



CANADA SOCCER

ACTIVE START



LEGEND



INDIVIDUAL PLAYER SUPPORT STRATEGIES



ON FIELD STRATEGY

01. INDIVIDUAL CONSTRAINTS

Use rewards/restrictions to influence individual behaviors.

02. PLAYER PAIRS TO INCREASE OPPORTUNITY AND CHALLENGE

Pair players intentionally to increase repetition. E.g., small with small, fast with fast, etc...

03. ISOLATED ME AND BALL PRACTICE

Increased repetition of an action allowing the coach to work more forensically.

04. QUESTION PLAYERS ON GOALS DURING SESSIONS

Use questions to gain attention & set challenges "when would you...?"

05. INDIVIDUAL ANALYSIS

Ask the player to evaluate performance and things they seek to improve on.

06. PEER-TO-PEER ROLE MODELING

Use older or more experienced players to demonstrate key behaviors.

07. TARGETED CHALLENGE

Use targeted challenges that act as a guide for learning "Try to score within 6 secs"

08. REPETITION WITHOUT REPETITION

Rehearse behaviors repeatedly with varied angles, timing and distances.

09. VERBAL CUES

Coach and players verbalize intended behaviors (eg, "Can you show me how to...")

10. RELATIONSHIP WORK

Ask players in pairs to discuss questions based on session skill sets.

11. ZONES

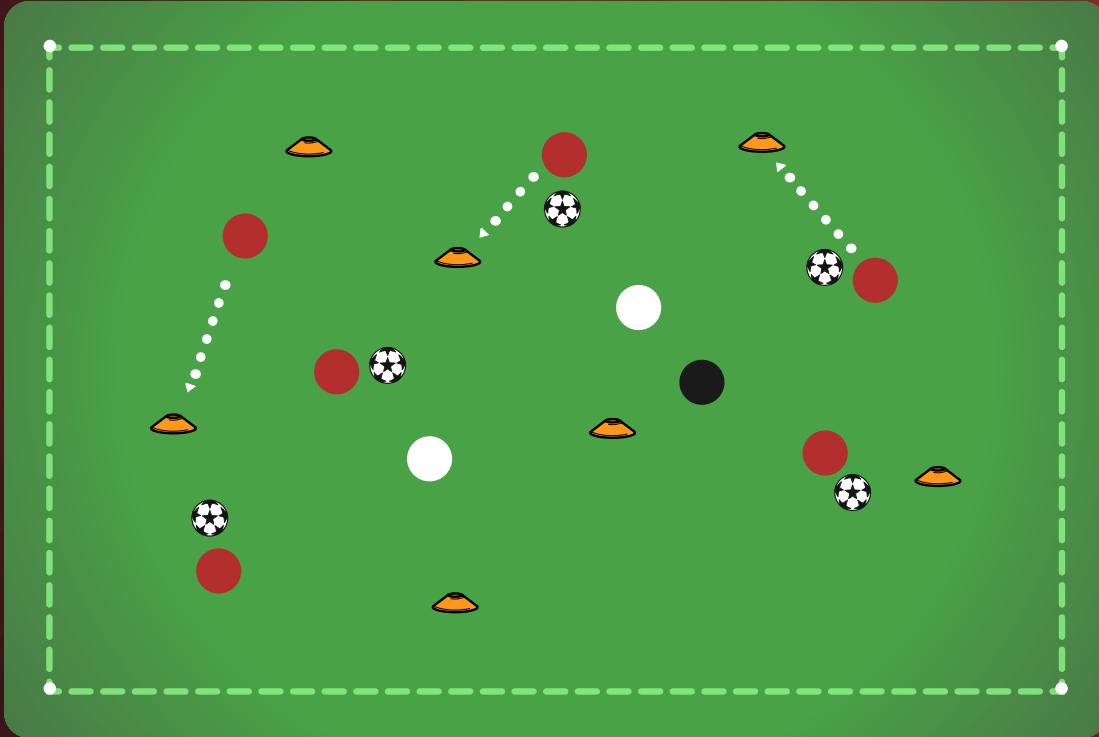
Mark areas on pitch where players must perform behaviors to increase intentionality.



PHYSICAL LITERACY GAMES



DRIBBLING GAME – ISLAND TAG



HOW TO ORGANIZE

1. Cone off a 15m x 15m playing area in one colour.
2. Scatter different coloured cones inside the area in another colour.

