

# Manitoba Soccer Association

Active Start Practice Plan  
U4-U5

*Grassroots Development*





# Active Start

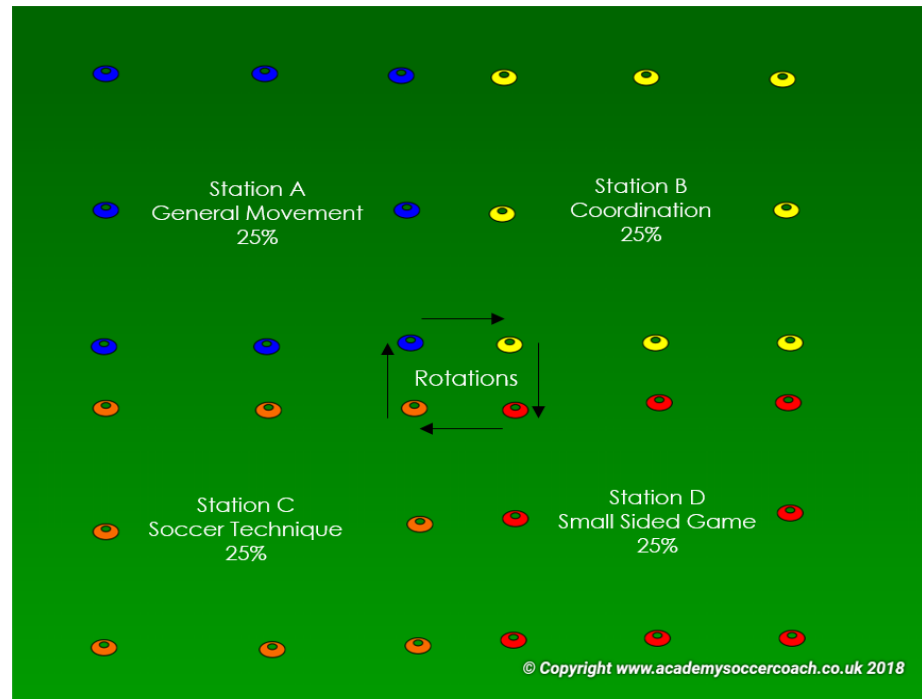
## Preferred Training Model

### 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

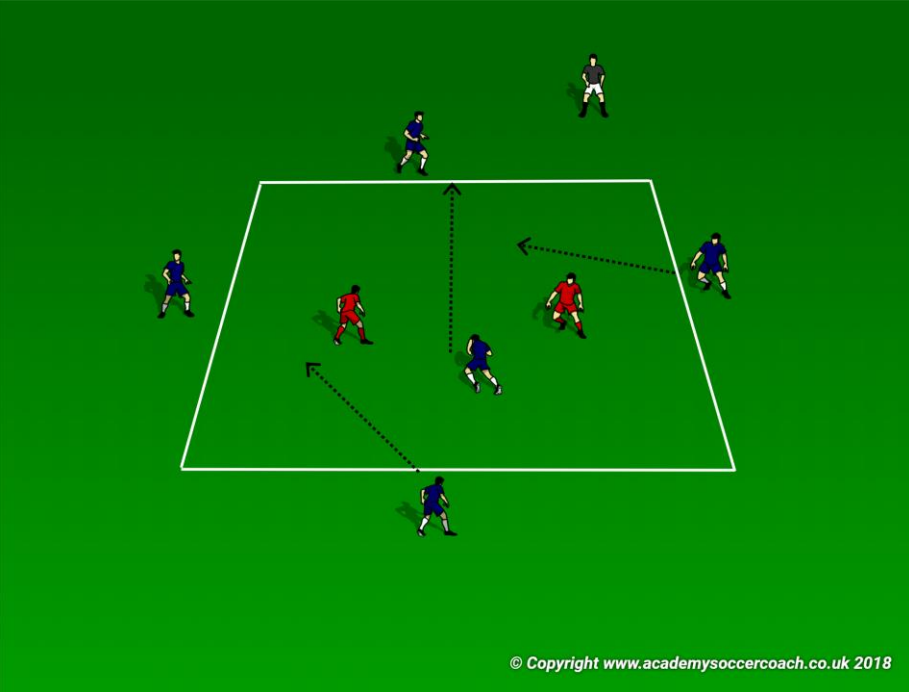
## General Movement

### Shark Tank



Organization
Set up 10m x 10m area. 1-2 sharks (defenders) in the middle. All other players surround area)
Procedure
Start with a parent or coach as shark. Players run through area avoiding the shark! If shark tags a player they switch roles.
Progression
<ol style="list-style-type: none"> <li>1. Add a ball.</li> <li>2. All players (taggers &amp; outside players) crab walk/bear walk/hop/walk through area.</li> <li>3. More sharks (2-3)</li> </ol>
Conditions
<ol style="list-style-type: none"> <li>1. Relate movement to an animal of choice and include animal sounds.</li> <li>2. Players set conditions.</li> </ol>

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



© Copyright www.academysoccercoach.co.uk 2018

Manitoba Soccer Association – Grassroots Development

Objective	
Players perform a variety of movement exercises and tasks, whilst having fun and being creative in suggestions for group.	
Technical	Psychological
Dribbling Running with Ball	Confidence Competitiveness
Physical	Social
ABC,s Change of Direction	Listening Communication
Outcome	
<b>Individual:</b> Players demonstrate a change of speed to exploit space.	
<b>Collective:</b> Players can recognize gaps.	



# Active Start

## Coordination Game

### Nascar Grand Prix



#### Organization

All players have a ball. Make a track out of cones. It can be a square or a zig, zag. Have an area (pit stop) where the players can perform technical skills.

#### Procedure

Players start by running around the track with a ball. On the command "pit-stop", the players return to the pit area to perform skill moves (toe-taps, tick-tocks, etc.)

#### Progression

1. Players can choose which direction to dribble.
2. Add a condition (only left/right foot, "who can dribble with the most/least touches around the track?")

