Manitoba Soccer Association

Active Start Practice Plan
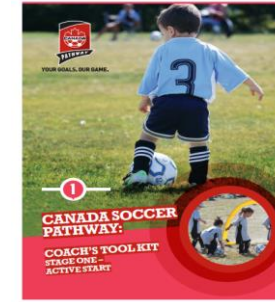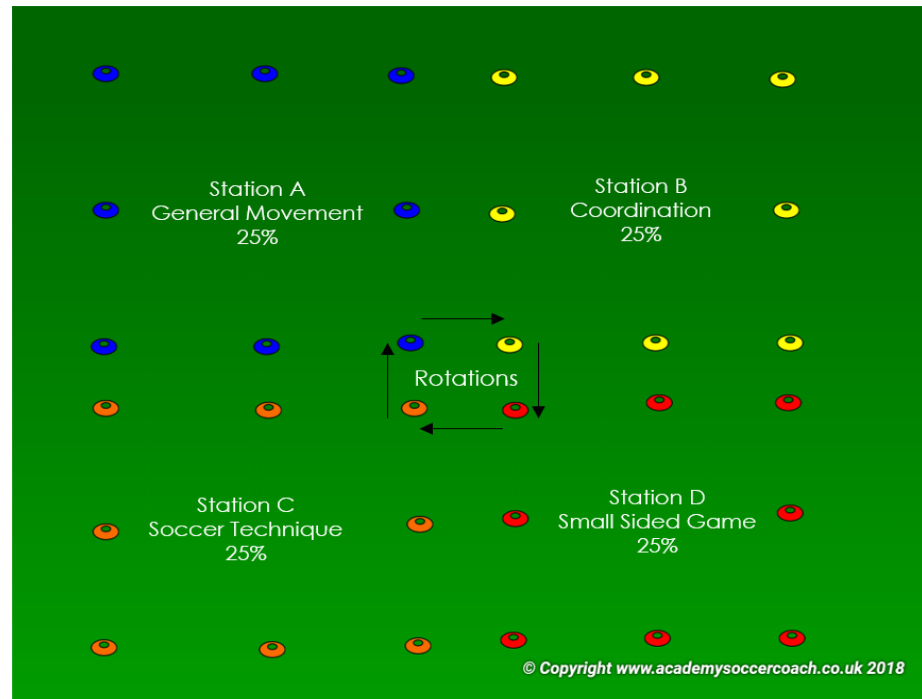## U4-U5

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

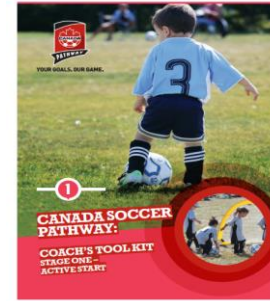Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	

Station A
General Movement
25%

Station B
Coordination
25%

Rotations

Station C
Soccer Technique
25%

Station D
Small Sided Game
25%

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Objective

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

Technical	Psychological
Physical	Social

Outcomes

Individual:
Collective:

Manitoba Soccer Association – Grassroots Development

Active Start
General Movement
Olly Olly Octopus

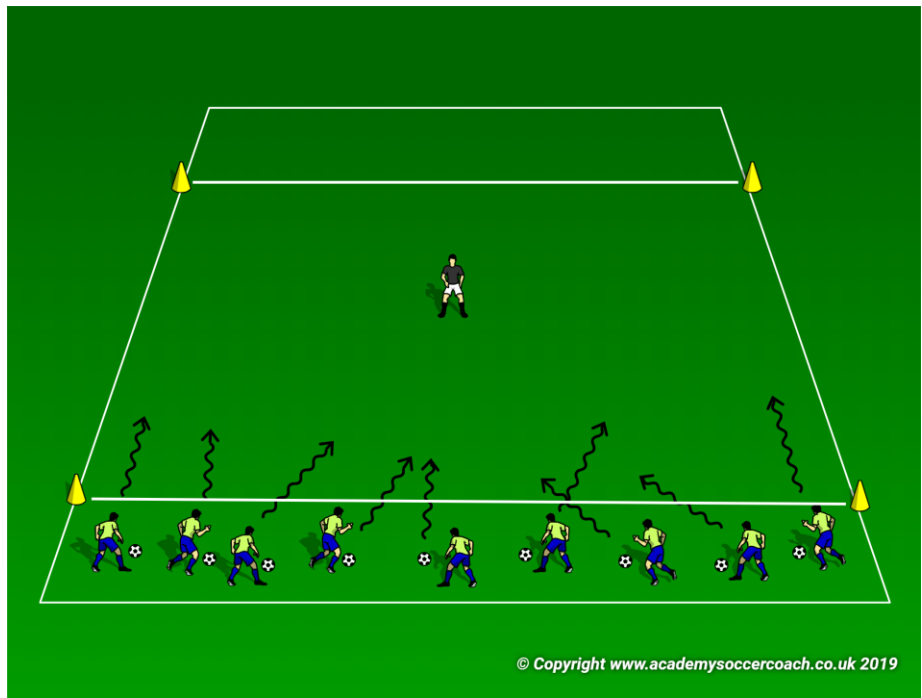| Station Time	Area
6-8 Minutes	20m x 20m

Organization

Select 1 tagger (Olly) to start in the middle. All other players start on the end line.