HOW TO PLAY

1. Choose 2 Taggers (coaches or parents). Every player has a ball.
2. Players are safe on an island (a cone). Players can be tagged while moving between islands.
3. Taggers try to tag as many players as they can in 30 seconds.
4. Encourage players to visit as many islands as possible.

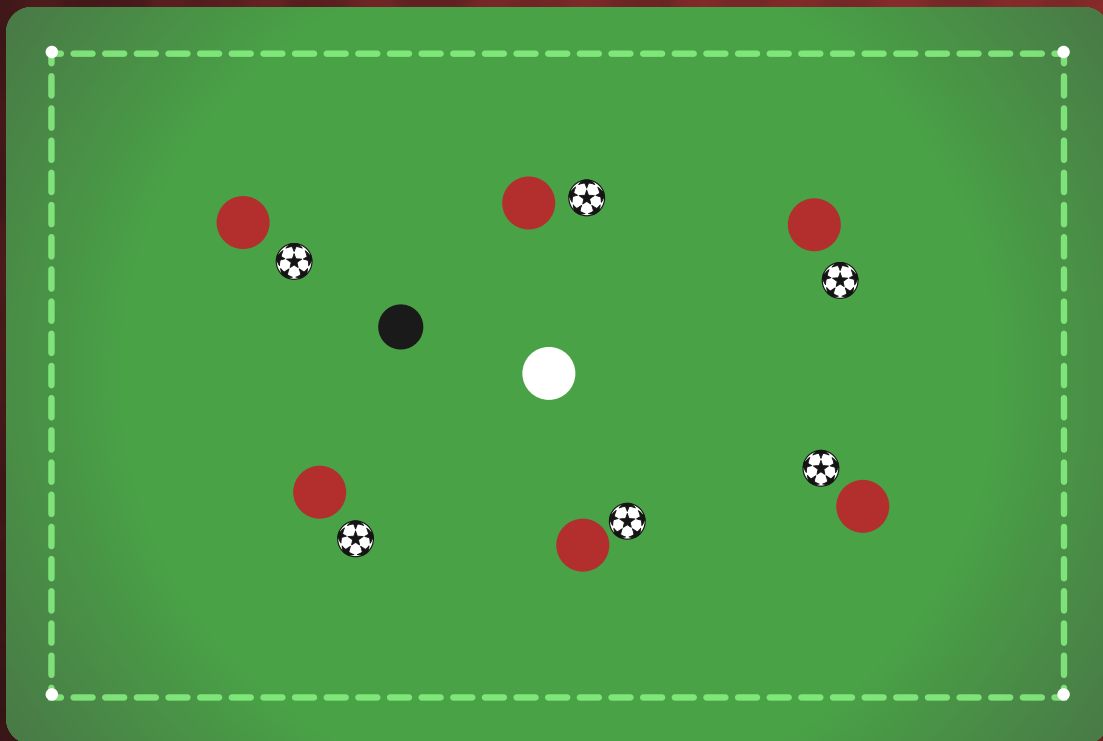
HOW TO COACH

Challenges:

- Try to keep your ball as close as you can.
- Try to dribble fast and slow.
- Try to change direction with the ball as fast as you can.



3-2-1 BLAST OFF



HOW TO ORGANIZE

1. Set up a 20m x 20m area.
2. A ball for each player.

HOW TO PLAY

1. Each player has a ball at their feet and explores the space.
2. Coach calls “3-2-1 Blast Off!”
3. Players pick up their ball and throw it high in the air.
4. When the ball lands, players show their soccer pose (foot on the ball).
5. Players then start exploring the space again.

