

# Manitoba Soccer Association

Active Start Practice Plan  
U4-U5

*Grassroots Development*





# Active Start

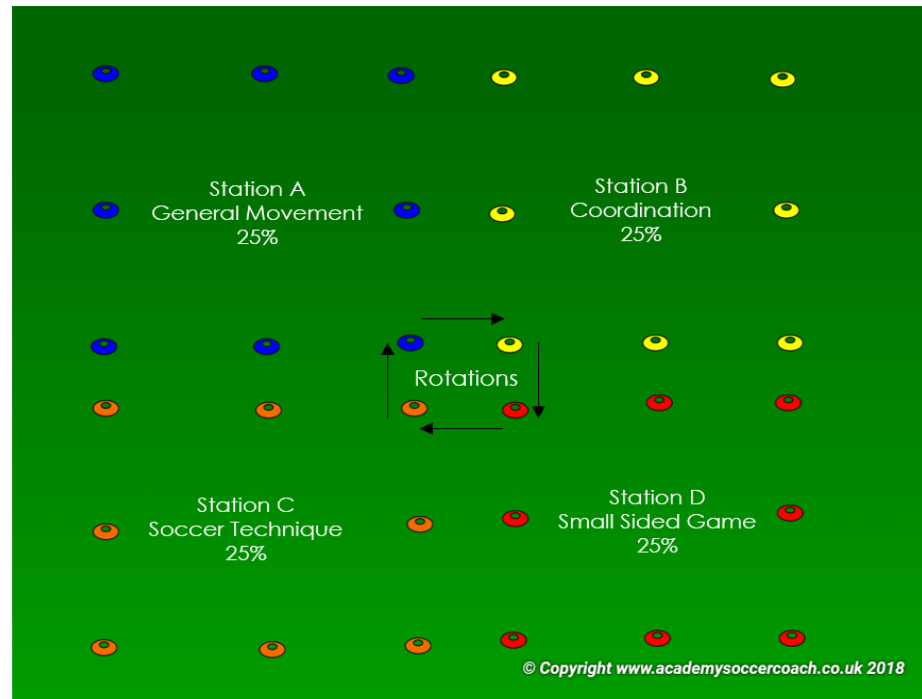
## Preferred Training Model

### 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

### Relay Races



#### Organization

Partner player with a parent. (Optional) obstacles, and soccer balls in-between or at either start/end point. (Be creative)

#### Procedure

Coach sets tasks that incorporate as many of the following movements as possible; walking, running, hopping, skipping, backwards, crab/bear walking, slithering, crawling. Ask the players to give suggestions.

#### Progression

1. Add a ball.

#### Conditions

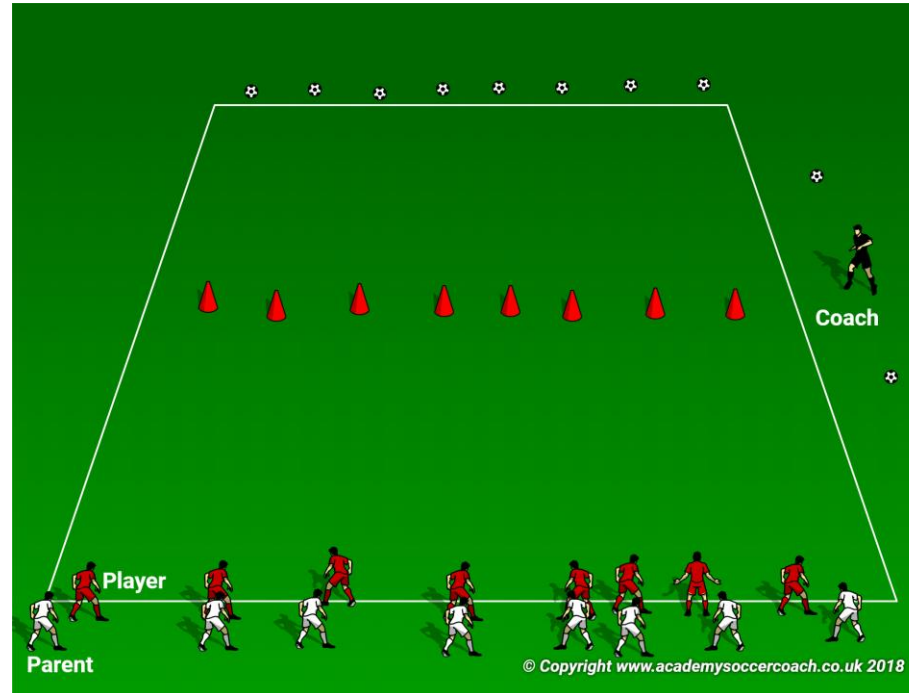
1. Relate movement to an animal of choice and include animal sounds.
2. Players set conditions.

