



PRE-DESIGNED PRACTICE SESSION PLANS

Active Start



Overview

The Practice Session Plans in this package are provided to give you an idea on how to go about introducing basic soccer activities to the players you get to coach.

There are six practice sessions plans provided covering:

1. Exploring Movement
2. Exploring the Ball
3. Searching & Exploring Space
4. Exploring Escaping Skills
5. Exploring Kicking the Ball (Passing & Shooting)
6. Traveling with the Ball

We'd encourage you to use the various games and activities to guide your application of the concepts shared in the Online Course(s). You will get an opportunity to try out some of these practice sessions during the on-field practical workshop that follow your online training.



SESSION #1 - EXPLORING MOVEMENT

Active Start



Key Questions

SESSION OBJECTIVES

- **Primary:** Explore different movements and actions.
- **Secondary:** To create an environment that presents moments to explore and interact with the ball.
- **Tertiary:** Create a fun and enjoyable experience.

QUESTIONS FOR PLAYERS TO EXPLORE

- **Who** is the focus? The player.
- **What** is happening? To explore how the body moves & interacts with the environment.
- **Where** does this happen? In any area of the field.
- **When** does this occur? Whenever the player is interacting and moving in the environment.
- **Why** will this help? To assist the player developing fundamental movement skills (**REVIEW PHYSICAL LITERACY TOOLBOX**).
- **How** can you be successful? Explore and encourage players to have fun with different types of movements.
- **Consider:** Make it fun and do not get concerned on stoppages and coaching. Let them explore the ball and environment.



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: SIMON SAYS

- A fun activity that encourages players to explore how to play and manipulate the ball.
- Players will also be required to use searching skills to locate available gaps & space.

PART TWO: FRUIT SALAD

- A fun activity that encourages players to explore how to play and manipulate the ball.
- Players can also explore a variety of physical literacy movements.

PART THREE: LIGHTENING McQUEEN

- A fun activity that encourages players to explore how to play and manipulate the ball.

PART FOUR: CAPTURE THE POINTS

- This fun activity allows players to move with their ball both in opposed and unopposed scenarios towards goal.

CHALLENGE FOR HOME: 1v1 RELAY

- This is a fun activity encouraging players to explore different movements at home.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)

WHY MAKE IT EASIER

- If players are unable to have a balanced consistency of success and failure.

WHY MAKE IT HARDER

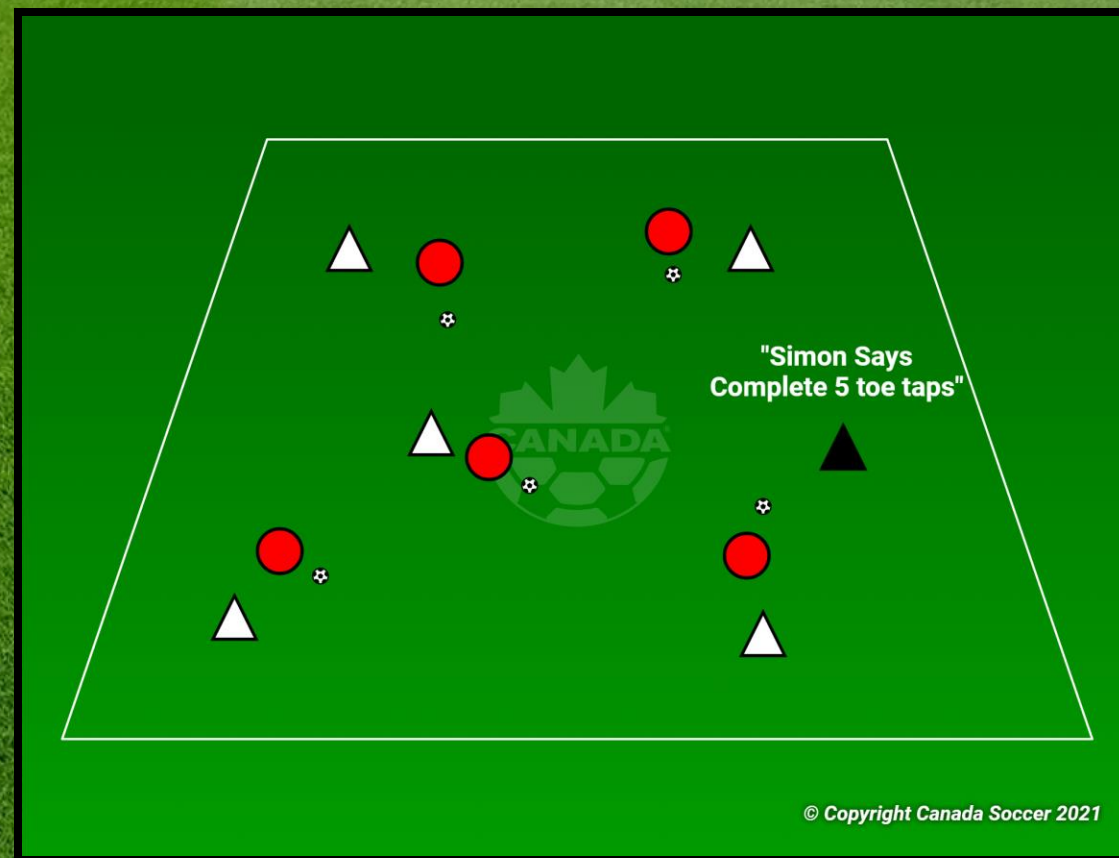
- Players are consistently having success and need to be presented with a new problem to solve. This can involve changing the environment or restricting or rewarding the behaviour of those participating.



SIMON SAYS

OBJECTIVE

- **RECOMMENDATION:** 10X10 with five players & five parents.
- Players & Parents complete actions listening to the coach who is playing Simon Says. If a player does the action without the coach saying Simon Says, they must run over to the coach and high five them before returning to the game. (**REVIEW PHYSICAL LITERACY TOOLBOX**).
- **MAKE IT HARDER:** Consider adding a ball and completing these soccer actions:
 - Toe taps
 - Turns
 - Dribbling
 - Passing with parent
 - Throwing the ball to parent



