

# Manitoba Soccer Association

Active Start Practice Plan  
U4-U5

*Grassroots Development*





# Active Start

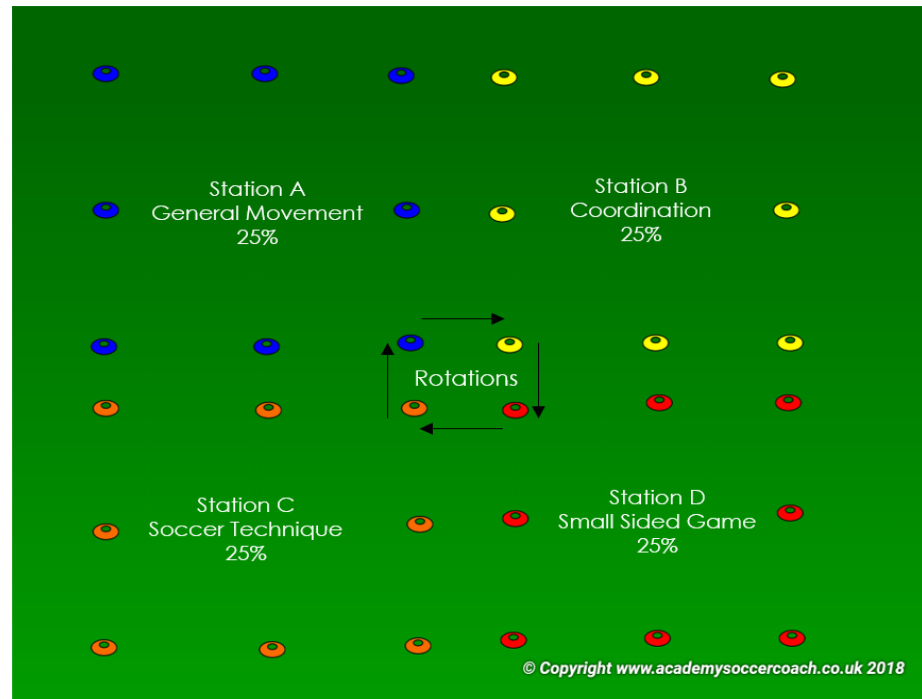
## Preferred Training Model

### 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:	



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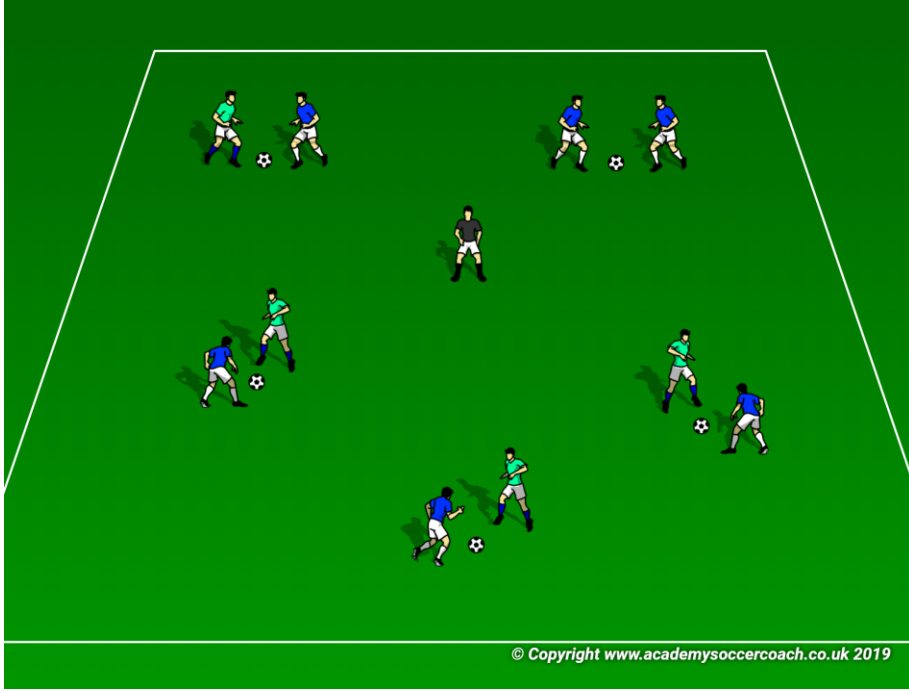
## General Movement

