

U4-U5 ACTIVE START TRAINING SESSIONS – WEEK 1

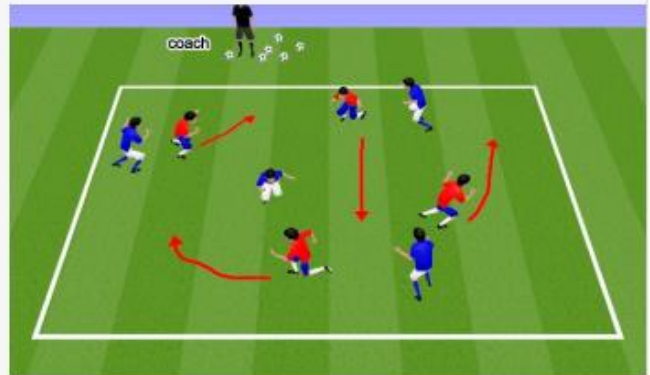
STATION - A "Follow the leader" (10 mins)

Set up: Pair players up with another player or use parents and numbers 1 and 2

Organization: On your team's half of the field only, player 1 leads, and player 2 follows where ever they go. Player 1 tries to lose player 2. On coaches shout of a switch, players switch roles, number 2 is now the leader

Coaching Points: Head up, change speed and direction. What other movements could the players use? Hopping, skipping, jumping, etc.

Progressions: Add a soccer ball



STATION - B "Ball Familiarisation" (10 mins)

Set up: Each player with a ball in their own space

Organization:

Part 1: Each player holds the ball in their hands and throws the ball up in the air to try and catch it.

Part 2: When the ball is in the air, can the player clap their hands before they catch it?

Part 3: When the ball is in the air, instead of catching the ball, can they control the ball with their feet.

Coaching Points: Eyes on the ball, watch it into hands/onto foot, body inline with the ball, move foot away on contact with the ball



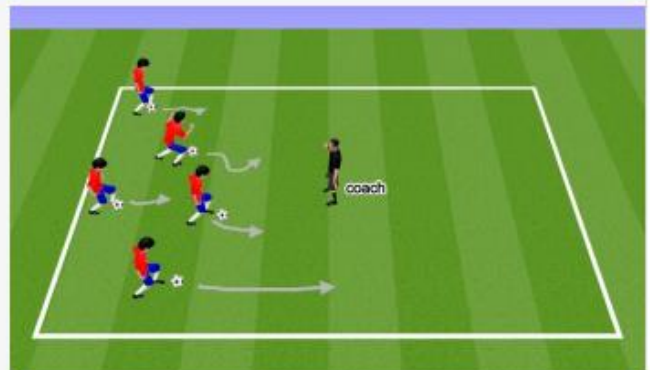
STATION - C "Red light,Green light" (10 mins)

Set up: Each player with a ball, lined up on one side of the field

Organization: The coach has a red and green cone, on the coach's shout of green light/hold up a green cone, players dribble out onto the road looking to make it to the other end. When the coach says red light, players stop and put their foot on top of the ball. Once all the players have made it to the other side, they turn around and come back.

Coaching Points: Head up, keep the ball close, small, quick touches with the pinky toe.

Progressions: The coach does not say anything, players have to keep their heads up.



STATION - D "Small -Sided- Game 3v3" (10 mins)

DURATION OF THE GAME:

- THE GAME WILL BE 10 -MINUTES
- The actual game itself shall start at the end of the training sessions,



U4-U5 ACTIVE START TRAINING SESSIONS – WEEK 2

Description

The training sessions for the Active Start age group are 40 minutes in length and are comprised of:

- 25% General Movement
- 25% Coordination
- 25% Soccer Technique
- 25% Small-Sided Games – these are played 3v3

Each area of the session will always include a ball.

The manual is broken down into 6 week-by-week sessions for you and the last two weeks of the season (weeks 5 and 6) are there for you to choose whichever fun games you wish.

It is strongly encouraged that parents are involved in the sessions and should be helping you through the sessions with their child. In the U5 age group, parent participation can become less but there are times when they will be needed.

STATION - A "Making friends with the ball" (10 mins)

Set up: Each player with a ball in their own space

Organization: Part 1: Each player places one foot on top of the ball. On the coach's shout of a switch, players then switch which foot is on top of the ball. This is called a toe tap. Players can either step down or jump from foot to foot.

Part 2: Players have the ball between their feet and pass it from one foot to the other using the inside of their foot.