© Copyright Canada Soccer 2021

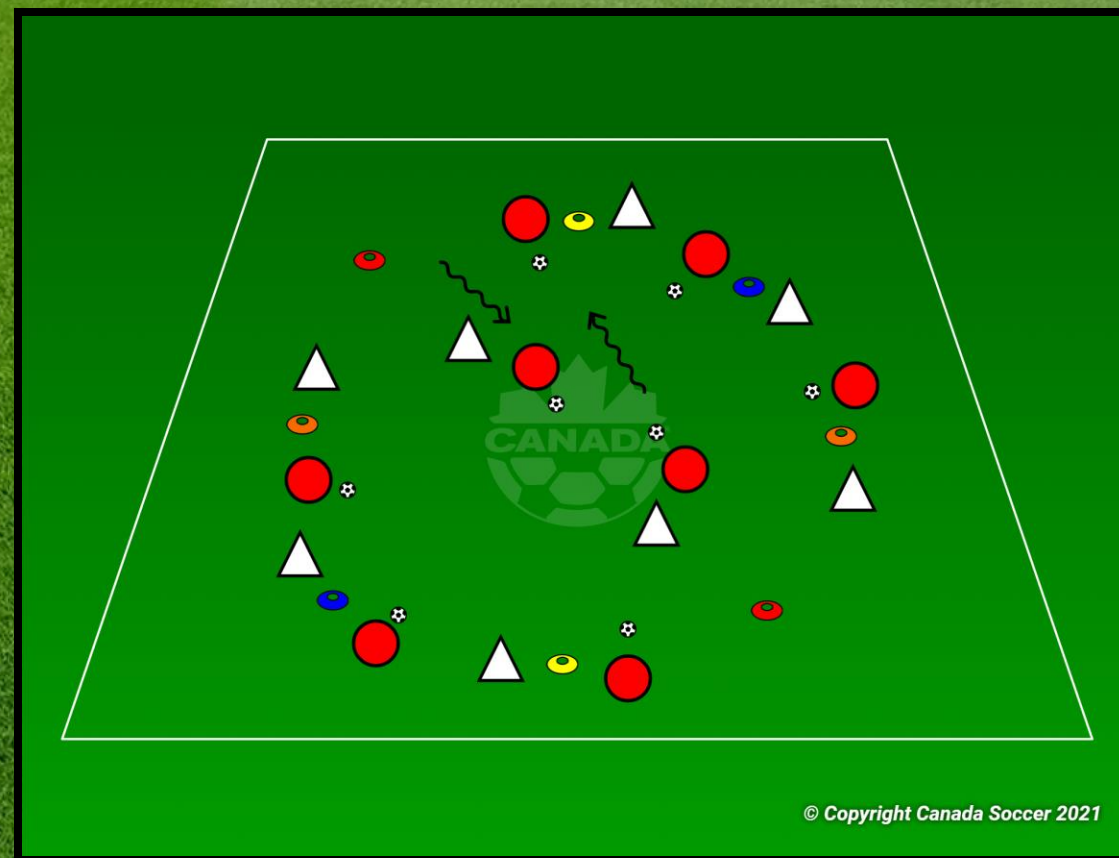




FRUIT SALAD

OBJECTIVE

- **RECOMMENDATION:** 15X15 with eight players & eight parents.
- Identify each Player & Parent as a specific fruit. Objective is when the coach calls out the fruit those who are the same must swap positions whilst completing a **movement** (SEE PHYSICAL LITERACY TOOLBOX).
- When the coach shouts “**FRUIT SALAD**” everyone must change to a new position.
- **COACH CONSIDER:** To help with the process have different colored cones and have that cone a specific fruit. Also consider changing it from fruits to something more different that children might enjoy. Example rainbows and colors.
- **MAKE IT HARDER:** Add a ball and include dribbling.

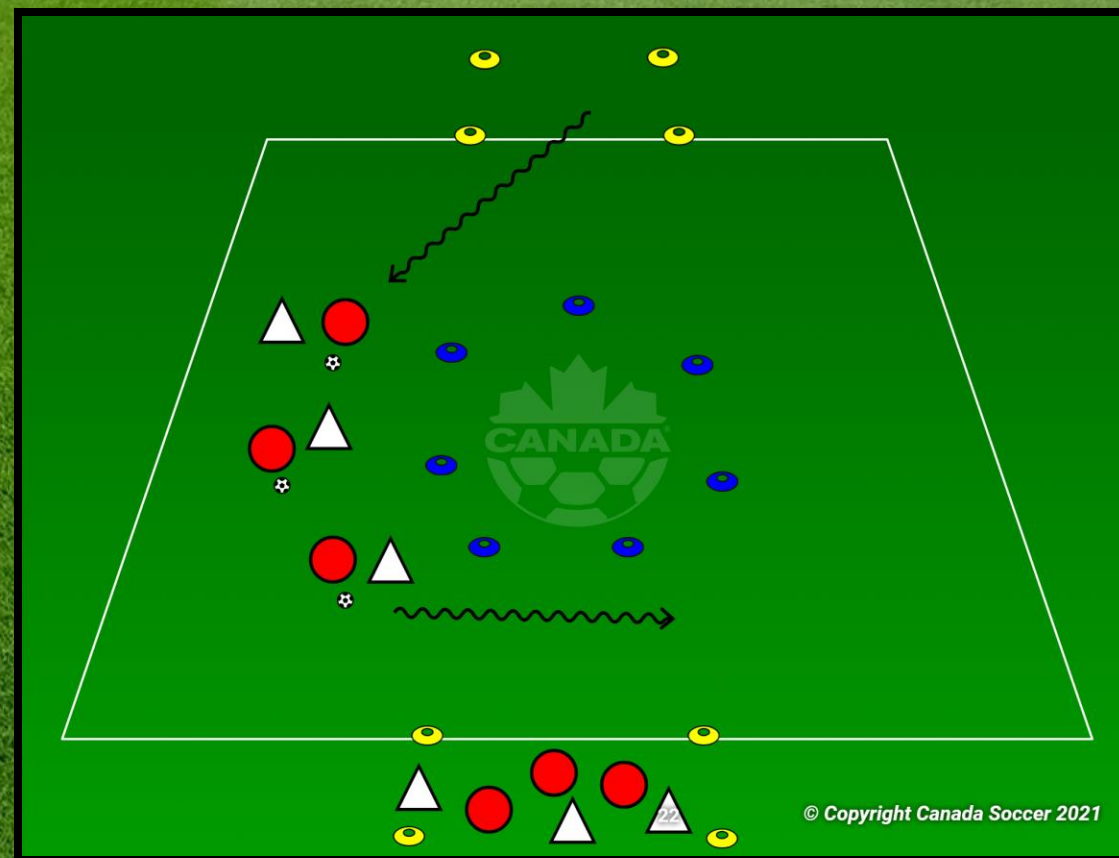


		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement

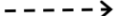
LIGHTENING MCQUEEN

OBJECTIVE

- **RECOMMENDATION:** 15X15 with a 5x5 circle in the middle allowing eight players & eight parents to participate.
- Parent & Player are separated into two different pit stops. Objective is when the coach gives that pit stop the green light, they complete a full lap doing different movements (**SEE PHYSICAL LITERACY TOOLBOX**).
- **COACH CONSIDER:** How you can use the different movements and reference to driving. Example hopping could emulate a flat tire and completing a roll halfway round simulates a crash.
- **COACH CONSIDER:** Changing direction of the laps to ensure symmetrical opportunities for movement.
- **MAKE IT HARDER:** Add a ball and dribble round the track.



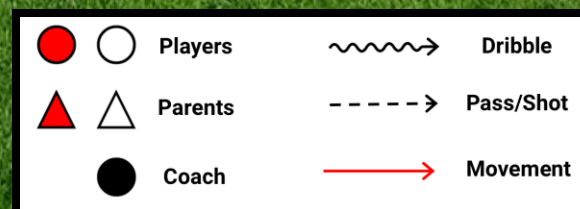
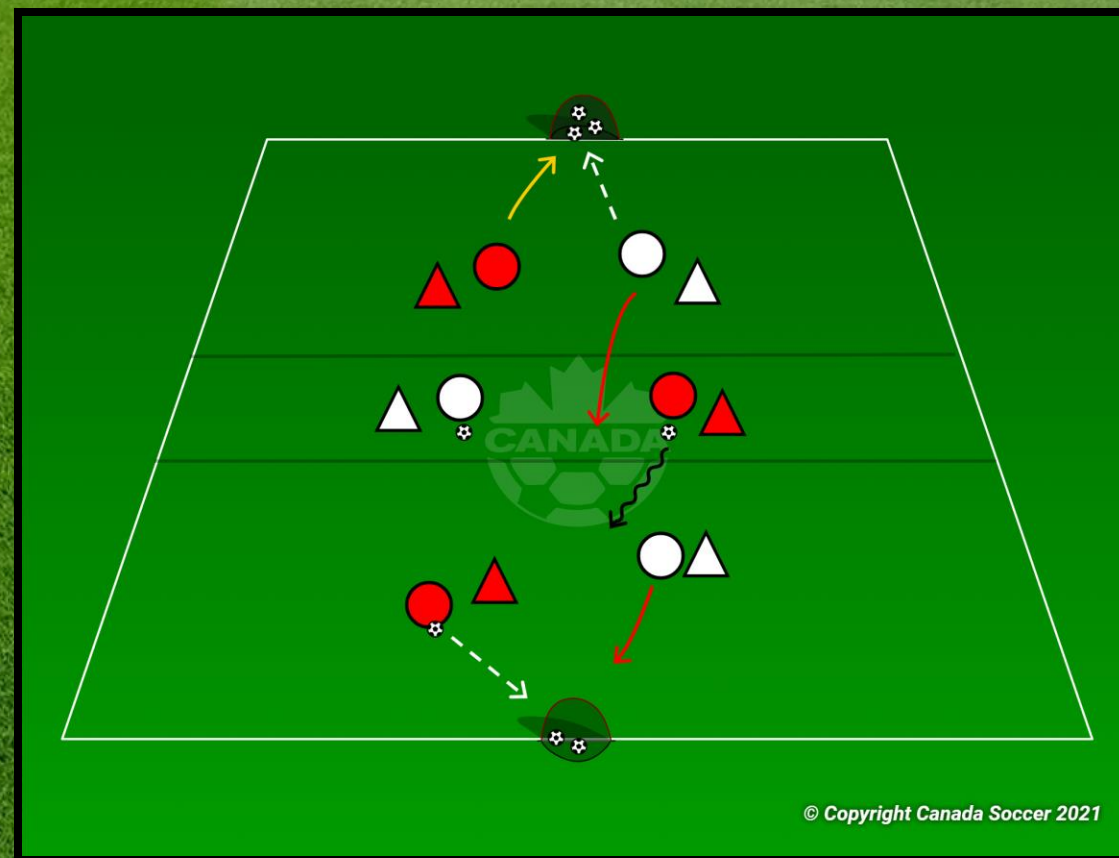
© Copyright Canada Soccer 2021