### Snatch



Organization
Players are partnered with each other and have 1 ball.
Procedure
Players face each other with a ball between them. When the coach says a body part (head), then the players have to touch that body part. Repeat with different body parts or actions (jump) and on the command "SNATCH" the players have to try and grab the ball.
Progression
After a few rounds, partner the players with their parent.
Conditions
N/A

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



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Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Reaction Body Awareness	Confidence Problem Solving
Physical	Social
Movement Skills Physical Fitness	Peer Interaction
Outcome	
<b>Individual:</b> Players try a variety of movements. <b>Collective:</b> All players are given leadership role.	



# Active Start

## Coordination Game

### Loot the Treasure Chest



#### Organization

Pair 2 players (Pirates) with one parent beside a goal (Pirate Ship). Balls (Treasure) are placed in the middle. Add pinnies or cones in the middle if not enough balls.

#### Procedure

Players (Pirates) run one at a time to the middle towards the balls (Treasure) and bring it back to their ship. 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

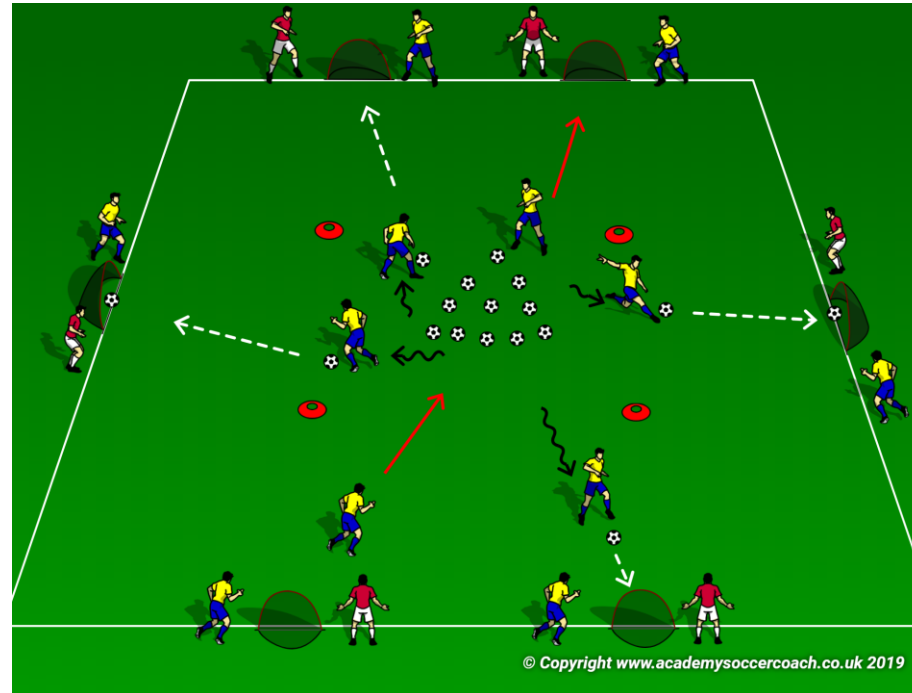
N/A

#### Station Time

8-10 Minutes

#### Area

25m x 25m



#### 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.





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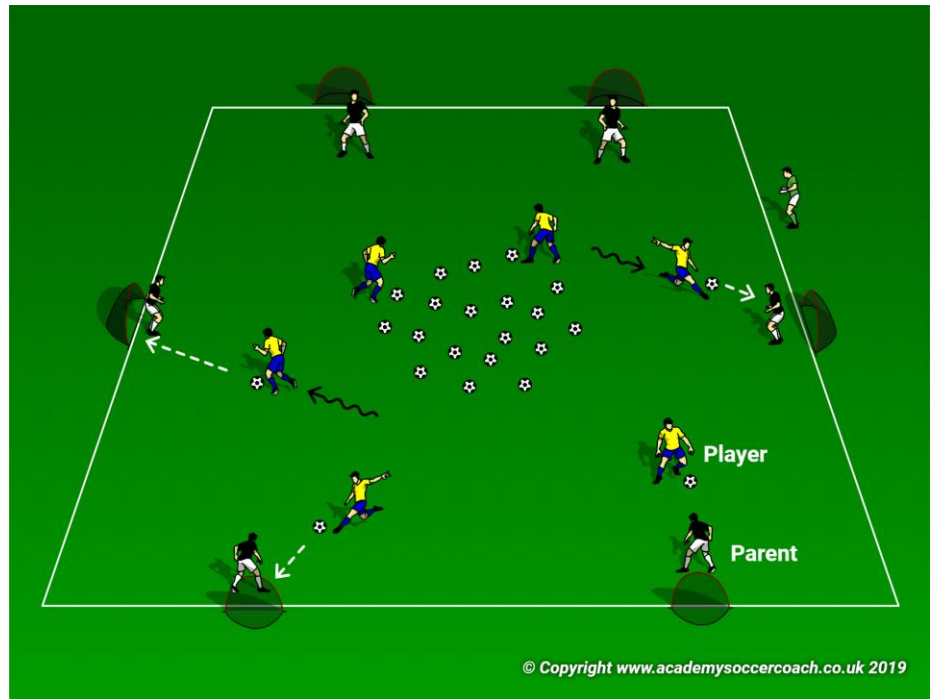
## Skill Activity

### 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.	



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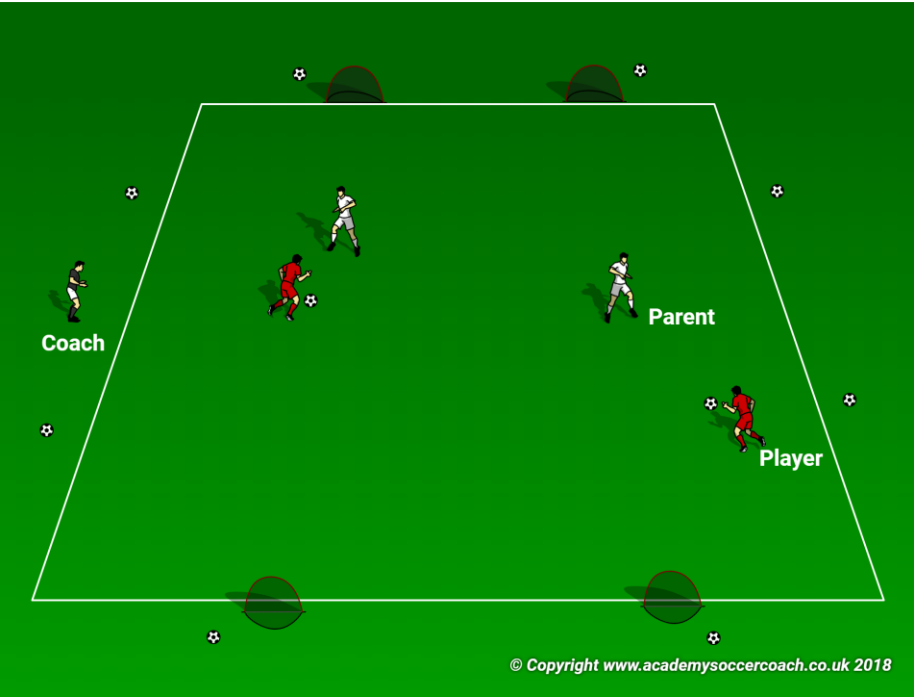
## Small Sided Game

### Playground Soccer



Organization	Parents protect 2 sets of goals and players protect the opposite 2 goals.
Procedure	Parent plays against player 1v1.
Progression	All parents vs all players!
Conditions	N/A

Station Time	Area
6-8 Minutes	20m x 25m



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