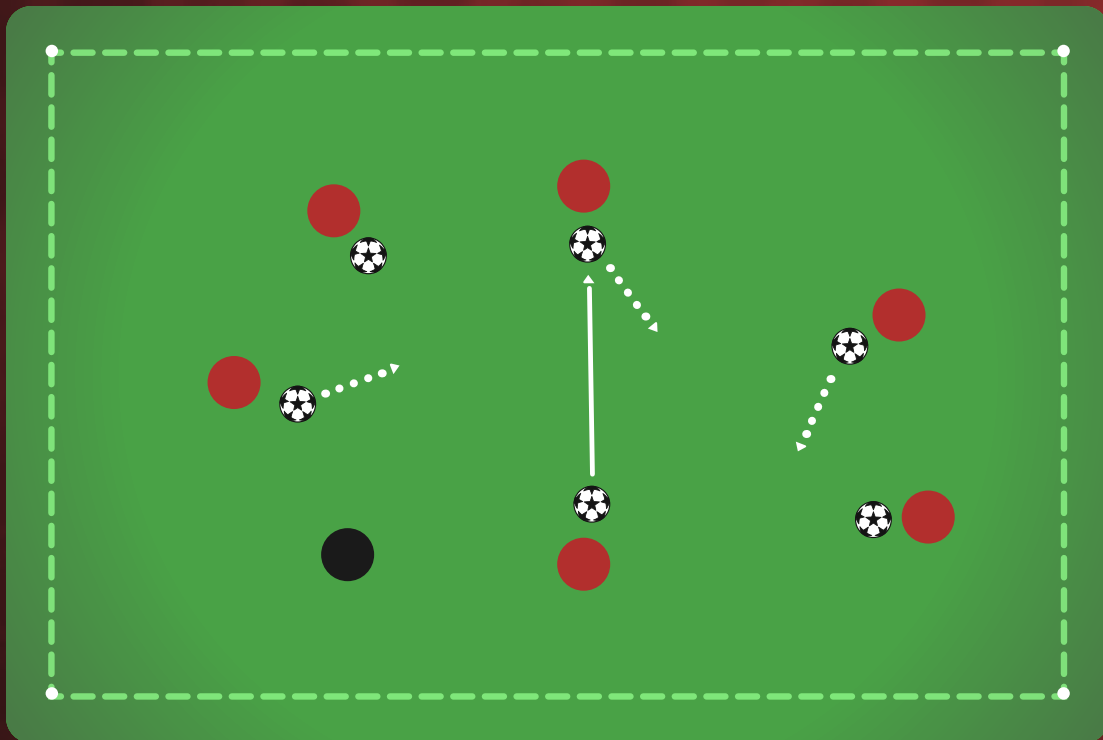
HOW TO COACH

Challenges:

- How quickly can you land the rocket ship by putting your foot on top of the ball?



SOCCER BALL TAG



HOW TO ORGANIZE

1. Set up a 20mx20m area.
2. Players each have a ball and begin by dribbling within the designated area.
3. Progress into a “soccer ball tag” game, with one ball per player.

HOW TO PLAY

1. Players pass their ball to hit another player’s ball and score a point.
2. Dribble to avoid getting hit by another player’s ball.
3. If a player’s ball goes out of the area, their points restart at zero.

How to Modify:

Use a point system:

- Inside of foot = 1 point.
- Laces = 2 points.
- Outside of foot = 3 points.
- Backheel = 5 points.
- Add these as players improve.
- Make the playing space smaller.