		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement

CAPTURE THE POINTS

OBJECTIVE

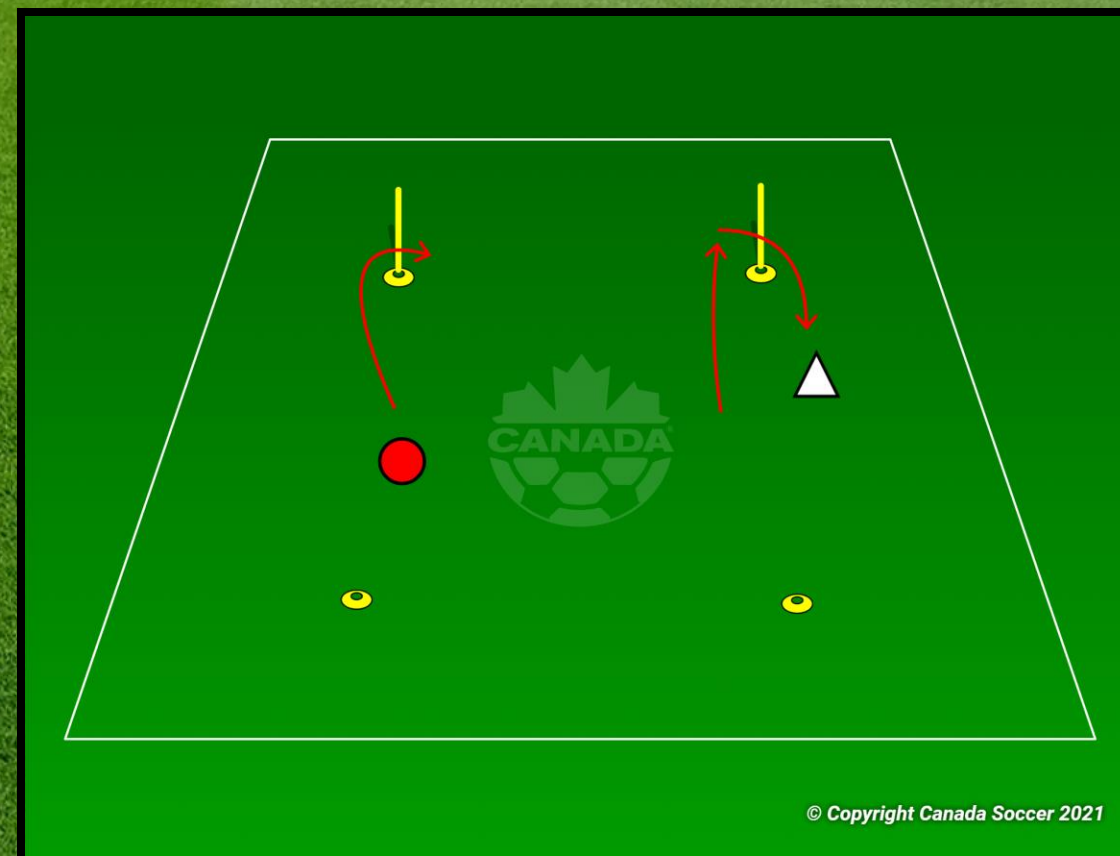
- **RECOMMENDATION:** 15X10 with three players & three parents.
- Parent & Players attempt to get as many balls as possible in their opponents' goal before time runs out. Players must complete a specific movement and action with or without the ball (**SEE PHYSICAL LITERACY TOOLBOX**) in the middle zone before throwing or kicking the ball in the opponent's goal.
- **COACH CONSIDER:** How can you have the Player & Parent complete tasks together. Example throw and catch the ball three times each in the zone before continuing.
- **MAKE IT HARDER:** Only allow players to dribble the ball.

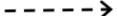


CHALLENGES FOR HOME: 1V1 RELAY

OBJECTIVE

- Setup a space and create a goal.
- Player & Parent both have their own course where they race 1v1 completing different movements (SEE PHYSICAL LITERACY TOOLBOX).
- **COACH CONSIDER:** Use any objects to make the goal. Bags, coats, shoes etc.
- **MAKE IT HARDER:** Add a ball to dribble and complete soccer actions. Example toe taps.



		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



SESSION #2 - EXPLORING THE BALL

Active Start



Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that presents moments to explore and interact with the ball.
- **Secondary:** Explore different movements and actions.
- **Tertiary:** Create a fun and enjoyable experience.

QUESTIONS FOR PLAYERS TO EXPLORE

- **Who** is the focus? The player and the ball.
- **What** is happening? To explore how to play with and manipulate the ball.
- **Where** does this happen? In any area of the field.
- **When** does this occur? Whenever the player is in possession.
- **Why** will this help? To assist the player with moving around their environments with the ball.
- **How** can you be successful? Make the ball your friend. Take care of it and explore what you both can do together.
- **Consider:** Make it fun and do not get concerned on stoppages and coaching. Let them explore the ball and environment.



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: PIRATES

- A fun activity that encourages players to explore how to play and manipulate the ball.
- Players will also be required to use searching skills to locate available gaps & space.

PART TWO: NUTS AND SQUIRRELS

- A fun activity that encourages players to explore how to play and manipulate the ball.
- Players can also explore a variety of physical literacy movements.

PART THREE: MAKING FRIENDS WITH THE BALL

- A fun activity that encourages players to explore how to play and manipulate the ball.

PART FOUR: 3V3 NO GOALKEEPERS

- This fun activity allows players to move with their ball both in opposed and unopposed scenarios towards goal.

CHALLENGE FOR HOME: GOALS

- This is a fun activity encouraging players to develop kicking movements and practice their favourite celebrations.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)

WHY MAKE IT EASIER

- If players are unable to have a balanced consistency of success and failure.

WHY MAKE IT HARDER

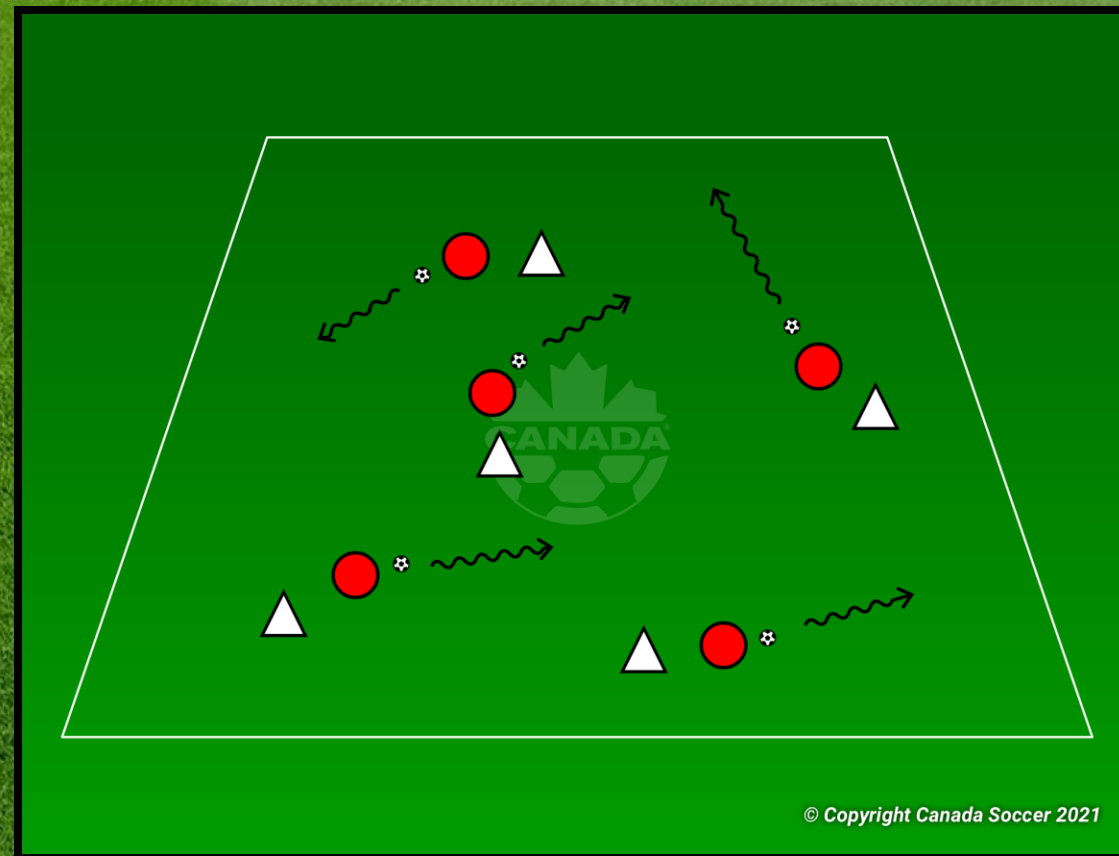
- Players are consistently having success and need to be presented with a new problem to solve. This can involve changing the environment or restricting or rewarding the behaviour of those participating.