#### Conditions

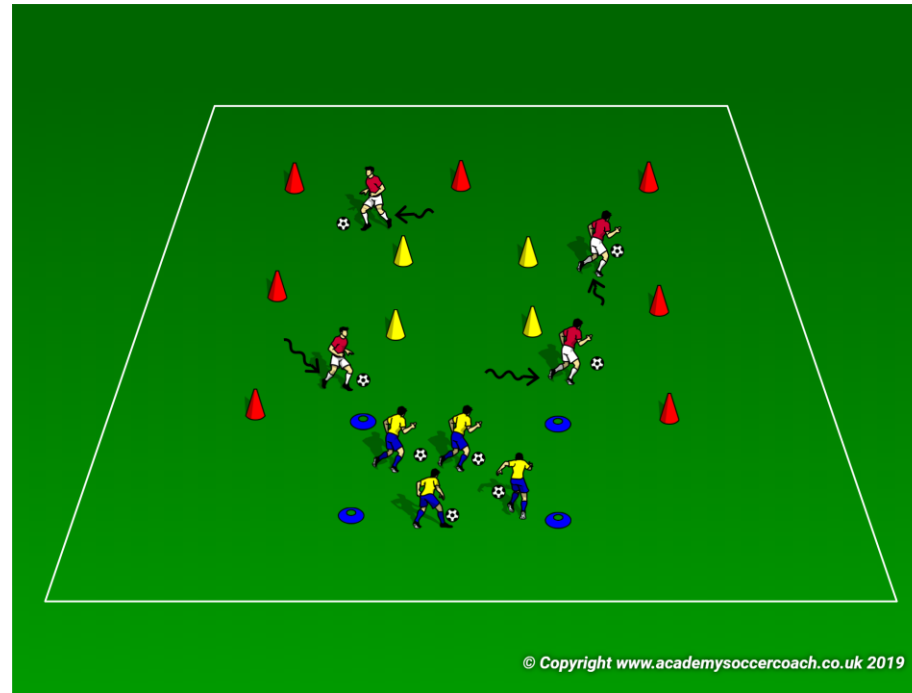
N/A

#### Station Time

8-10 Minutes

#### Area

25m x 25m



#### 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

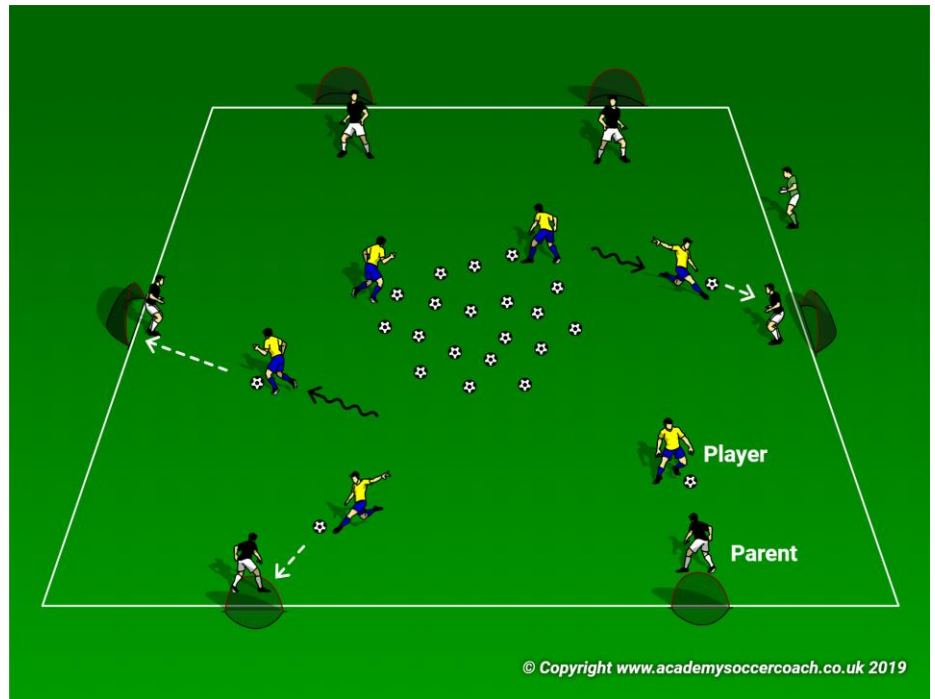
## Skill Activity

### 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



© Copyright www.academysoccercoach.co.uk 2019

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