#### Station Time

6-8 Minutes

#### Area

25m x 25m



#### Objective

Players perform a variety of movement exercises and tasks, whilst having fun and being creative in suggestions for group.

#### Technical

Dribbling  
Running with Ball

#### Psychological

Confidence  
Competitiveness

#### Physical

ABC,s  
Change of Direction

#### Social

Listening  
Communication

#### Outcome

**Individual:** Players try a variety of movements and ball manipulation tasks.

**Collective:** Players feel valued.



# Active Start

## Coordination Game

### Rob the Candy Store



#### Organization

Players partner up with their parent and each pair chooses a net. Ball, cones, and pinnies are placed centrally.

#### Procedure

Players and parents run to the middle and take 1 candy (ball, cone, or pinnie) and have to bring it back to their shopping cart (net). The player has to bring a different item each time. Once all the candy is gone, the players count how many they have and return it back to the middle.

#### Progression

Ask players if they can carry the candy with different body parts or move in a different way ex. Can't run or use only one foot

#### Conditions

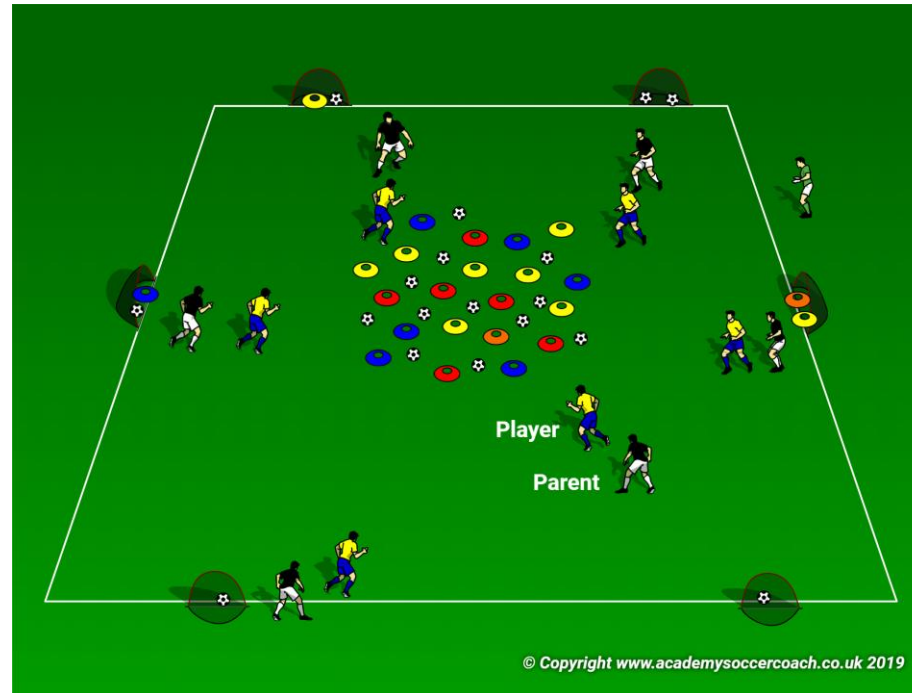
N/A

#### Station Time

8-10 Minutes

#### Area

25m x 25m



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Manitoba Soccer Association – Grassroots Development