PIRATES

OBJECTIVE

- **RECOMMENDATION:** 10X10 with five players & five parents.
- Players & Parents are pirates aboard the pirate ship. As the Captain shouts out commands the players complete the commands:
 - "Captain is Coming" = AY AY Captain foot on the ball and a salute
 - "Scrub the Deck" = Roll the ball back and forward with the bottom of the foot
 - "Climb the Rigging" = Toe taps and climb with the arms
 - "Man overboard" = Run to the side of the square and dive to the ground
 - "All aboard" = Pick the ball up and throw it in the air three times

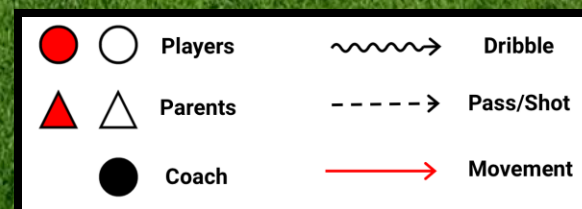
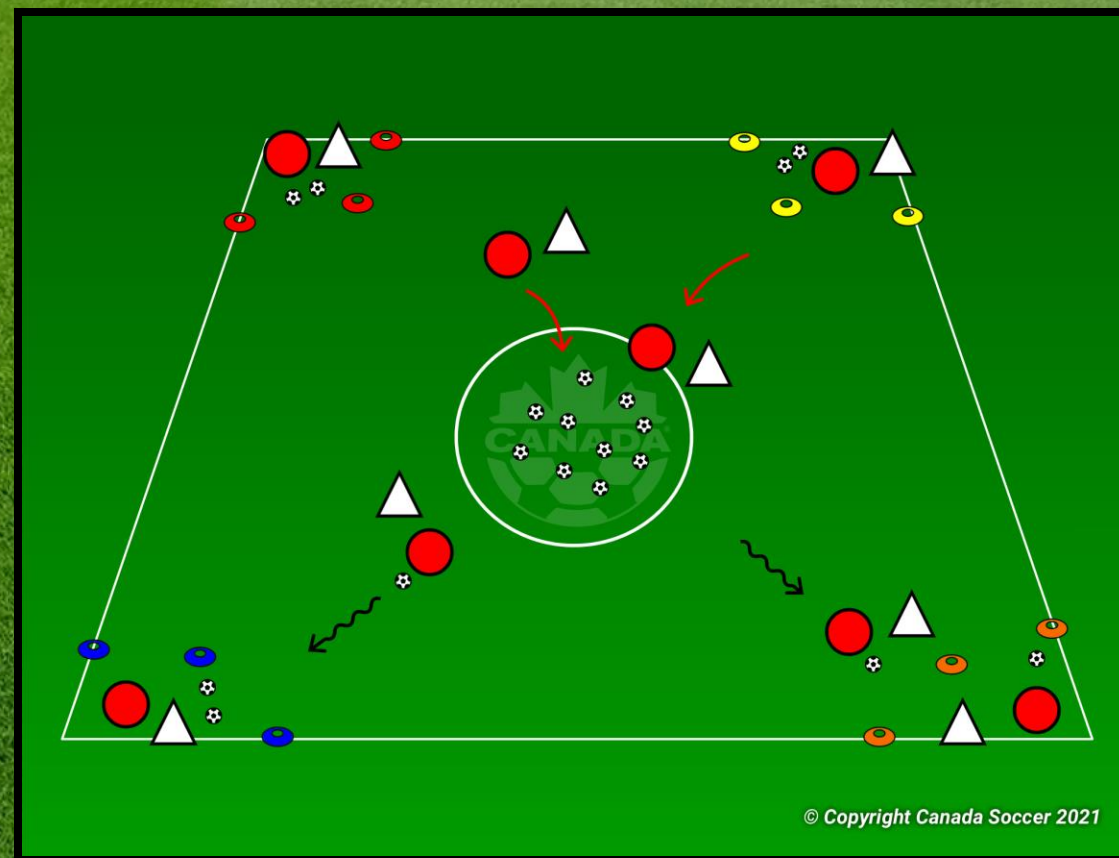


		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement

NUTS AND SQUIRRELS

OBJECTIVE

- **RECOMMENDATION:** 20X20 with eight players & eight parents.
- Two Players & Parents are in four different corners, which is their home base and balls are in the middle of playing area.
- Objective is for the player and parent to work together to return a ball back to their home base.
- **MAKE IT EASIER:** Have the players and parents use their hands to return the ball and use a variety of movements to return it (**review physical literacy toolbox**).
- **MAKE IT HARDER:** Add a ball to dribble the ball back.

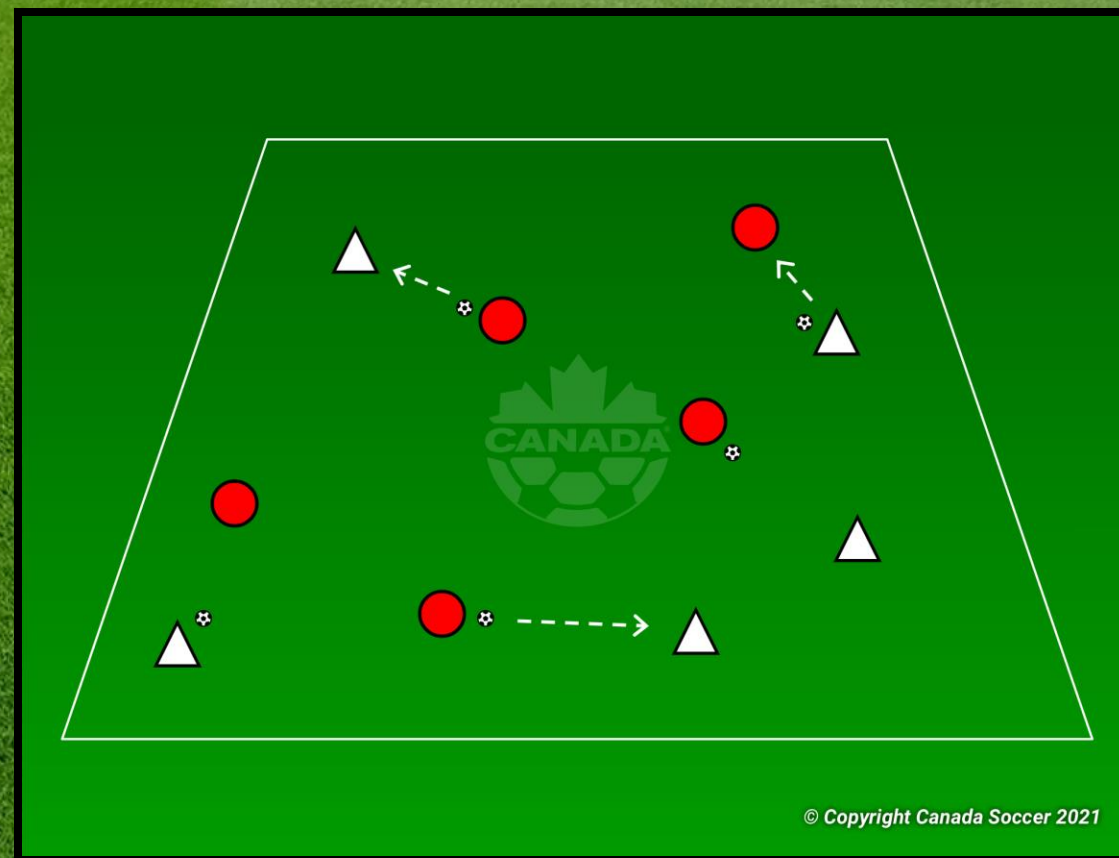




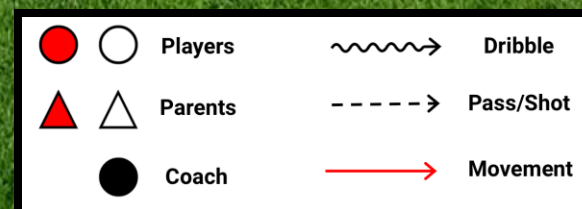
MAKING FRIENDS WITH THE BALL

OBJECTIVE

- **RECOMMENDATION:** 15X15 with eight players & eight parents.
- Parent & Player find a space on the field facing each other and start to go through the following tasks:
 - Roll the ball and scoop like a goalkeeper
 - Roll the ball to the side and dive like a goalkeeper
 - Catch the ball (short distance)
 - Toe Taps
 - Side to Side
 - Traps ("ole")
 - Bump the ball off parent's hands with forehead (add height)
 - Score through the legs and dive on the ball
- **COACH CONSIDER:** How you model the actions and make it relatable to the players.



