

Manitoba Soccer Association

Active Start Practice Plan
U4-U5

Grassroots Development





Active Start

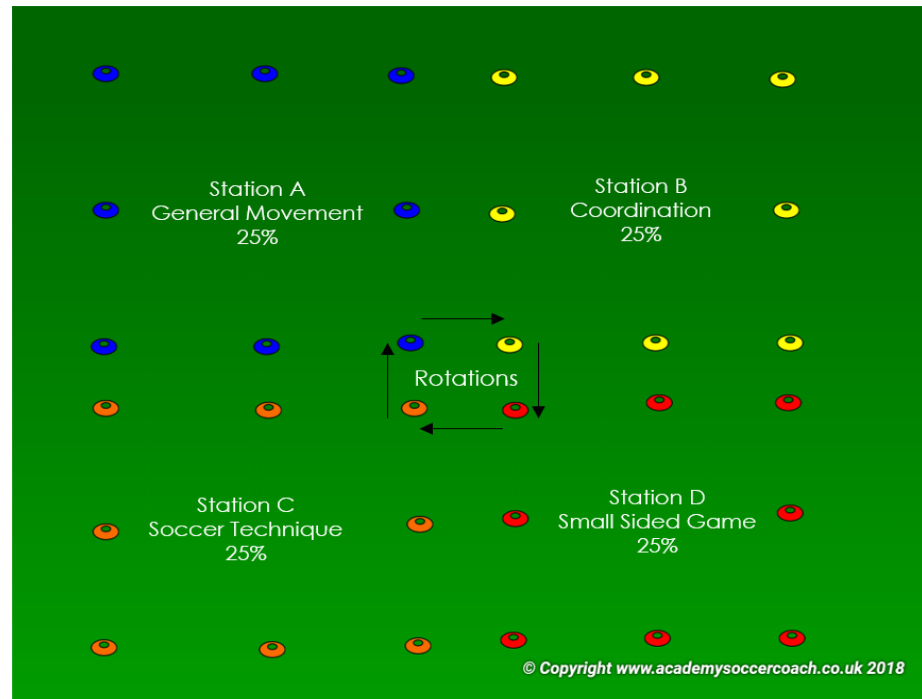
Preferred Training Model

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

Squirrels and Nuts



Organization

Pair 2 players (Squirrels) with one parent beside a goal (Tree). Balls (Nuts) are placed in the middle. Add pinnies or cones in the middle if not enough balls.

Procedure

Players (Squirrels) run one at a time to the middle towards the balls (Nuts) and bring it back to their tree. They can start by picking the ball up or by dribbling it back. Give the players different ways to move (skip, jump, hop on one foot, run backwards, bear crawl, etc.)

Progression

After all the balls are taken from the middle, then they can steal balls from other players. See if every player can bring back 5 balls.

