

# Manitoba Soccer Association

Active Start Practice Plan  
U4-U5

*Grassroots Development*

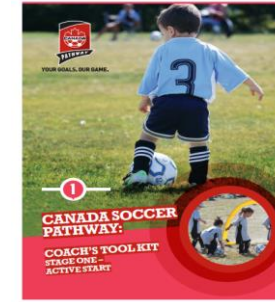




# Active Start

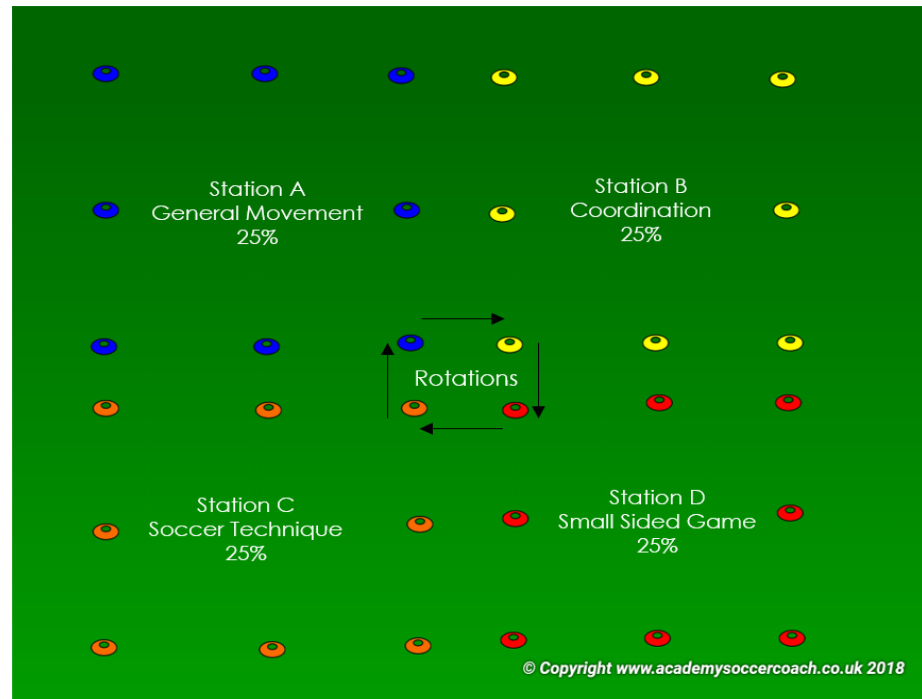
## Preferred Training Model

### 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

### Hungry Hippo



#### Organization

Players are partnered with their parent and 1 ball (food). The coach (hippo) is amongst the players and always moving.

#### Procedure

Players start with the balls in their hands to try and give to the coach. The coach takes the ball and throws it away and ask the player to bring the ball back in a certain manner (ex. Bring the ball back on your head", "Carry the ball using one hand"). Use different body parts and different running techniques (Hop on both feet). Use the parents as the extra "hippos".

#### Progression

Make it interactive with other players and parents - ex. Touch your ball with another players.

