

# Manitoba Soccer Association

Active Start Practice Plan  
U4-U5

*Grassroots Development*

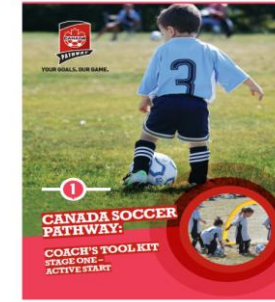




# Active Start

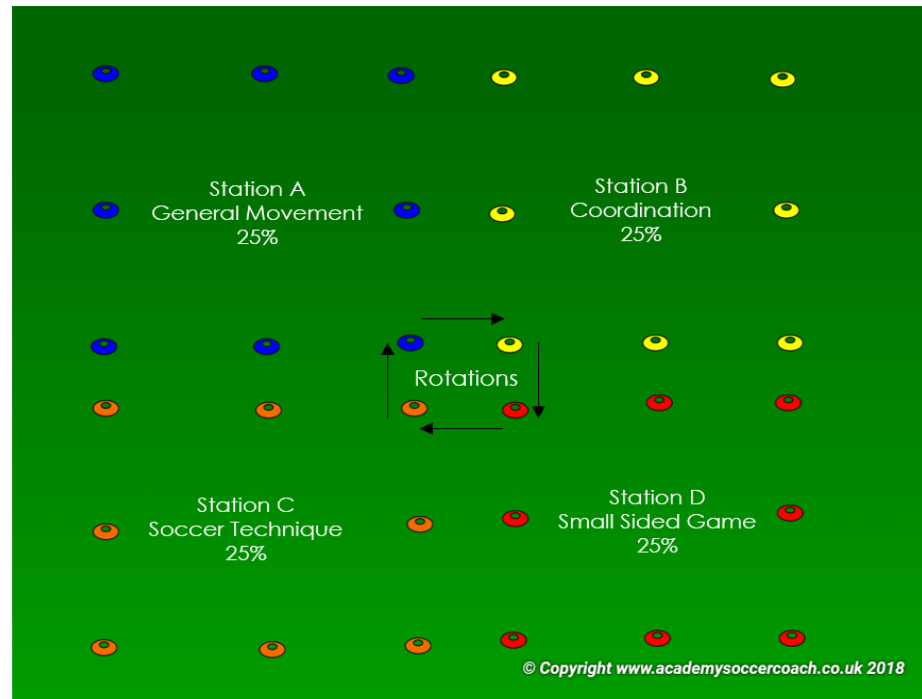
## Preferred Training Model

### 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	



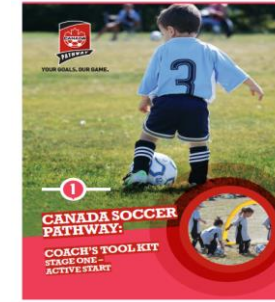
Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



# Active Start

## General Movement

### Pinnie Tag



#### Organization

3 taggers with their pinnies in their hands. Other players start without a ball.

#### Procedure

Tagger (player in green) must throw and make direct contact with another player with the pinnie. If hit, then that player takes the pinnie and tries to hit another player. The boxes represent a "free-zone" and only one player can stand in there at a time for a maximum of 5 seconds. Play 2-3 minute games.

#### Progression

All players except tagger have a ball. Taggers must hit the ball with the pinnie.