Conditions

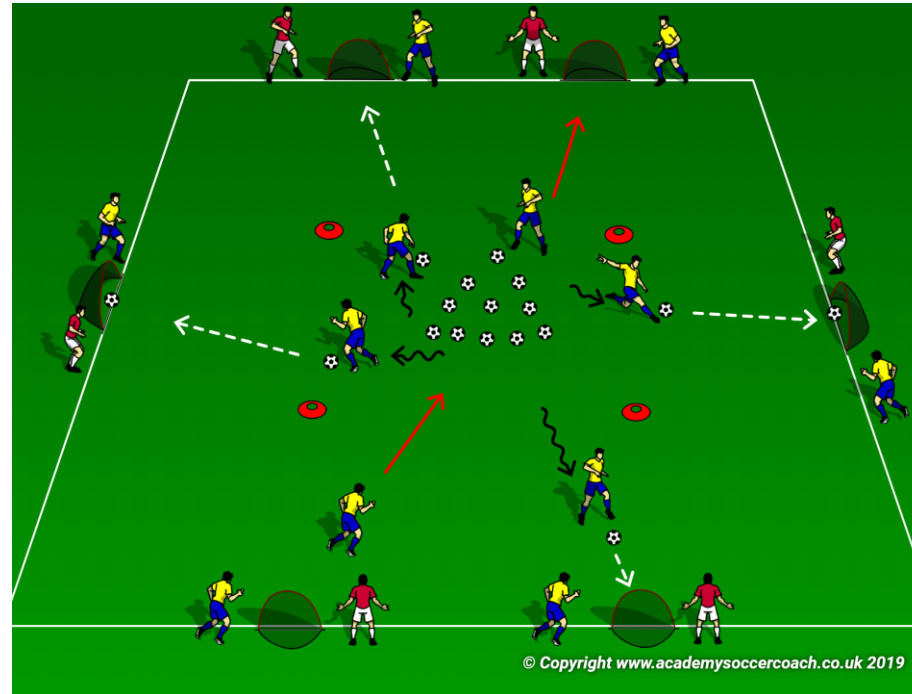
N/A

Station Time

8-10 Minutes

Area

25m x 25m



Manitoba Soccer Association – Grassroots Development

Objective

Awareness of other players
Dribbling under pressure

Technical

Awareness
Dribbling
Running with the Ball

Psychological

Confidence

Physical

ABC's
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

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



Active Start

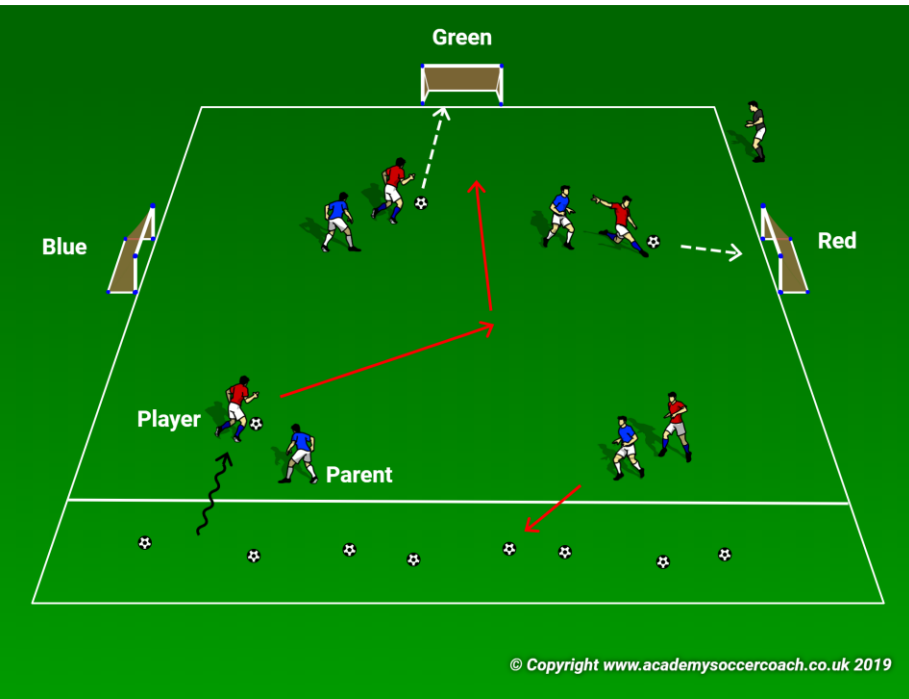
Dribbling Activity

Finding Nemo and Dory



Organization	Players are partnered with their parent. Balls are in a zone opposite to the nets.
Procedure	Parents run with the players to get a ball and score a goal. Parents can direct the players to which goals to score to "Score in the Green goal". Make it challenging, let the player change direction by saying "Red...Green".
Progression	Give tasks to parents: Pass the ball 3 times to your parent before you can score, put the ball between your parents' legs, make a complete circle around your coach, etc.
Conditions	N/A

Station Time	Area
8-10 Minutes	20m x 20m



Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making Shooting	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer/Parent Interaction
Outcome	
Individual: Players beat opponents in 1v1. Collective: Players are confident on the ball.	