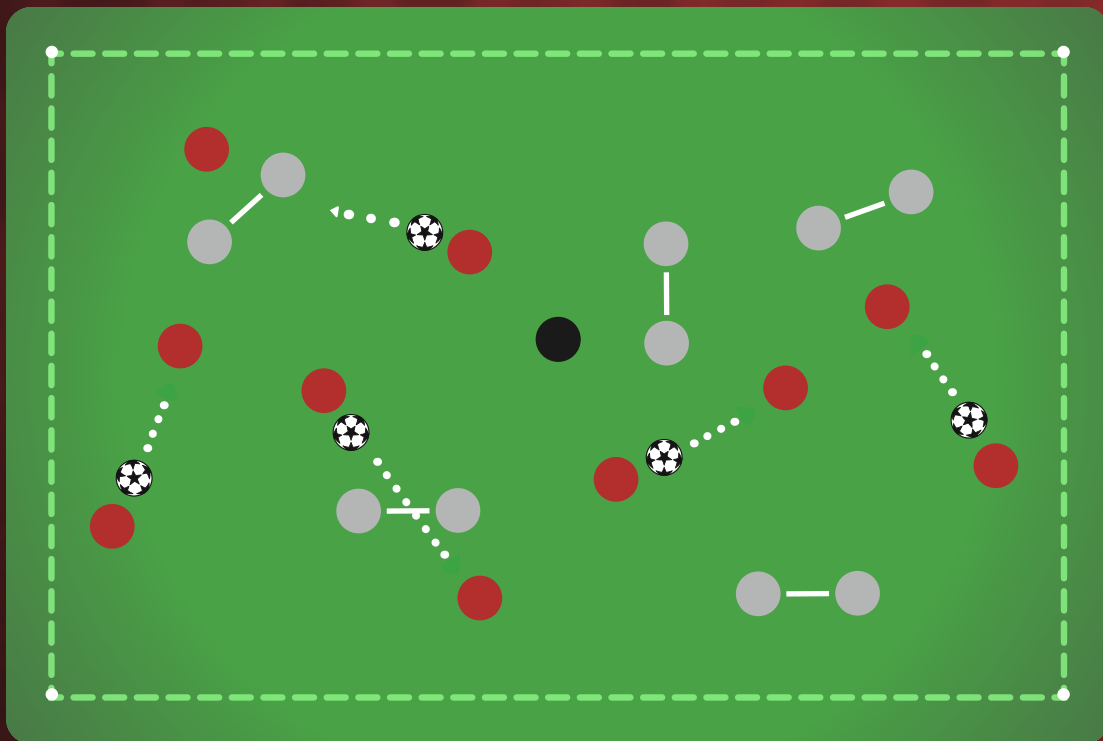
HOW TO COACH

Challenges:

- Try to hide your ball in your feet (shield)
- Try to find open space.
- Try to dribble fast and change direction.



HUMAN GOAL POSTS



HOW TO ORGANIZE

1. Set up 20mx20m area.
2. Give the supporting adults a pinnie to hold at each end to create the crossbar; their legs/bodies form the goalposts.

HOW TO PLAY

1. Paired Adults (grey) represent a goal, moving around the area.
2. Players (red) look to score on a moving 'goal' by shooting through the goal.
3. Switch roles after 1 minute.

HOW TO COACH

Challenges:

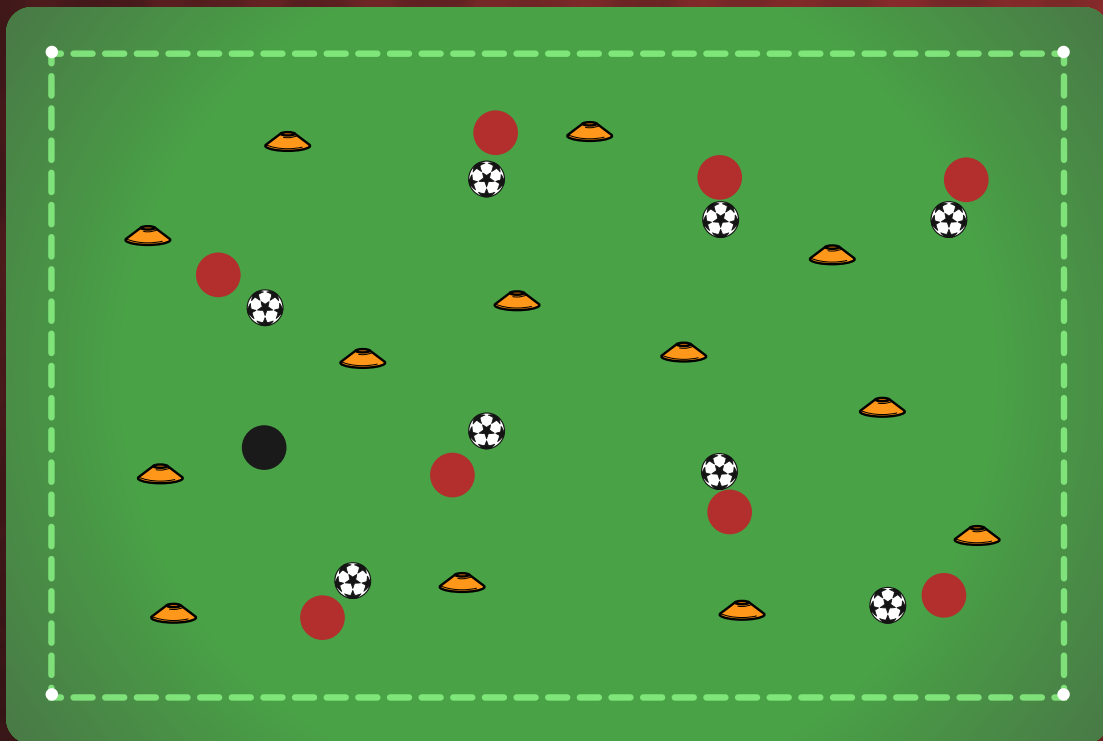
- Try to strike the ball through the moving goal before it moves away.
- Try to look up and spot the moving goal before you strike.