#### Conditions

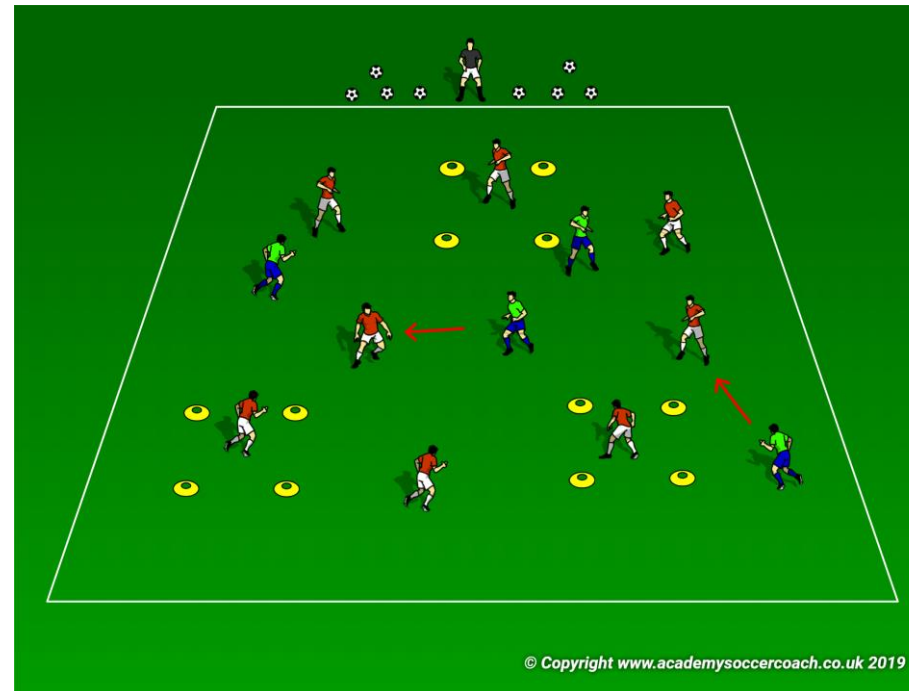
N/A

#### 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  
Protecting the ball

#### Psychological

Confidence  
Problem Solving

#### 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

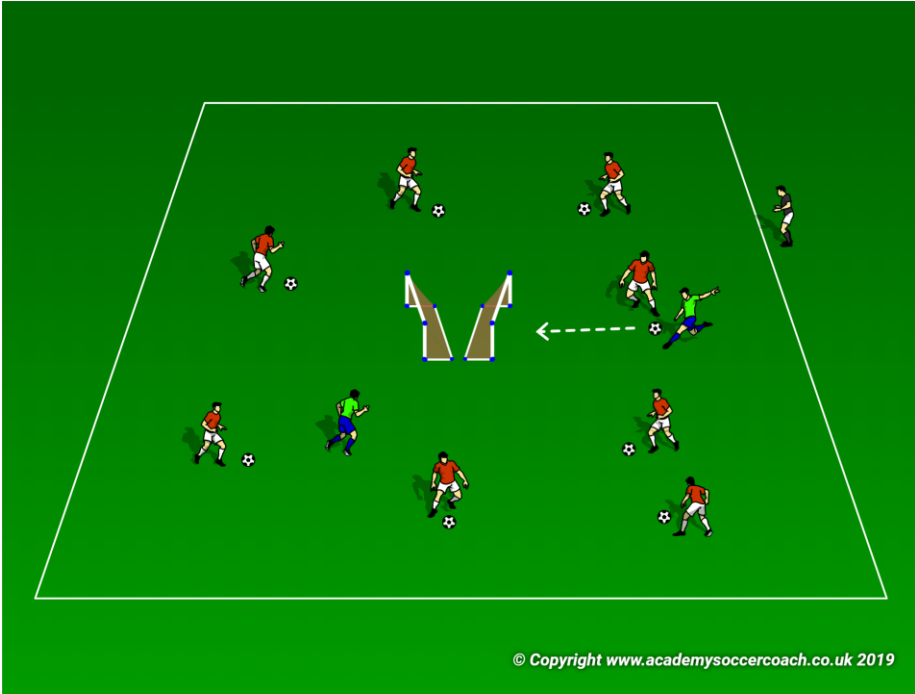
## Coordination Game

### Zombie Chase



Organization
All players have a ball except the zombies (green). Goals are back to back in the middle of the area.
Procedure
Zombies try and steal the players' balls and score in either net. If successful, then that player becomes a zombie and tries to do find a player with a ball to do the same. Try to be the last survivor!
Progression
Parents/Coaches are the zombies.
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 Shooting	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
<b>Individual:</b> Players challenge each other with various of dribbling techniques and moves. <b>Collective:</b> All players are given leadership role.	