Active Start

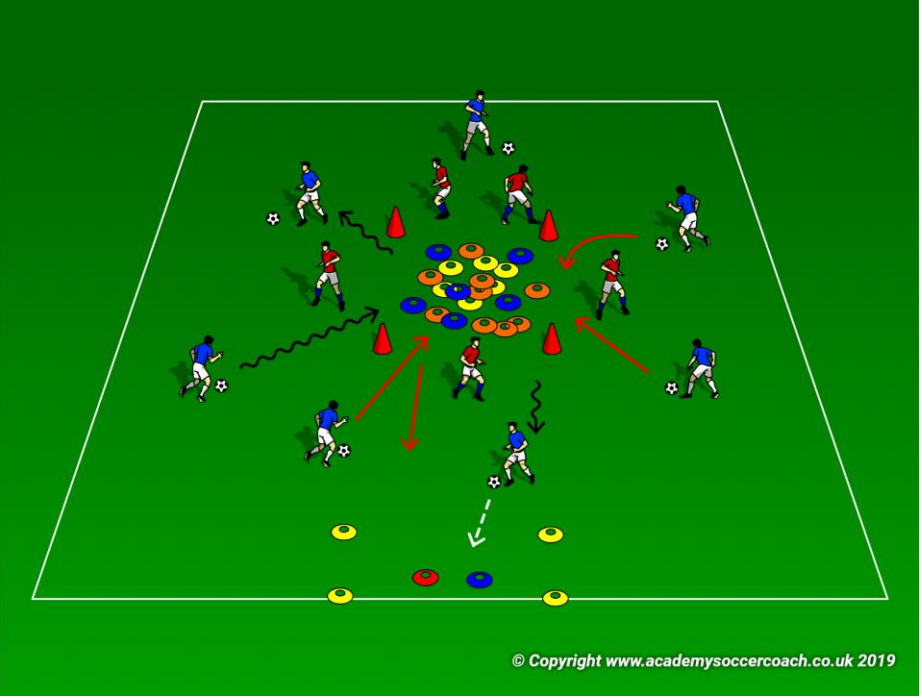
Skill Activity

Treasure Island



Organization
Parents stand around the treasure island. Cones or pinnies can be used as treasure. All players have a ball.
Procedure
Players (Pirates) dribble their ball (boat) onto the island. Without their boat they cannot enter the island. Parents (Sea monsters) have to kick their balls away to not allow entry. If the pirate enters the island with their boat, then they can take treasure back to their home base.
Progression
Parents and players switch roles.
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	Confidence
Physical	Social
ABC,s Change of Direction General Fitness	Peer Interaction
Outcome	
Individual: Players try various dribbling techniques.	
Collective: Players are aware of other players.	



Active Start

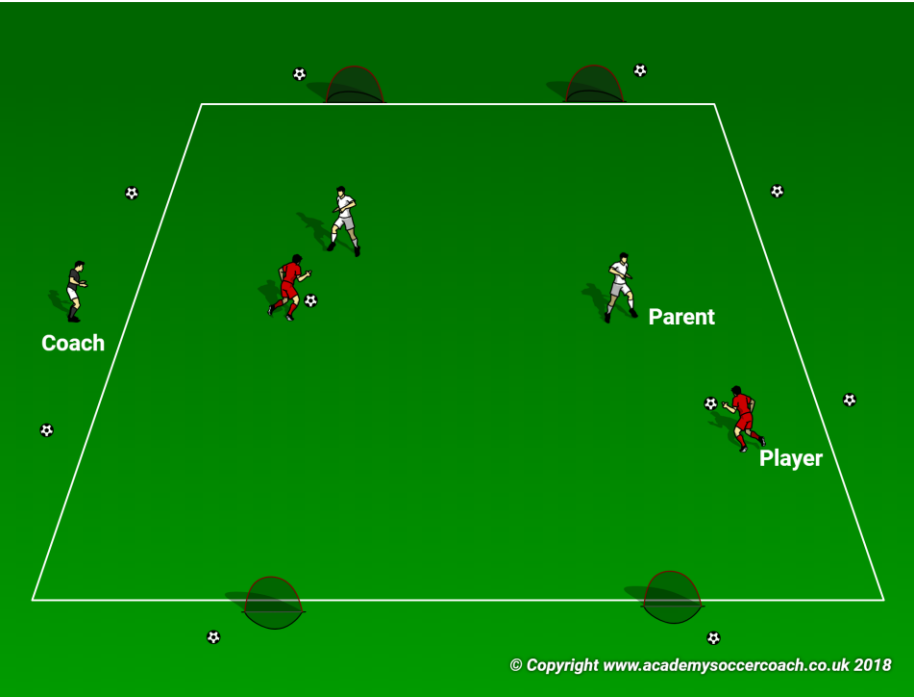
Small Sided Game

Playground Soccer



Organization	Pair each player with a parent or teammate. 2v2, set up multiple games.
Procedure	Parent plays against player (1v1, 2v2).
Progression	All parents vs all players
Conditions	N/A

Station Time	Area
6-8 Minutes	20m 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
Outcome			
Individual: Players become more comfortable with the ball.			
Collective: Players recognize support players.			