Coaching Points: Hands out for balance, try to keep the head up, occasionally looking down, light touches



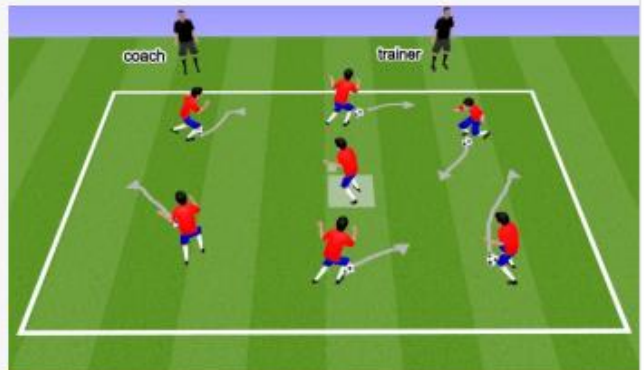
STATION - B "Freeze Tag" (10 mins)

Set up: Each player with a ball, one without.

Organization: The player without the ball attempts to tag other players. If tagged then, the player is now frozen, picks up the ball above their head, and calls out 'help!' with their feet shoulder-width apart. The player can be unfrozen if another player plays a ball between their legs or if the parent and player count to 10 with each other.

Progressions:

Easier – start with no balls and players hold hands out to their side. The player is freed by going under an arm. Progress to going between legs. Harder – have players who are 'it' and they tag players to freeze them.

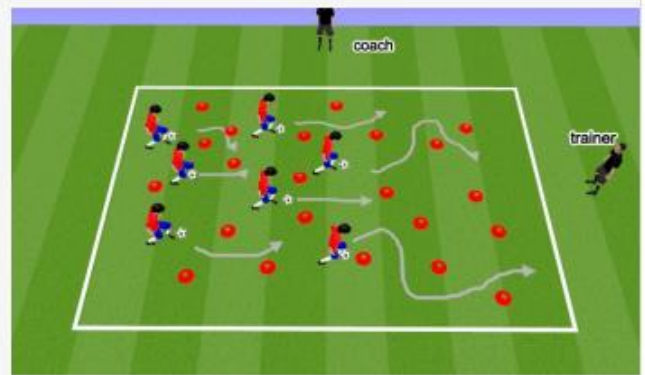


STATION - C "Mine field" (10 mins)

Set up: Each player with a ball and have as many cones as possible spread out on the field.

Organization: Players attempt to dribble through the minefield without hitting the mines. If players hit mine they have to do dive on the ball
Coaching points: head up (look for open space), small touches, baby toe, use different parts of the foot

Progression: Add defender into minefield



STATION - D "Small -Sided- Game 3v3" (10 mins)

DURATION OF THE GAME:

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U4-U5 ACTIVE START TRAINING SESSIONS – WEEK 3

Description

The training sessions for the Active Start age group are 40 minutes in length and are comprised of:

- 25% General Movement
- 25% Coordination
- 25% Soccer Technique
- 25% Small-Sided Games – these are played 3v3

Each area of the session will always include a ball.

The manual is broken down into 6 week-by-week sessions for you and the last two weeks of the season (weeks 5 and 6) are there for you to choose whichever fun games you wish.

It is strongly encouraged that parents are involved in the sessions and should be helping you through the sessions with their child. In the U5 age group, parent participation can become less but there are times when they will be needed.

STATION - A "Body Parts Game" (10 mins)

Set up: Each player with a ball in the area.

Organization: The ball can start with hands or on the floor. On go players run around holding/dribbling the ball, when a coach shouts a body part, players stop putting the ball on the ground, and place that body part on the ball.

Coaching Points: Pinky toe to dribble, keep the ball close, head up



STATION - B "Relay Race" (10 mins)

Set-Up: Set up two relay courses as shown above and split the players into two groups with a ball each.

Organization: On the coach's shout of go, the first player in line completes the course and returns to the start.

Coaching Points: All parts of the foot to dribble, small touches, keep the ball close.

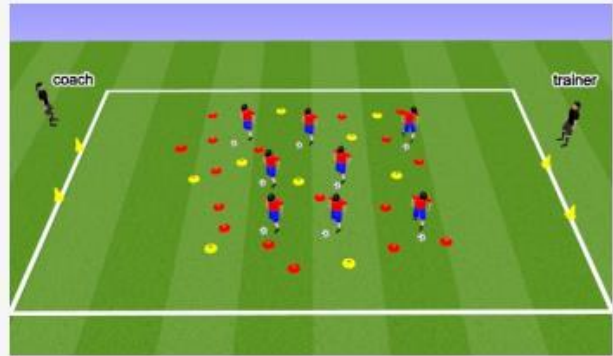


STATION - C "Rush Hour" (10 mins)

Set up: Set up two end zones with cones as shown. Split the players into two groups, each with a ball.