# Active Start

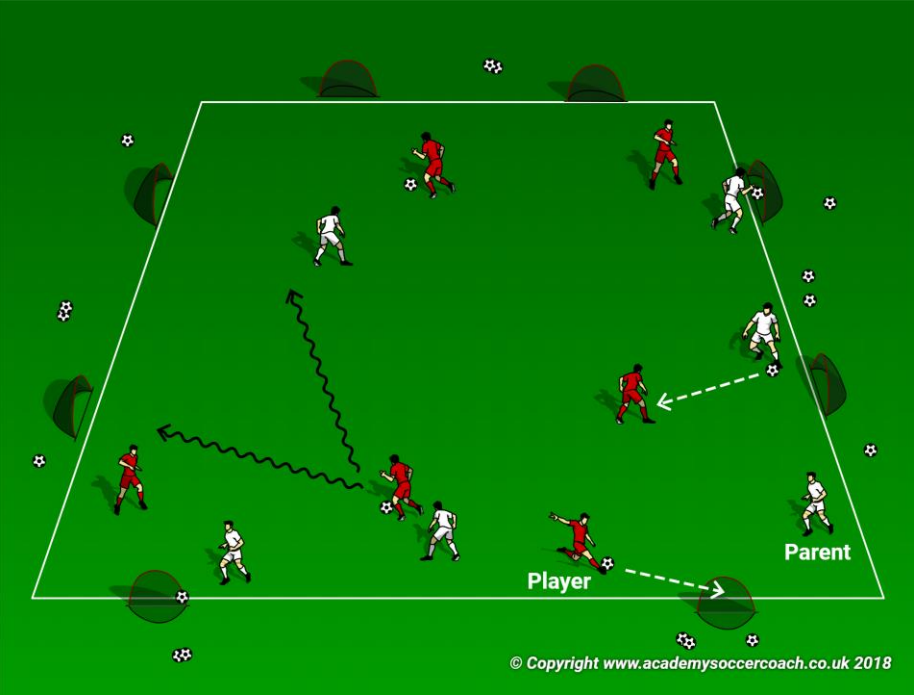
## Skill Activity

### Scoring Frenzy



Organization	Every player has a ball. Pug goals are set up on the outer area.
Procedure	Players try to dribble and score as many goals as possible in the time limit. Focus on tight dribbling and keeping head up.
Progression	Parents and coaches are defenders and force the players to change directions to get around and score.
Conditions	Have to score in a different goal each time.

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	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
<b>Individual:</b> Players try various dribbling techniques.	
<b>Collective:</b> Players are aware of other players.	



# Active Start

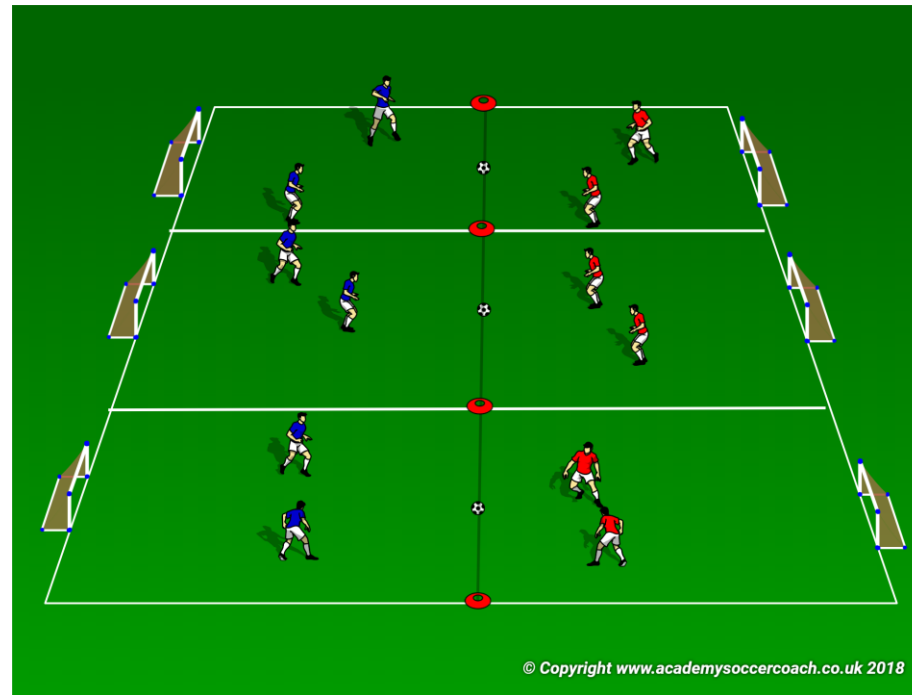
## Small Sided Game

### 2v2



Organization
3 fields (2v2)
Procedure
Teams of 2. Every two (2) minutes rotate players
Progression
N/A
Conditions
N/A

Station Time	Area
8-10 Minutes	3 x 12m x 30m



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Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Focus Teamwork
Physical	Social
General Fitness Speed	Peer Interaction Competitive
Outcome	
<b>Individual:</b> Beats opponents with change of speed, or skill move.	
<b>Collective:</b> Players are creative with movement off the ball.	