© Copyright Canada Soccer 2021

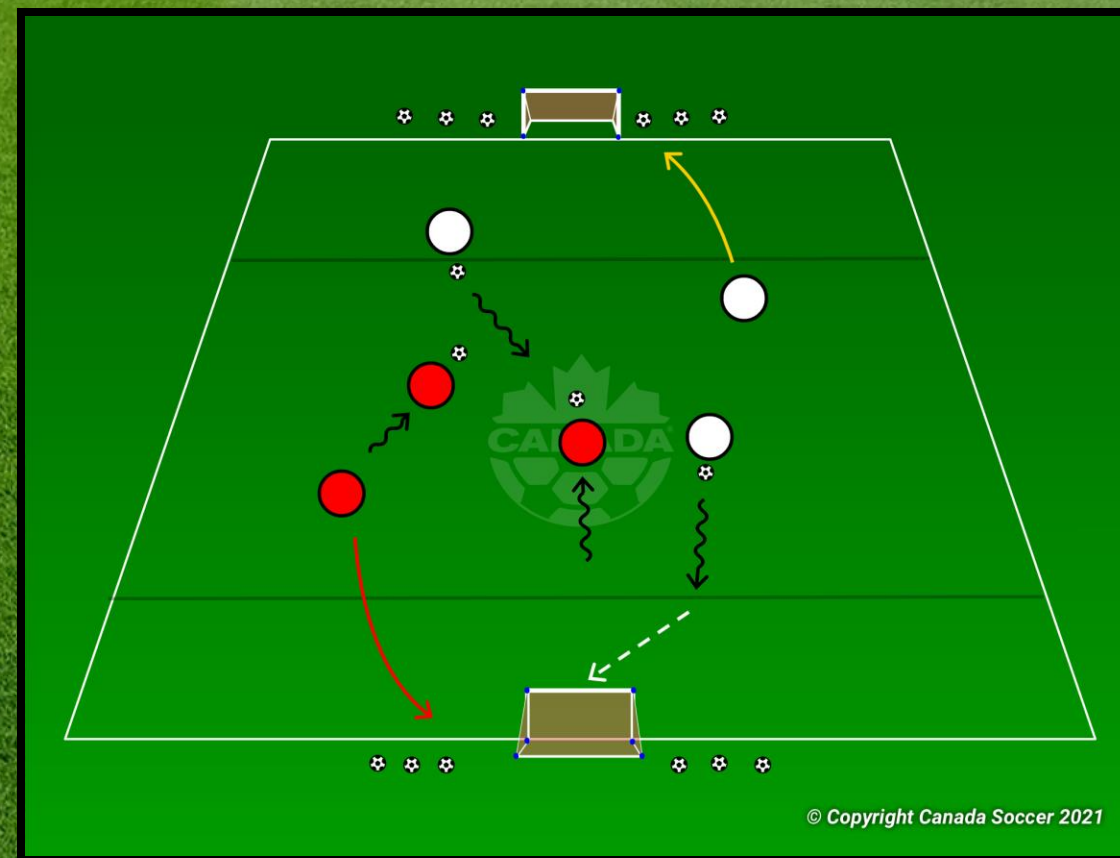




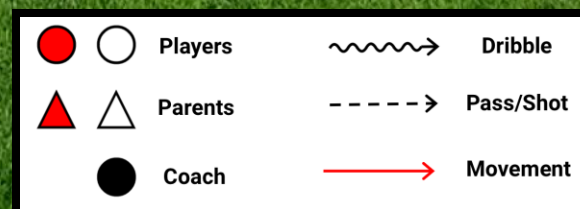
3v3 NO GOALKEEPERS

OBJECTIVE

- **RECOMMENDATION:** 15X10 with three players & three parents.
- Parent & Players have a goal they are trying to score as many goals as possible in the allocated time. Allow as many balls as possible in the playing space keeping spares behind the goal. Once a player scores, they can either defend their goal or take another ball from behind their goal they are defending.
- **COACH CONSIDER:** Have the parents play in the game and work together.
- **MAKE IT EASIER:** Do not allow players to take the ball from the opposite team.
- **MAKE IT HARDER:** Add a shooting zone where players have to be inside before shooting.



© Copyright Canada Soccer 2021

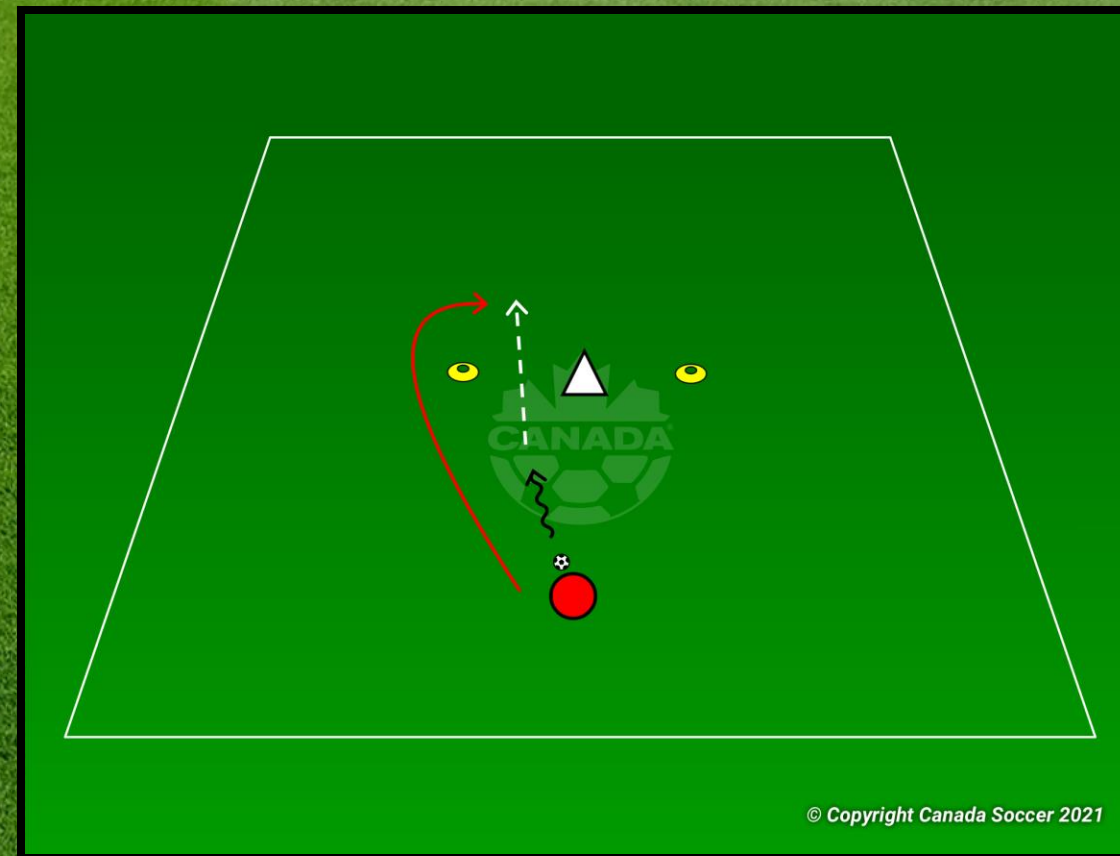


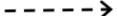


CHALLENGES FOR HOME: GOALS!

OBJECTIVE

- Setup a space and create a goal.
- Encourage the player to shoot in the goal and practice their celebrations.
- **COACH CONSIDER:** Use any objects to make the goal. Bags, coats, shoes etc.
- **MAKE IT EASIER:** Have no goalkeeper.