DISCOVERY AND CURIOSITY GAMES



HUNGRY HIPPOS



HOW TO ORGANIZE

1. Define a 15mx15m grid with cones ('The Swamp')
2. Players are placed in the area with a ball each.
3. Cones are scattered randomly across the playing area as 'rocks'.

HOW TO PLAY

1. Players dribble around the swamp, avoiding the rocks (cones) and other animals (players).
2. The Attack: Hippos try to poke away with their feet the other players' soccer balls.
3. Recovery: If a ball is poked away, the player retrieves the ball and rejoins the game.

HOW TO COACH

Challenges:

- Try to keep the ball close to your feet.
- If someone comes to take the ball, turn and go a different way.

Questions:

- For Defenders: How many balls can the Hippos touch in one minute?
- For Dribblers: How many times can you avoid being "eaten" (tackled) by the swamp?



TREASURE HUNT! FIND THE OBJECTS!



HOW TO ORGANIZE

1. Players and parent/guardian each have a ball and are placed in a 20m x 20m grid with small and tall cones spread randomly across the area.
2. Ask players to close their eyes.
3. Hide objects such as stickers, bean bags, toys, figures, pinnies etc under separate cones (any object small enough to fit under a cone BUT large enough they cannot put in their mouths and swallow - if in doubt leave it out).
4. Play 30-second rounds.

HOW TO PLAY

1. Players dribble between cones looking for treasure.
2. To “lift a rock” (check under a cone), the player must first complete 5 toe taps or 5 side-to-sides with their ball.

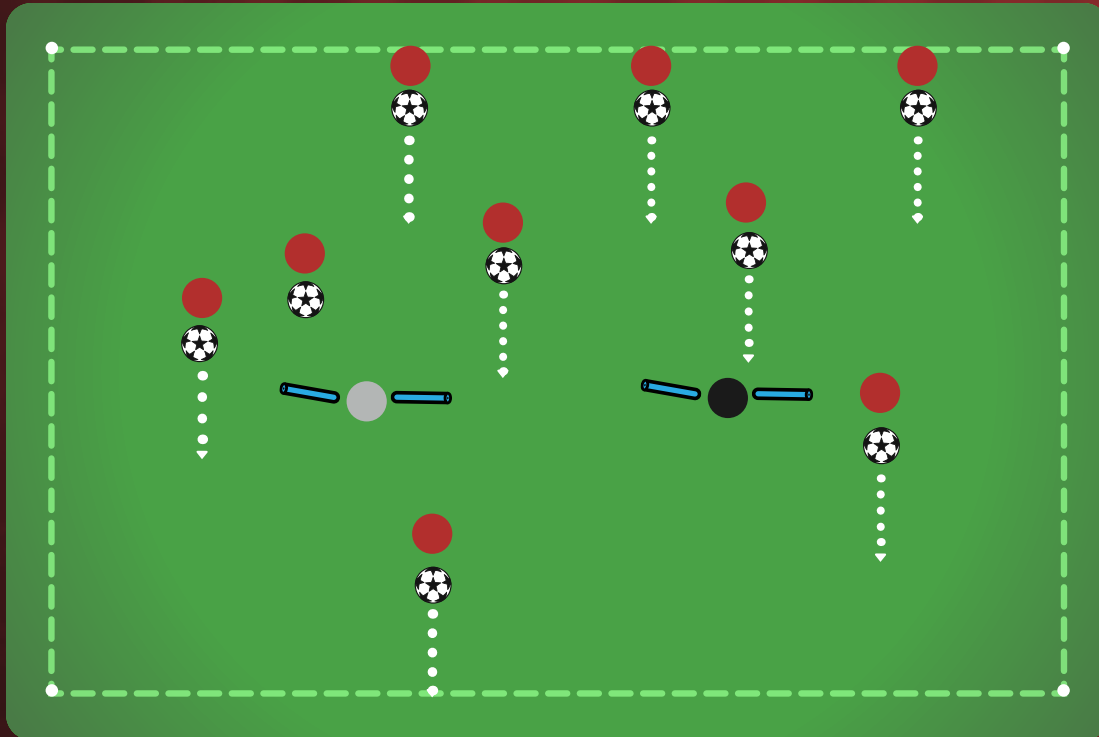
HOW TO COACH

Challenges:

- Try to use two feet to change direction with the ball.
- Try to take lots of little touches to keep the ball close.