Procedure

Players on end line start by singing "Olly Olly Octopus in the great blue seas, Olly Olly Octopus you can't catch me". After the players run to the other side without getting tagged. If tagged, then they sit down and become "seaweed" who can also tag.

Progression

Players have a ball in their hands/feet.

Conditions

N/A

Objective

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

Technical	Psychological
Awareness Body movements Dribbling	Confidence Problem Solving
Physical	Social
Movement Skills Physical Fitness	Peer Interaction

Outcome

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

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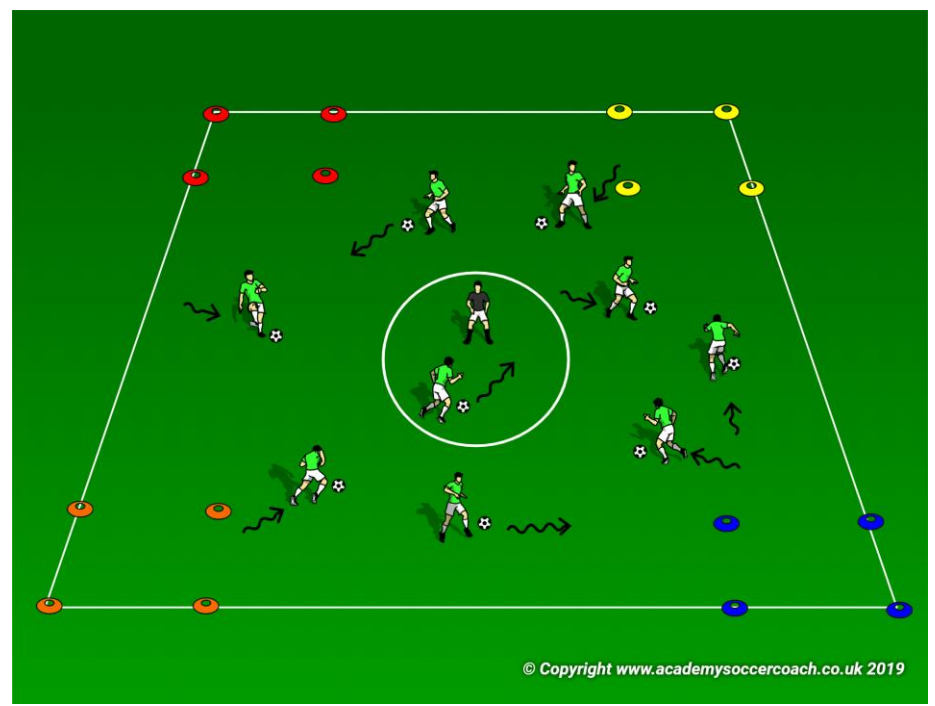
Active Start
Coordination Game
Ball Familiarity

Organization

4 boxes of different colours in each corner. All players have a ball.

Procedure

Players use various dribbling techniques to move around the area. The coach gives specific tasks on how to dribble and with what part of the foot. When a colour is called, the players race to get into that square. Let the players choose the names of the squares

Progression

Let the players choose the names of the squares (ex. Names of Paw Patrol dogs)

Conditions

N/A

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

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Manitoba Soccer Association – Grassroots Development

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 Parent Interaction

Outcome

Individual: Players challenge each other with various forms of dribbling techniques and moves.
**Collective:** All players are given leadership role.

Active Start
Skill Activity
Doctor! Doctor!

Organization

Half the players are taggers (Germs) and the other half are patients. Coach is the doctor and stands in the middle area.

Procedure

Taggers try to steal the ball and kick it out of the area. The patient needs to get healthy, so they must visit the doctor who will tell the patient how to get healthy (ex. 5 jumping jacks, 5 toe taps, etc.).

Progression

Parents are taggers and all the players are the patients.