		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



SESSION #3 - SEARCHING & EXPLORING SPACE

Active Start



Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that requires players to search and find space with and without the ball.
- **Secondary:** Explore different movements and actions.
- **Tertiary:** Create a fun and enjoyable experience.

QUESTIONS FOR COACHES TO EXPLORE

- **Who** is the focus? Every player.
- **What** is our objective? To search and find space with and without the ball.
- **Where** in the environment should you search for space? All the time.

- **When** should we be searching for space? All the time as the environment will continue to change.
- **Why** will this help? By searching effectively players will be able to find space and time.
- **How** can you be successful? Head up and look around the environment. Encourage we want to see their face as they play and explore.
- **Consider:** Make it fun and do not get concerned on stoppages and coaching. Let them explore the environment.



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: MINI RELAY WITH THEIR PARENTS

- A fun activity that allows for players to move with and without the ball exploring a variety of movement.
- Players will also be encouraged to search and avoid in the environment.

PART TWO: BEAVER TAILS

- A fun activity that encourages players to escape being tagged by their parents by utilizing a variety of escaping movements.
- Players will also be required to use searching skills to locate and chase their parent

PART THREE: PIRATES' TREASURE

- A fun activity that encourages players to search for space and those selected to try and get their ball.
- An activity that allows players to explore moving with their ball.

PART FOUR: CHAIN SOCCER

- This fun game allows players to search for space and gaps with the chance to score goals in a structured environment.

CHALLENGE FOR HOME: CHASE

- This is a fun activity encouraging players to develop searching and escaping skills with their parent.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)

WHY MAKE IT EASIER

- If players are unable to have a balanced consistency of success and failure.

WHY MAKE IT HARDER

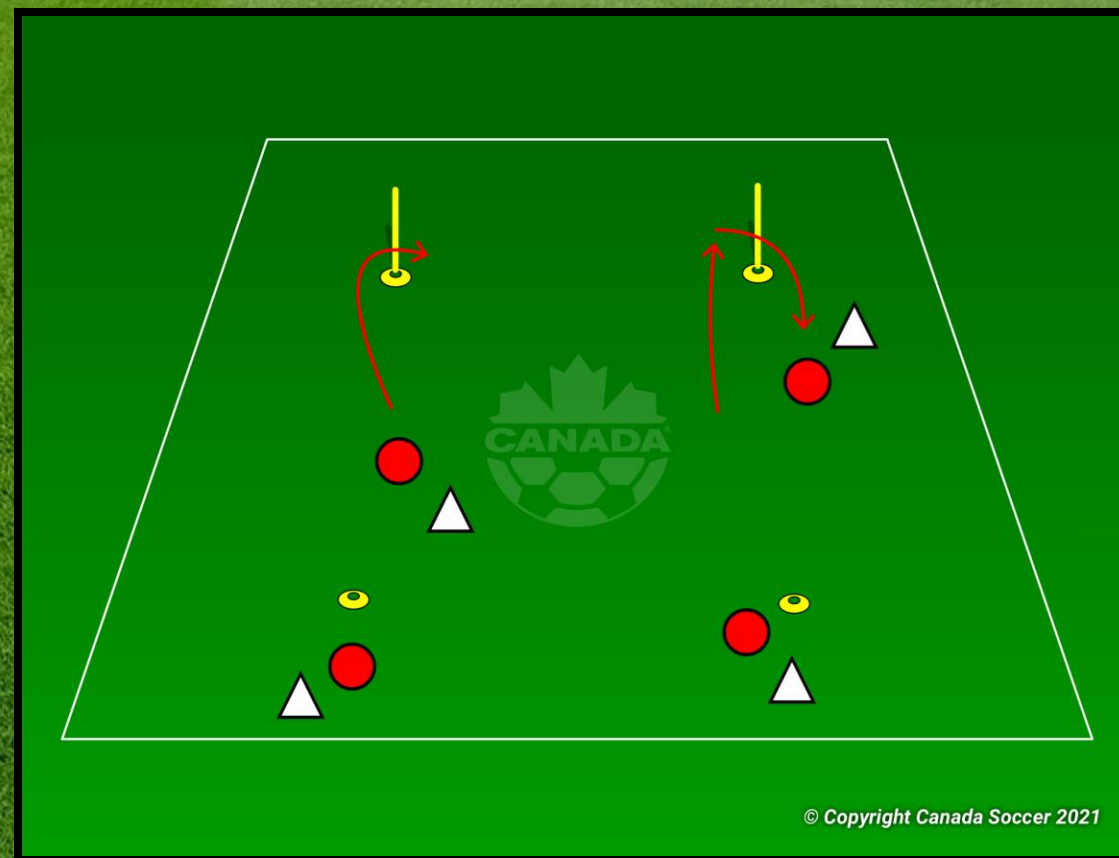
- Players are consistently having success and need to be presented with a new problem to solve. This can involve changing the environment or restricting or rewarding the behaviour of those participating.

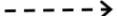


MINI RELAY WITH PARENTS

OBJECTIVE

- **RECOMMENDATION:** 5 yards and groups having no more than three players to allow them to be active.
- In pairs, Players and Parents complete a variety of different movements as modeled by the coaches.
- **COACH CONSIDER:** Starting without a ball exploring movement skills (**REVIEW PHYSICAL LITERACY TOOLBOX**).
- **COACH CONSIDER:** Setup several stations with the distance being very small.
- **MAKE IT HARDER :** Have two stations go diagonal resulting in them having to avoid each other as they complete the exercise.



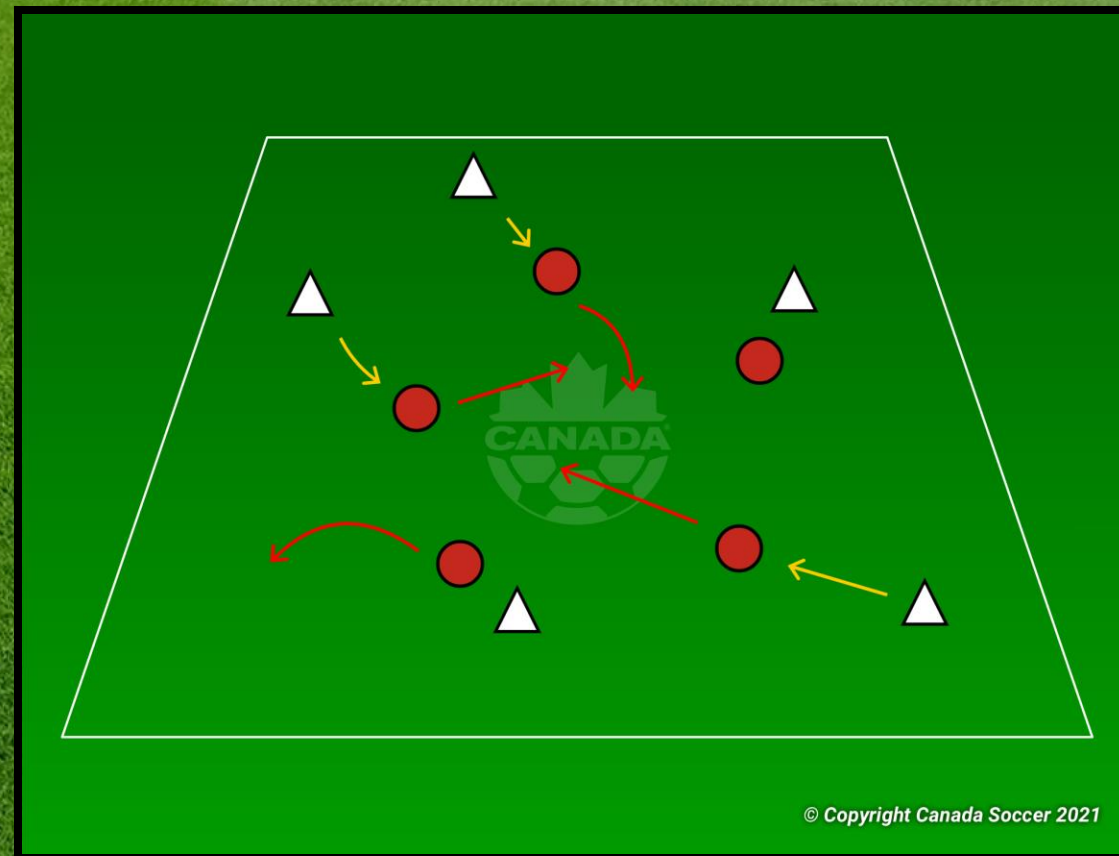
		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



BEAVER TAILS

OBJECTIVE

- **RECOMMENDATION:** 10X10 with four players & four parents.
- In pairs, Player & Parent swap roles chasing each other and trying to grab the 'beaver tail'. Once the tail has been caught, they role swaps.
- **COACH CONSIDER:** Have players explore a variety of movement (**REVIEW PHYSICAL LITERACY TOOLBOX**).
- **MAKE IT HARDER:** Make the space smaller.