THE OCTOPUS



HOW TO ORGANIZE

1. Set up a 20m wide x 12m long rectangle.
2. The coach and another adult start as the octopus with the pool noodles.
3. Players and their adults line up along the 20m line facing the coach (octopus).

HOW TO PLAY

1. Dribblers try to cross the area without being tagged by the “octopus”.
2. The coach and other adult are in the middle and use their pool noodles to tag the players.
3. Players get 1 point for every successful crossing. Change the “octopus” every minute.

HOW TO COACH

Challenges:

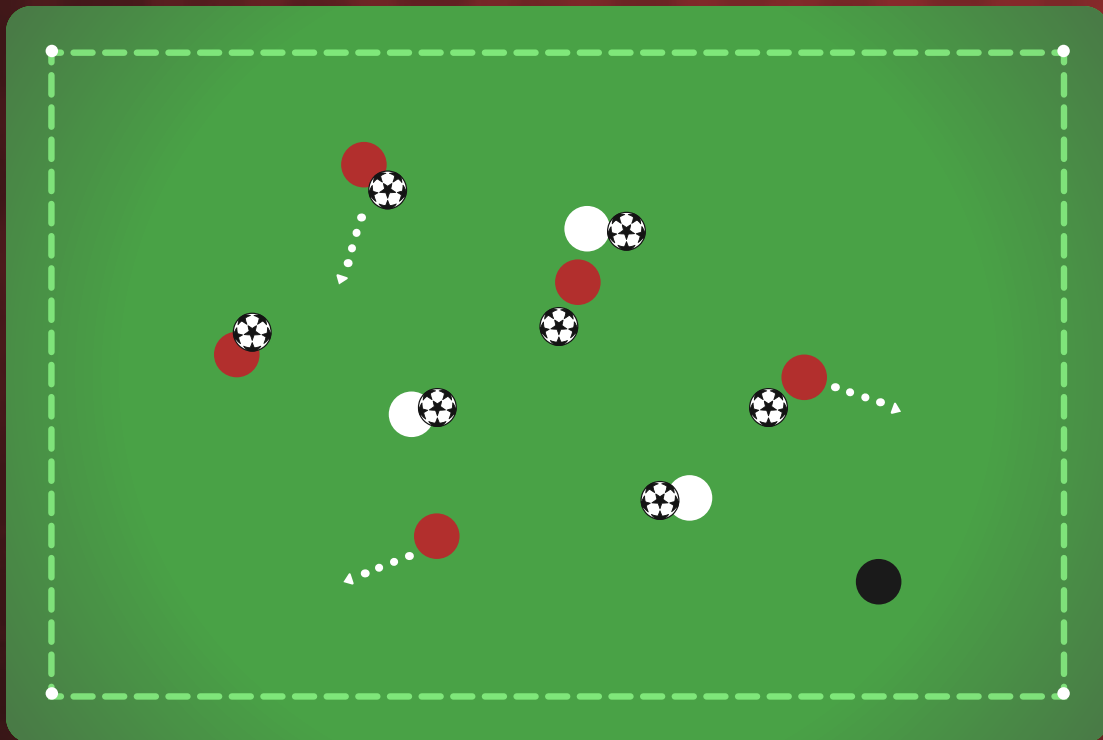
- Try to dribble the ball using small touches.
- Try to keep the ball within one step in front of you.
- Try to dribble fast into open space.



ME AND A BALL ACTIVITY



BUMPER CARS



HOW TO ORGANIZE

1. Set up a rectangle area appropriate to space available.
2. All players with a ball:
 - Players (red) ball at feet
 - Taggers (white) with ball in hand
 - Change area size pending success or numbers of players.

HOW TO PLAY

1. 2-3 players start with a ball in their hands (Taggers).
2. Dribblers move around the grid keeping their ball close to avoid being hit.
3. Taggers move through the grid and throw their ball to try to knock a Dribbler's ball away.

HOW TO COACH

Challenges:

- Try to shield the ball with your body.
- Try to turn your body away from the tagger.
- Try to hide the ball in your feet.



SMALL SIDED GAMES