#### Conditions

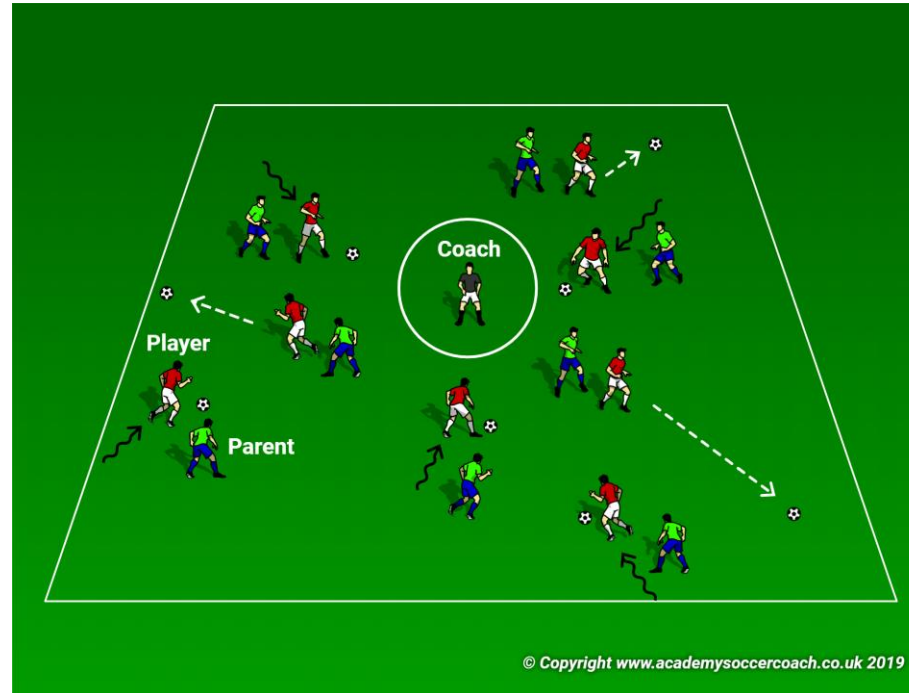
N/A

#### 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  
Coach interaction

#### Outcome

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



# Active Start

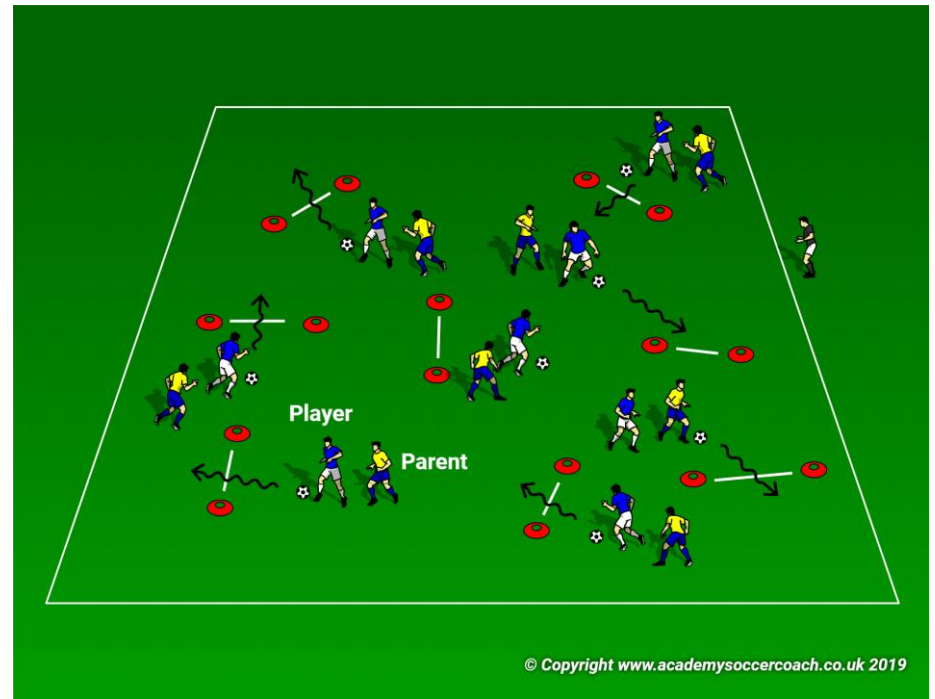
## Dribbling Activity

### 1v1 with Gates



Organization	Players are partnered with their parent. 8-12 gates are placed in the area.
Procedure	Players try to dribble through as many gates as possible. Their parent is the defender and tries to stop them. If the parent wins the ball, then they can dribble through the gates. Encourage the players to win the ball back. Players always win at the end.
Progression	Use different coloured gates. Dribble only through the yellow/red gates. Do 3 toe taps every time you dribble through the gates.
Conditions	N/A

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



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





# Active Start

## Skill Activity

### 1v1 to 1 Goal



Organization	Each parent has a net and 2 players.
Procedure	Parents toss a ball to the 2 players. Players play a 1v1 in their area and try to score on the net beside the parent. If the ball goes out of bounds, toss a new ball in. Encourage dribbling and shooting!
Progression	Players can score on a different net, but always return to the same parent for a new ball.
Conditions	N/A

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



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	
<b>Individual:</b> Players try various dribbling techniques. <b>Collective:</b> Players are aware of other players.	



# Active Start

## Small Sided Game

### Scoring Frenzy



Organization
Multiple nets are placed around the area. Each player has a ball.
Procedure
Players try to score as many goals as they can in 1 minute. After each goal, they have to dribble through the middle square to score a next goal. Add parents in the middle and the player has to high-five their parent after each goal.
Progression
Parents are the defenders against all the players.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m 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/Parent Interaction
Outcome	
<b>Individual:</b> Players become more comfortable with the ball.	
<b>Collective:</b> Players recognize support players.	