© Copyright Canada Soccer 2021

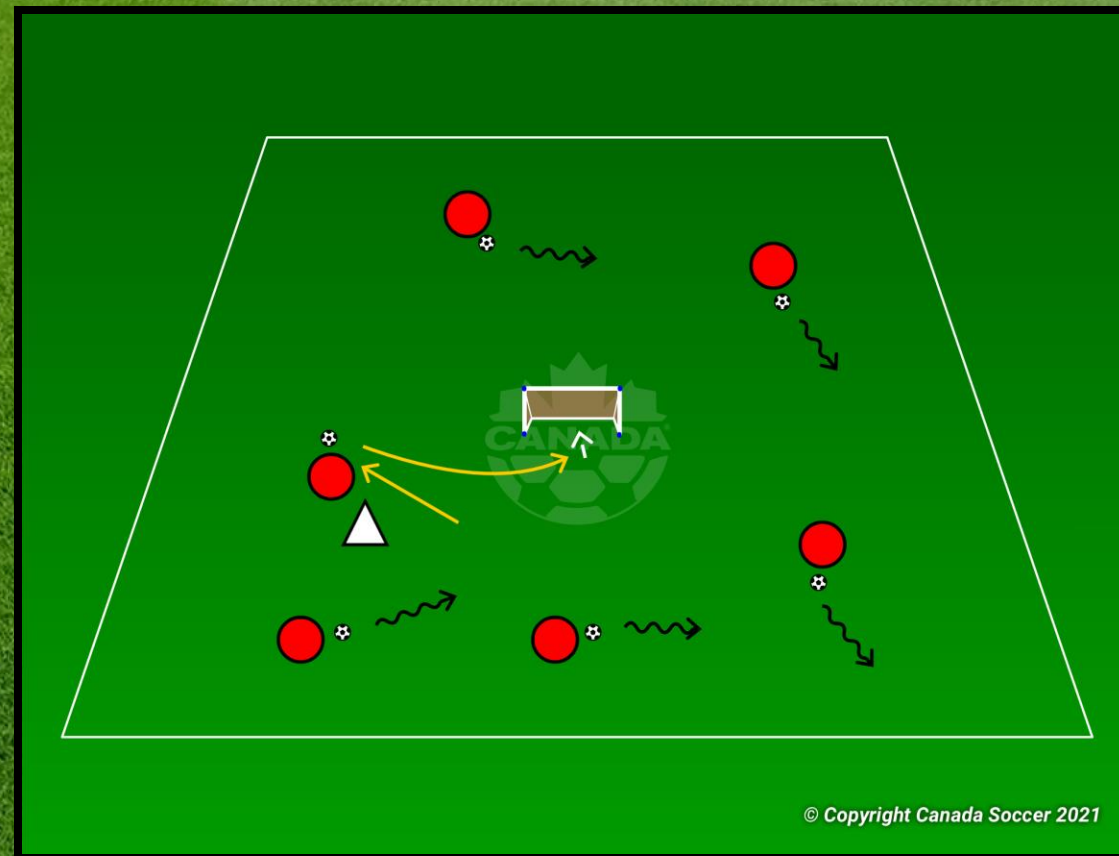
		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



PIRATES' TREASURE

OBJECTIVE

- Setup a space that is appropriate based on the number of players involved. **RECOMMENDATION:** 15X15 with four players & four parents.
- In pairs, Player and Parent dribble and share the ball whilst trying to keep their ball from the pirate who is trying to steal it and put it in their treasure chest (the goal as located on the diagram).
- Once the ball is in the treasure chest both Player and Parent must complete an action before being able to retrieve their ball and continue. Example 5 jumping jacks or toe taps etc.
- **MAKE IT HARDER:** When your ball is in the treasure chest you join the pirates team resulting in more chasers & less space.



© Copyright Canada Soccer 2021

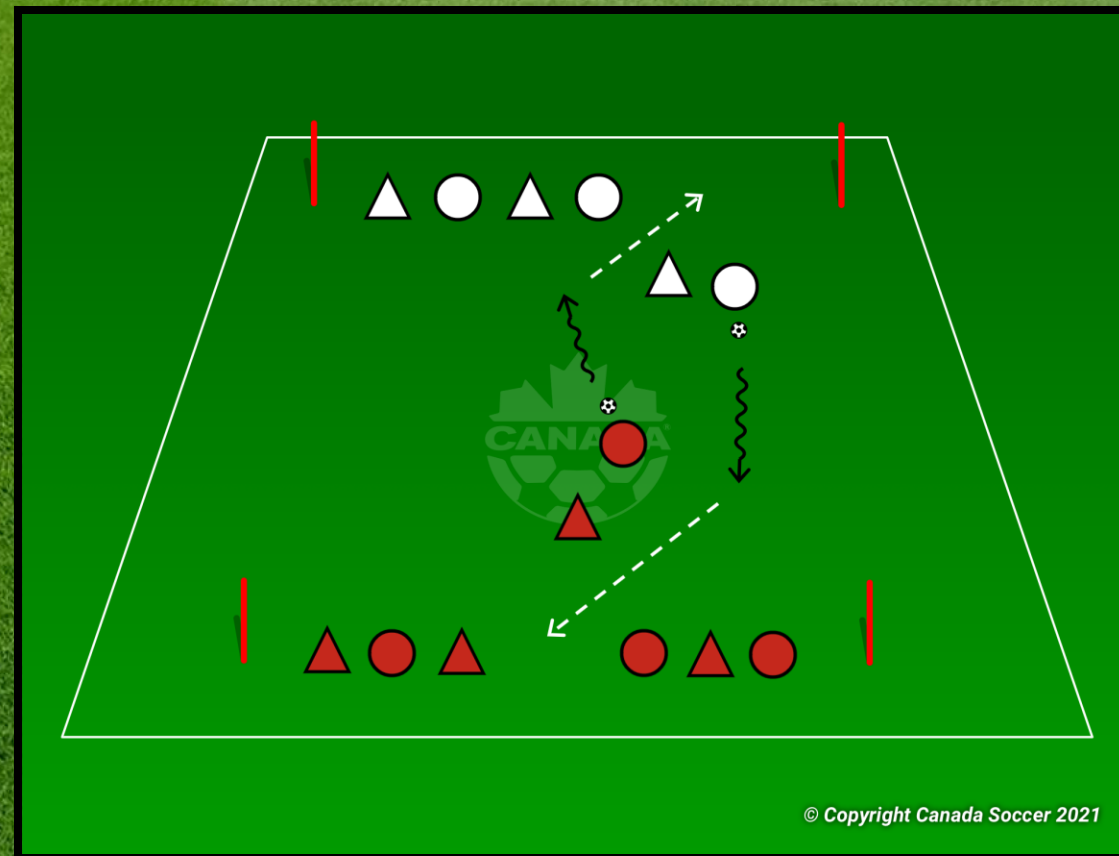
		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



CHAIN SOCCER

OBJECTIVE

- **RECOMMENDATION:** 10X10 with eight players & eight parents.
- In groups of eight including parents, all participants are required to line up together (chaining arms optional) and are numbered 1-4.
- On the coaches command the number called attempts to score on the large goal opposite.
- **COACH CONSIDER:** Encourage player and parent to work together.
- **MAKE IT EASIER:** Start with two balls one for each team
- **MAKE IT HARDER:** Have one ball.