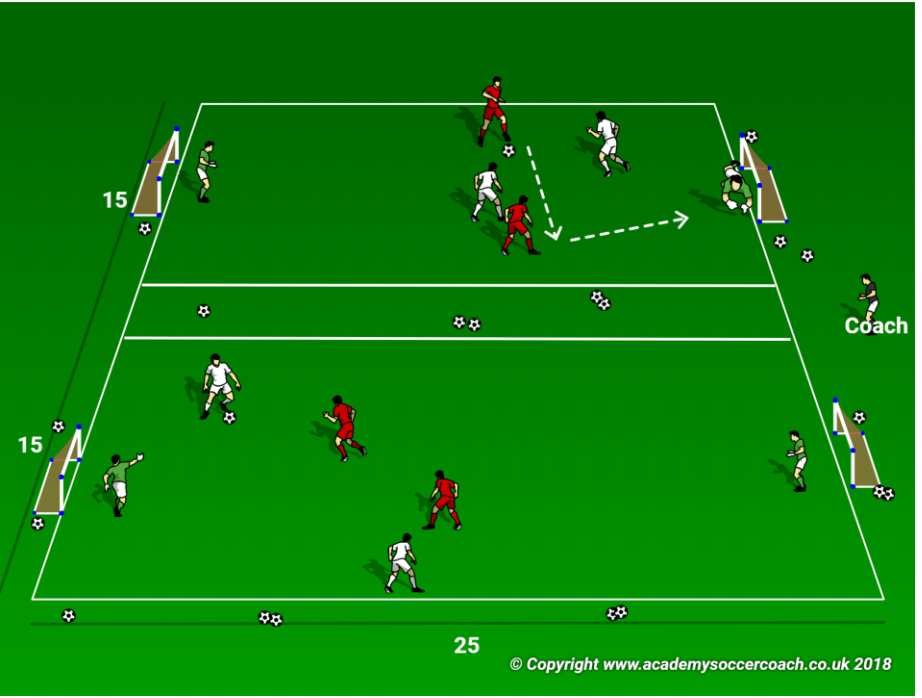
## Coordination Game

### 3v3



Organization
4 teams of 3 players each. 2 fields so that everyone is playing all the time.
Procedure
Teams play 3v3 (optional: parents are the goalies)
Progression
N/A
Conditions
N/A

Station Time	Area
6-8 Minutes	2 x 15m x 25m



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.	