

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development

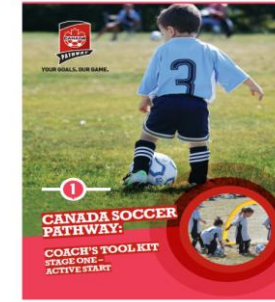




Active Start

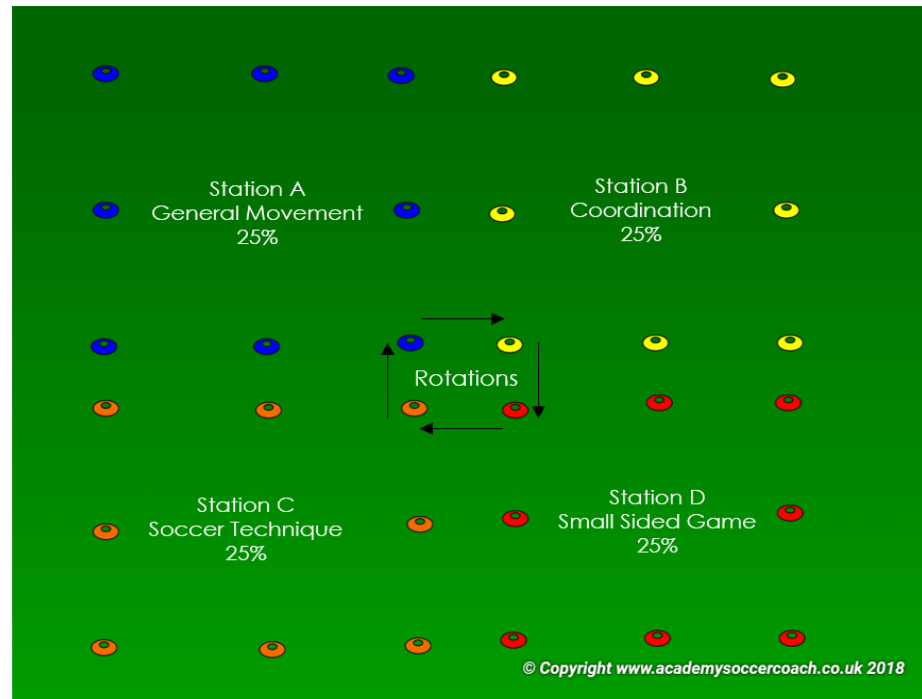
Preferred Training Model

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

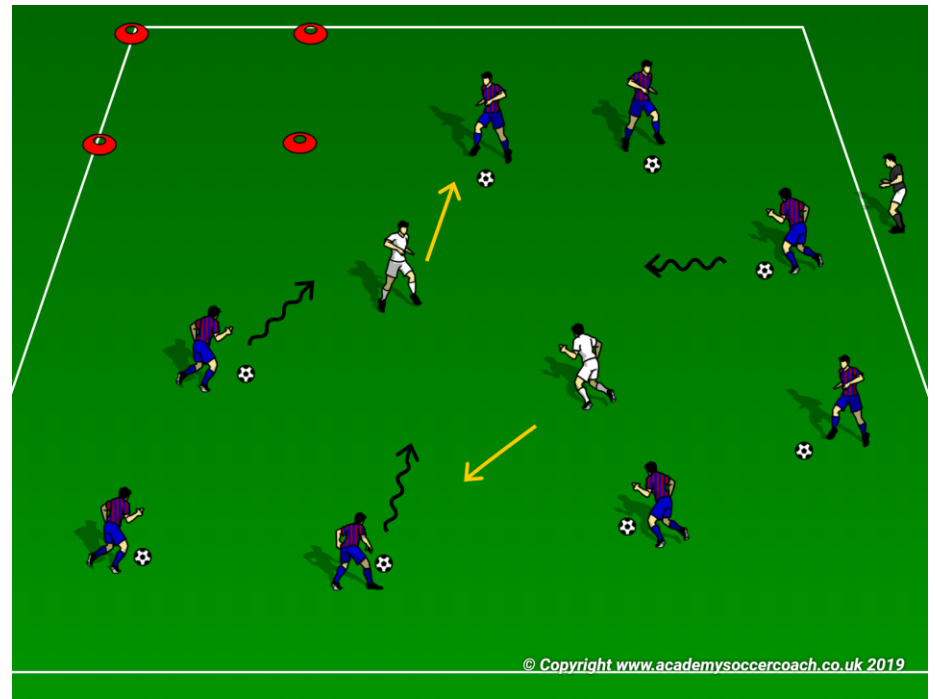
Coordination Game

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

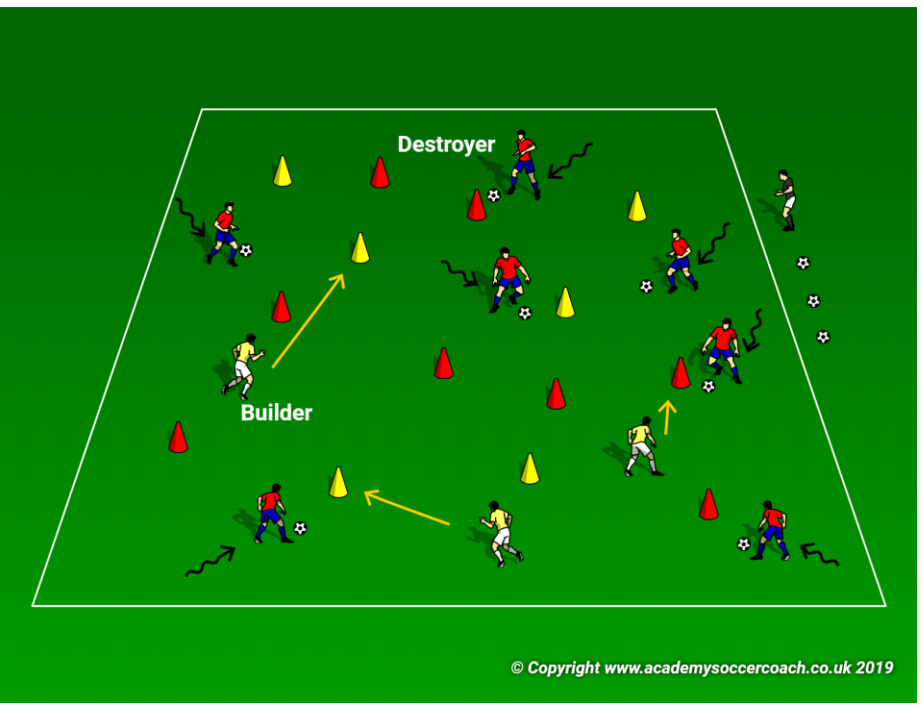
Coordination Game

Builders & Destroyers



Organization	12-15 cones around the area. All players have a ball except the destroyers.
Procedure	Let the builders place the cones anywhere in the area. Destroyers use the ball to knock down the buildings (cones) and the builders have to pick the cones back up.
Progression	1. Parents are the builders/destroyers
Conditions	Players are creative with striking techniques

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



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Objective	
Awareness of other players Dribbling under pressure	
Technical	Psychological
Finishing Dribbling Running with Ball	Confidence
Physical	Social
Change of Direction General Fitness ABC's	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

