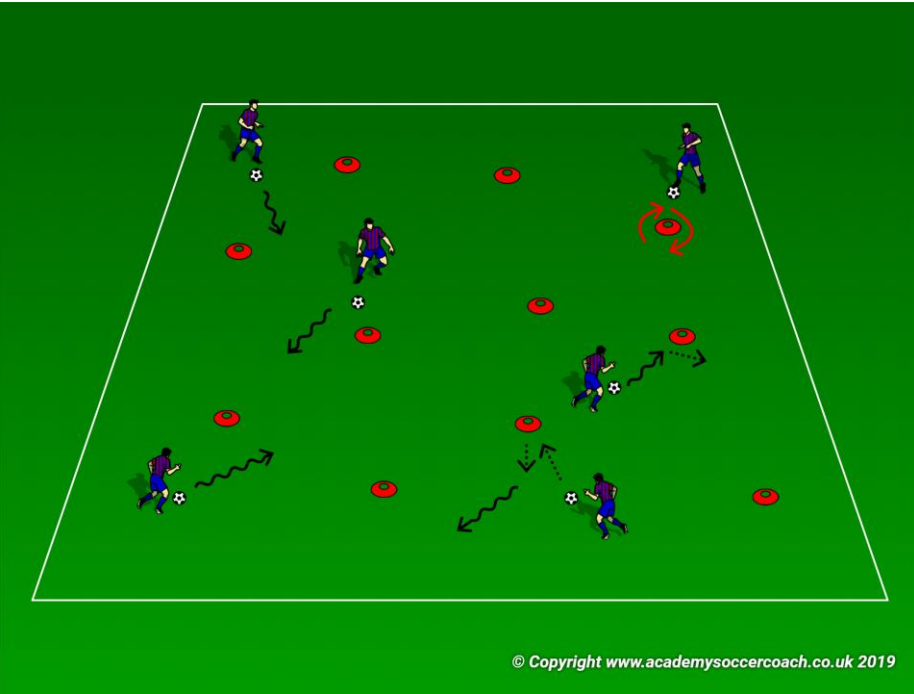
Skill Activity

Volcanoes



Organization
Every player has a ball. Cones are scattered around the field.
Procedure
Players use a variety of skill moves to move around the cones (dribbling with only outside/inside of feet). As they approach the cone, they can perform different skills (toe-taps, pull-backs, turns). Introduce each skill one at a time.
Progression
Progress to competition – ex, First player to do a turn 5 times around different cones.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques.	
Collective: Players are aware of other players.	



Active Start

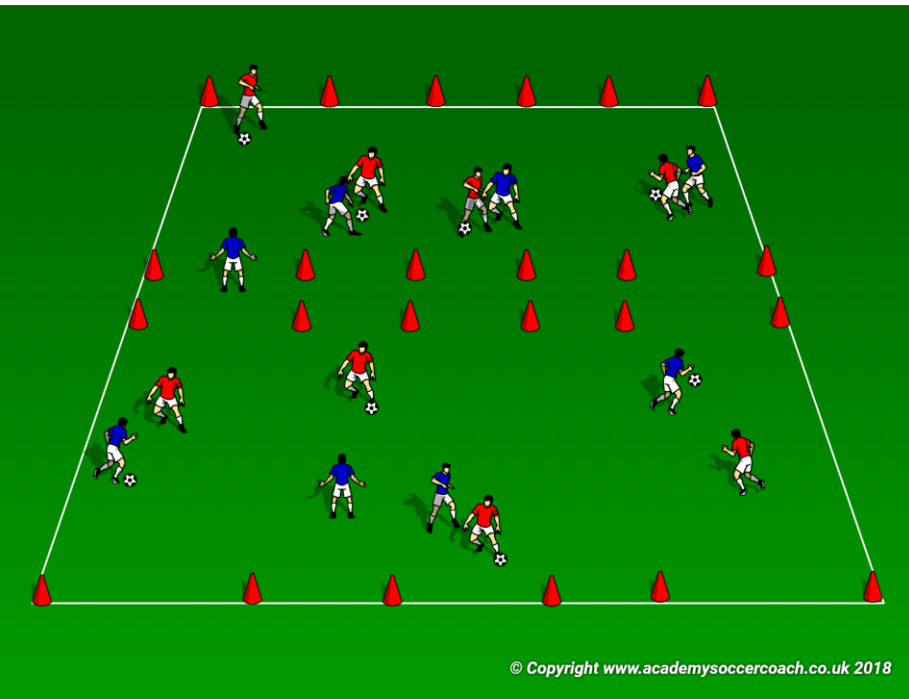
Small Sided Game

1v1



Organization	Pair each player with a parent or teammate.
Procedure	Player vs player/parent. Optional rotation of players
Progression	N/A
Conditions	N/A

Station Time	Area
8-10 Minutes	20m x 20m



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Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players beat opponents in 1v1.	
Collective: Players are confident on the ball.	