#### Objective

Awareness of other players  
Dribbling under pressure

#### Technical

Awareness  
Dribbling  
Running with the Ball

#### Psychological

Confidence

#### Physical

Change of Direction  
General Fitness  
ABC's

#### Social

Peer Interaction  
Competitive

#### Outcome

**Individual:** Players challenge each other with various forms of dribbling techniques and moves.

**Collective:** All players are given leadership role.



# Active Start

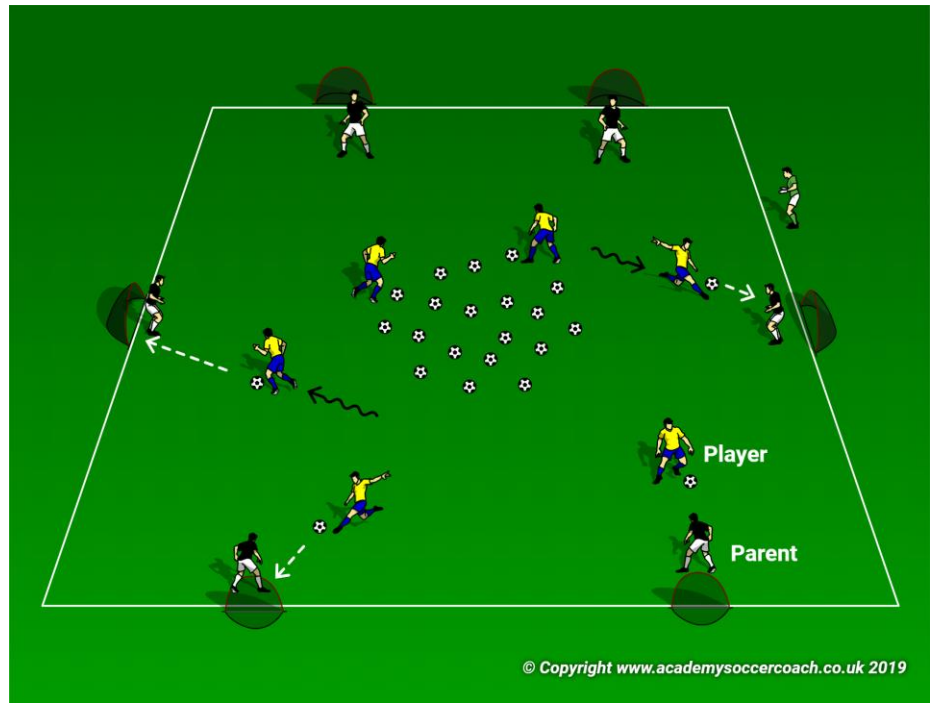
## Skill Activity

### Free for All



Organization	Players and balls start in the middle. Parents will be defenders/goalies.
Procedure	Players try to score into any net, but not in the same net twice. The game goes until all the balls are scored.
Progression	Let the players be defenders/goalies.
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 Shooting	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

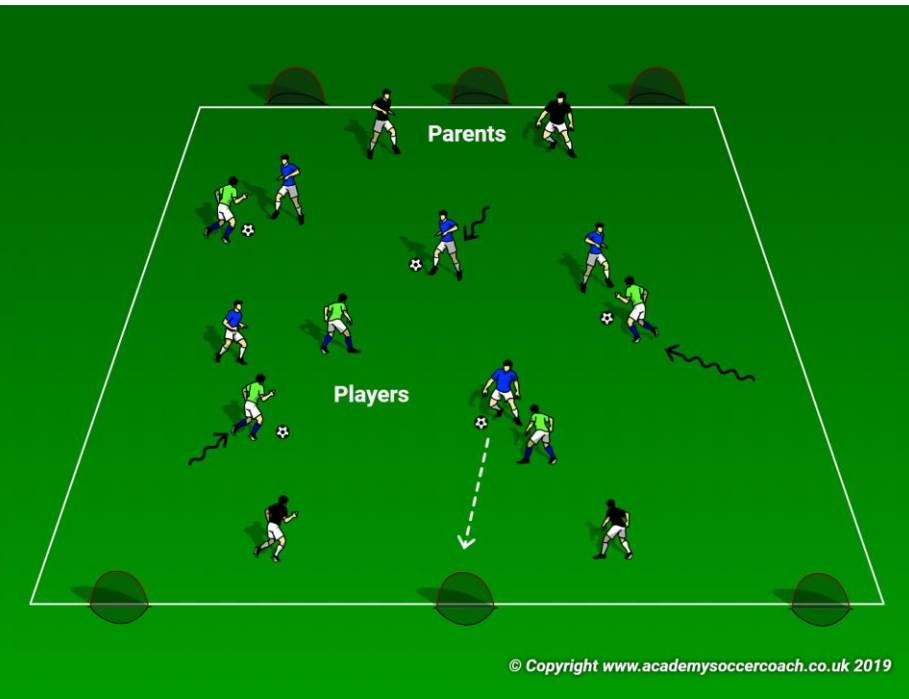
## Coordination Game

### 5v5 – 6 Goals



Organization	Set up 2-3 goals for each team and play 5v5. Parents start as goalies and then players can decide to play goalie later on.
Procedure	Teams play 5v5 with 5 balls for maximum goals!
Progression	N/A
Conditions	N/A

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



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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 FUN!
Outcome	
<b>Individual:</b> Players become more comfortable with the ball.	
<b>Collective:</b> Players recognize support players.	