Conditions

N/A

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

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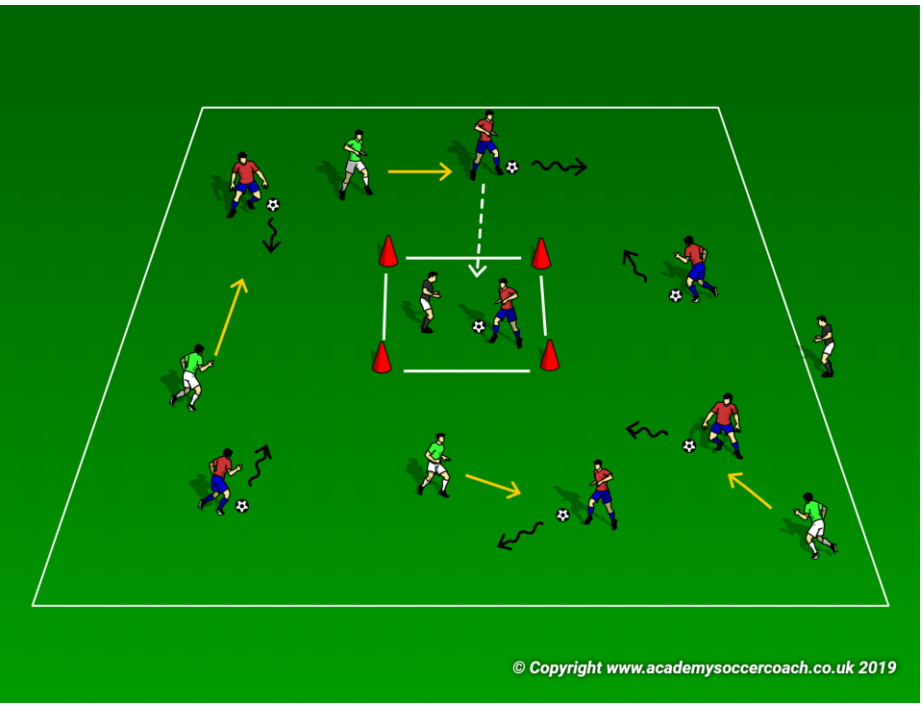
Objective

Opportunity to use all parts of both their feet. Confidence to use skill moves.

Technical	Psychological
Awareness Decision Making Dribbling Protecting the ball	Confidence

Physical	Social
Change of Direction General Fitness	Peer Interaction Teamwork

Outcome

Individual: Players try various dribbling techniques.
Collective: Players are aware of other players.
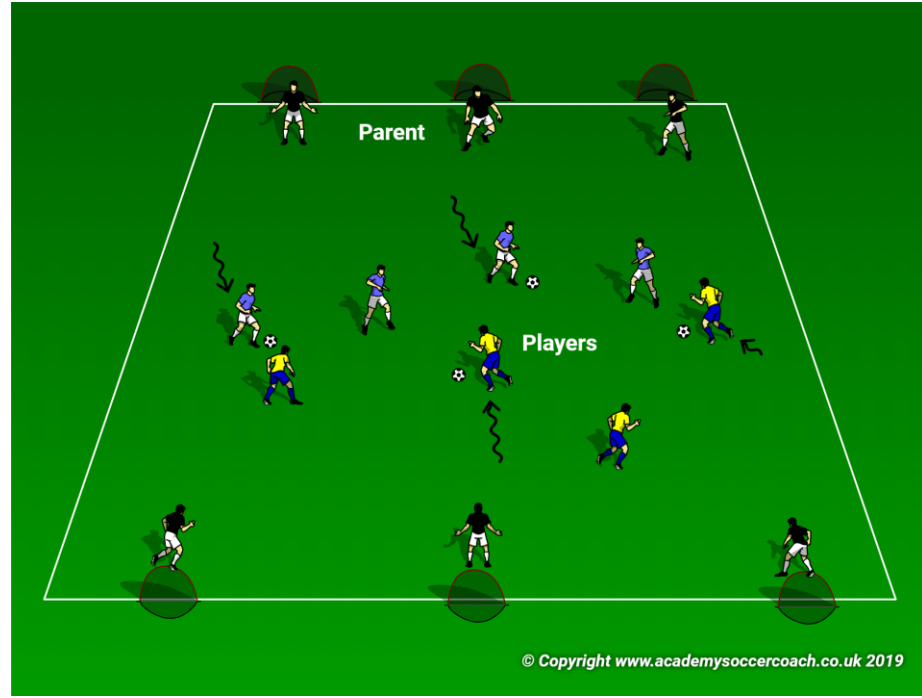
Active Start
Coordination Game
Playground Soccer

Organization

2 teams of 4 players. Parents are the goalies.

Procedure

Use 3-4 balls for more scoring and more time on the ball for the players.

Progression

Parents come out of the nets and play with their child.

Conditions

N/A

Station Time	Area
6-8 Minutes	3 x 15m x 25m

Parent

Players

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Manitoba Soccer Association - Grassroots

Objective

Players become more comfortable with the ball.

Technical	Psychological
Awareness Decision Making	Confidence

Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction

Outcome

Individual: Players become more comfortable with the ball.
Collective: Players recognize support players.