Organization: Each team starts driving/dribbling in the central area. When the coach calls out 'Rush Hour', the players attempt to dribble out of the rush and into an end zone.

Progressions: Add cones into the middle zone to act as "potholes". If a player's ball hits a pothole, they have to stop and call out a tow truck - coach enters the grid high fives the player to fix their car and the player can continue to the other side



STATION - D "Small-Sided-Game 3v3" (10 mins)

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U4-U5 ACTIVE START TRAINING SESSIONS – WEEK 4

STATION - A "Making friends with the ball" (10 mins)

Set up: Each player with a ball in their own space

Organization: Part 1: Each player places one foot on top of the ball. On the coach's shout of the switch, players then switch which foot is on top of the ball. This is called a toe tap. Players can either step down or jump from foot to foot.

Part 2: Players have the ball between their feet and pass it from one foot to the other using the inside of their foot.

Coaching Points: Hands out for balance, try to keep the head up, occasionally looking down, light touches



STATION - B "Truck and Trailer" (10 mins)

One player is the truck, the other is the trailer. Where ever the truck goes, the trailer must follow!

Head-up, keep the ball close. Use different parts to move the ball in different directions

Speed Up - trucks start moving faster

Turn - Trucks change direction

Park - Use the bottom of your foot to stop the ball

Switch - truck and trailer swap roles



STATION - C "Special Delivery" (10 mins)

All players are delivery drivers and they have to ensure the safe delivery of their package (the ball) to the next square.

Have at least 2 or 3 spare balls in each square.

Players must dribble their ball to the next square, drop it off, and pick up a new package to deliver to the next square. Players try to make as many deliveries as possible in the allotted time. Stay away from the dogs who are trying to steal the package.

Turn-players turn and go the other way. Add in potholes etc that the driver has to avoid



STATION -D "Small-Sided-Game 3v3" (10 mins)

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U4-U5 ACTIVE START TRAINING SESSIONS – WEEK 5

STATION - A "Everyone's it Tag" (10 mins)

Set-Up: Each player finds their own space in the area (your half of the pitch)

Organization: Every player is a tagger and they look to tag as many players as possible in 45 seconds (tag must be on the back to count).

Coaching Points: Head up, change of direction, speed

Progressions: Play multiple times, can they beat their score? Play a new game that when every time they tag a player, they gain a point but they get tagged, they lose a point.



STATION - B "Indy 500" (10 mins)

Set up: Set up a small racetrack as shown with a ball each in the cockpit.

Organization: Players start their engines in the pit and must drive around the track. If they crash (leave area), players must fall to ground and complete 5 toe taps to fix themselves.

Add in potholes. Turns etc to make the game fun.

Progression: Split into two teams, one team drives one direction, the other drives the opposite.

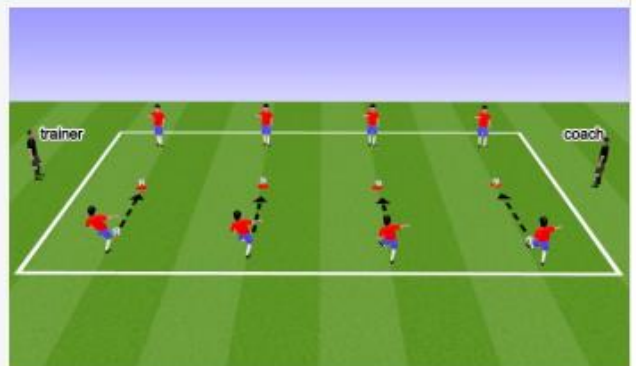


STATION - C "Topple me coconuts" (10 mins)

Set up: Each player with a partner, a ball each, and two discs. Place cones 5-10 yards apart.