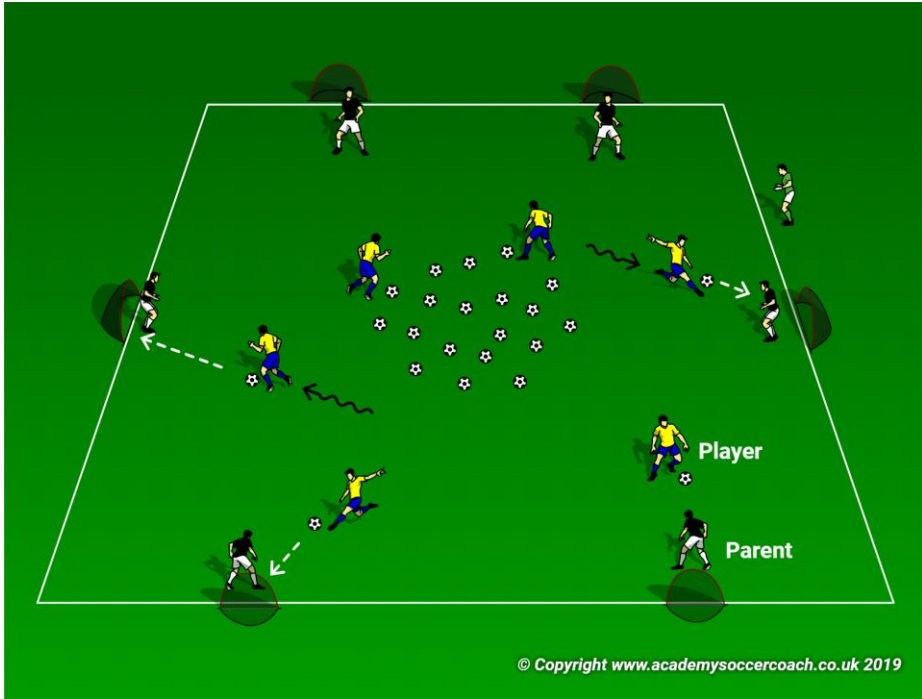
Skill Activity

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	
Individual: Players try various dribbling techniques. Collective: Players are aware of other players.	



Active Start

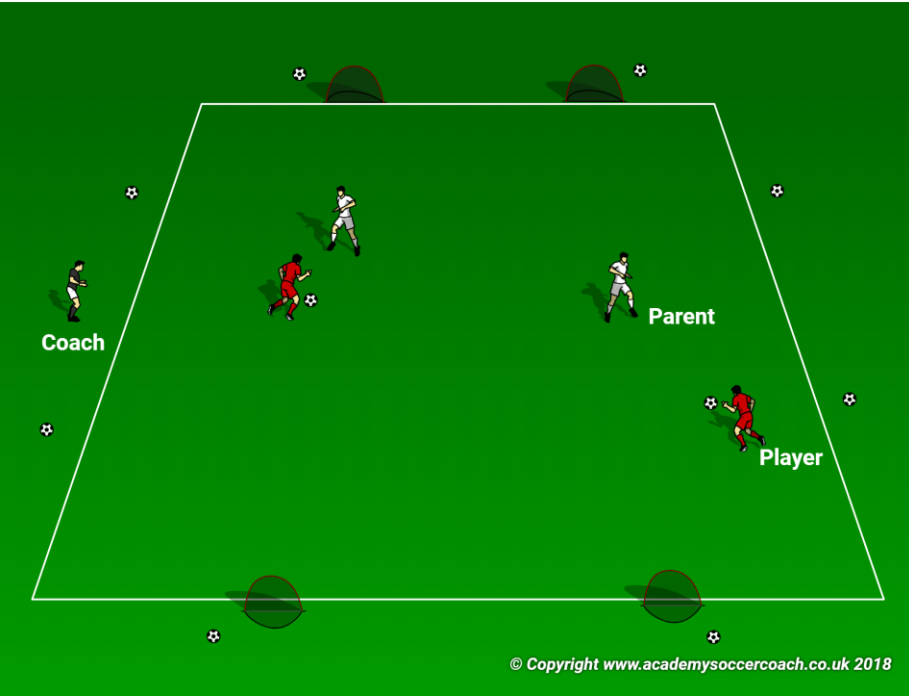
Coordination Game

Playground Soccer



Organization	2-4 mini nets on field.
Procedure	Partner (parent) and player play 1v1.
Progression	N/A
Conditions	N/A

Station Time	Area
6-8 Minutes	15m x 20m



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