Organization: One player at a time looks to pass the ball and hit their partner ball off the cone to "topple the coconut"

Coaching Points: Side of the foot, NO TOES, use both feet, keep eyes on the ball when kicking



STATION -D "Small-Sided-Game 3v3" (10 mins)

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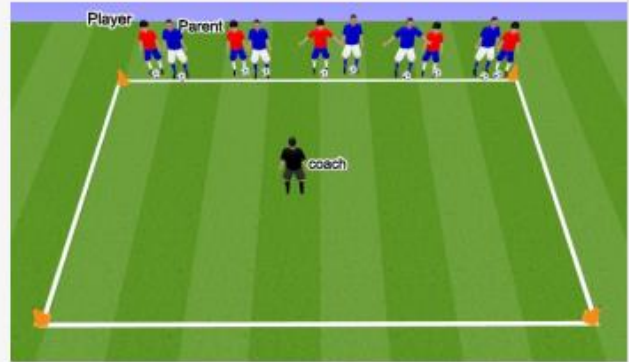
U4-U5 ACTIVE START TRAINING SESSIONS – WEEK 6

STATION - A "Sharks and Minnows" (10 mins)

Set-Up

Instructions: Players and parents line up on a line with the ball. A player or coach stands in the middle as the 'Shark'. At the coach's command, players attempt to dribble across the area to the opposite line. If the player's soccer balls are touched, they become a shark.

Coaching Points: Keep ball close in between touches of the feet, look up to see where the sharks are. When getting by the shark, look to change speed and direction.



STATION - B "Copy the Coach" (10 mins)

Set Up - Each player and parent has a soccer ball in a 60x40 area. The coach calls out instructions and players copy the coach, but only when instructions include the phrase coach says. Example coach says dribble with your right foot, dribble with outside of your left foot..

Instructions

Coaching Points: Keep the ball close and nose in front of the ball to see what is in front of you. Helps improve both co-ordination and listening skills in a young player



STATION - C "SOCCER TECHNIQUE - BODY BREAKS" (10 mins)

Organization: 15m x 15m area. Each player has a soccer ball.

Procedure: Players dribble inside the area. The coach calls out a body part and the player must stop the ball and place the correct body part on the ball. The coach calls go for the players to dribble again.

Time Frame: 8 minutes

Emphasis:

Listening

Running with the ball

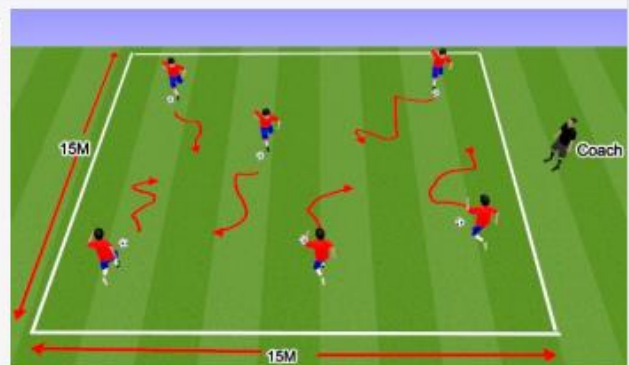
Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

Imagination FUN!



STATION -D "Small-Sided-Game 3v3" (10 mins)

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U4-U5 ACTIVE START TRAINING SESSIONS – WEEK 7

STATION - A "Red light,Green light" (10 mins)

Set up: Each player with a ball, lined up on one side of the field
Organization: The coach has a red and green cone, on the coach's shout of green light/hold up a green cone, players dribble out onto the road looking to make it to the other end. When the coach says red light, players stop and put their foot on top of the ball. Once all the players have made it to the other side, they turn around and come back.

Coaching Points: Head up, keep the ball close, small, quick touches with the pinky toe.

Progressions: The coach does not say anything, players have to keep their heads up.



STATION - B "Freeze Tag" (10 mins)

Set up: Each player with a ball, one without.
Organization: The player without the ball attempts to tag other players. If tagged then, the player is now frozen, picks up the ball above their head, and calls out 'help!' with their feet shoulder-width apart. The player can be unfrozen if another player plays a ball between their legs or if the parent and player count to 10 with each other

Progressions:

Easier – start with no balls and players hold hands out to their side. The player is freed by going under an arm. Progress to going between legs. Harder-have players who are 'it' and they tag players to freeze them.



STATION - C "NUTS and Squirrels" (10 mins)

1. Teams are divided into 4 groups – each group is given different colored pinnies and all of the balls are positioned in the middle square
2. On the coach's command, 1 player from each group (with a parent) collects a ball (nut) from the middle with their feet. Player dribbles the ball back to their assigned team square (nest)
3. Next player (with parent) can go when the ball is stopped in the nest.
4. When the coach stops the game, the team with the most nuts in their nest wins the game.

Progressions:

- a) Easier – Instead of dribbling the ball players use hands
- b) Harder – One player from each group is allowed to steal a ball from the other team's squares



STATION -D "Small-Sided-Game 3v3" (10 mins)

DURATION OF THE GAME:

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