© Copyright Canada Soccer 2021

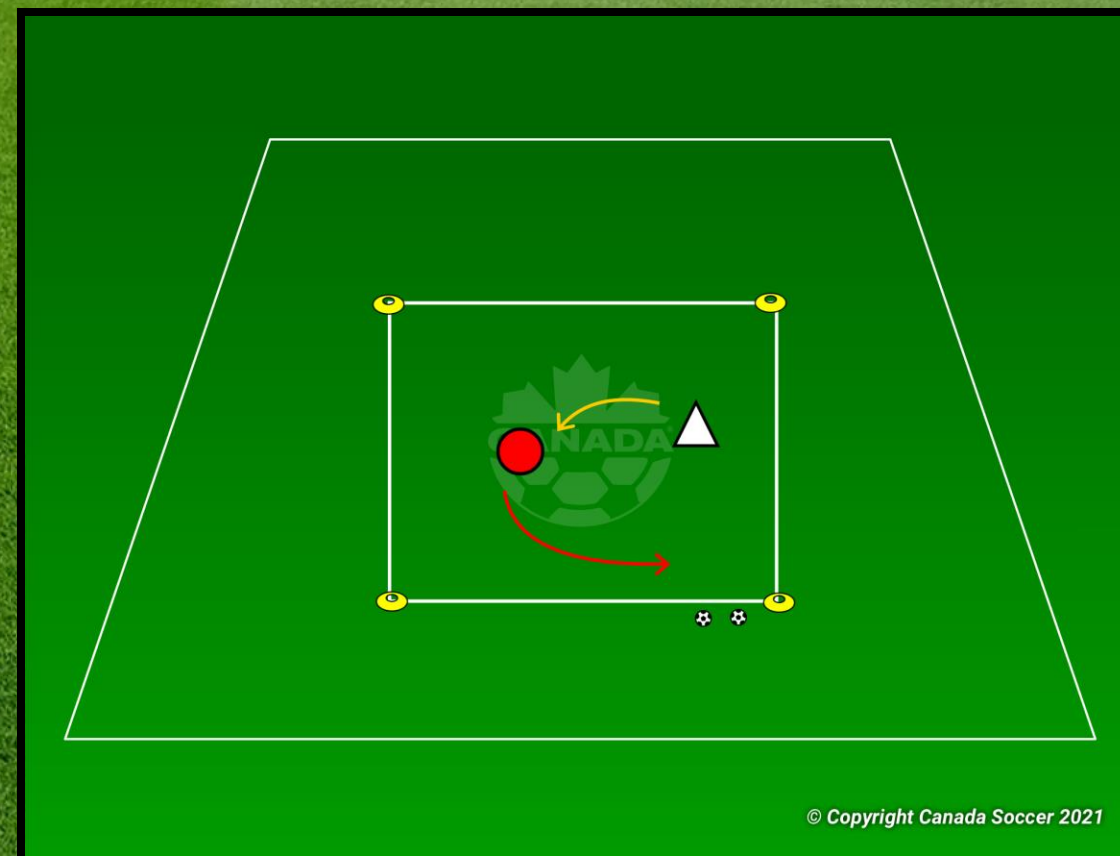
		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



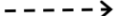
CHALLENGES FOR HOME: CHASE

OBJECTIVE

- **Setup** a space is 10x10.
- Player & Parent try to set your personal record of how many times you do not get caught in 20 seconds.
- **MAKE IT HARDER:** Both player and parent have a ball



© Copyright Canada Soccer 2021

		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



SESSION #4 - EXPLORING ESCAPING SKILLS

Active Start



Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that presents moments to practice escaping skills with and without the ball.
- **Secondary:** Explore different movements and actions.
- **Tertiary:** Create a fun and enjoyable experience.

QUESTIONS FOR COACHES TO EXPLORE

- **Who** is the focus? Every player.
- **What** is our objective? To explore how to escape to available spaces and an introduction to dribbling actions.
- **Where** should escaping skills occur? When trying to avoid the opposition/individuals.
- **When** should we attempt to use our escaping skills? When space is limited, and bigger spaces are available in the playing space.
- **Why** will this help? To keep the ball and find spaces.
- **How** can you be successful? Head up to search the environment, keep the ball close in tight spaces to change direction, consider speeding up when required, explore the posture of the body to be more dynamic with movement.
- **Consider:** Make it fun and do not get concerned on stoppages and coaching. Let them explore the environment.



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



Educational success

Cognitive skills

Mental health

Psychological wellness

Social skills

Healthy lifestyle habits

Physical health

Physical fitness

TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: GOALS, GOALS, GOALS

- A fun activity that encourages players to search for space and gaps.
- Players are encouraged to explore moving with their ball in their hands and feet whilst learning how to direct the ball both rolling, throwing and kicking.

PART TWO: ANIMAL CROSSING

- A fun activity that encourages players to escape being tagged.
- Players will also be required to use searching skills to locate available gaps & space.

PART THREE: SHARK ATTACK

- A fun activity that encourages players explore actions to turn and escape pressure
- Players can also explore moving with and without a ball.

PART FOUR: NUMBERS GAME

- This fun game allows players to move with their ball both in opposed and unopposed scenarios towards goal.

CHALLENGE FOR HOME: COLOR SQUARE

- This is a fun activity encouraging players to develop dribbling and speeding up with and without the ball.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)

WHY MAKE IT EASIER

- If players are unable to have a balanced consistency of success and failure.

WHY MAKE IT HARDER

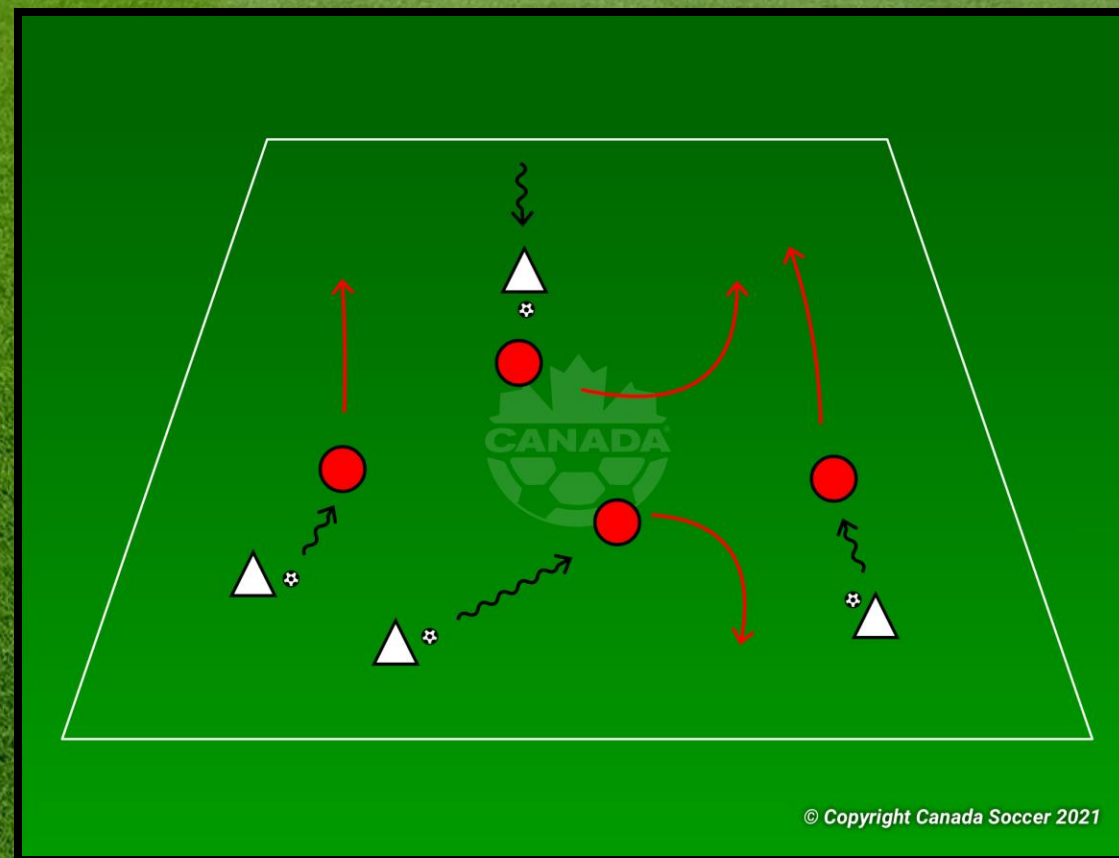
- Players are consistently having success and need to be presented with a new problem to solve. This can involve changing the environment or restricting or rewarding the behaviour of those participating.

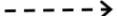


GOALS, GOALS, GOALS

OBJECTIVE

- **RECOMMENDATION:** 10X10 with four players & four parents.
- Players chase their Parent starting with the ball in their hands. Players move around the space using a variety of movements (**REVIEW PHYSICAL LITERACY TOOLBOX**) whilst trying to keep as close as possible. When the coach shouts to freeze/stop. Players based on the distance between their Parents will try to get the ball between their Parents legs who create a goal. Rotate roles.
- **COACH CONSIDER:** Roll the ball with two hands, Roll the ball with one hand and Kick the ball
- **MAKE IT HARDER :** Dribble the ball when chasing



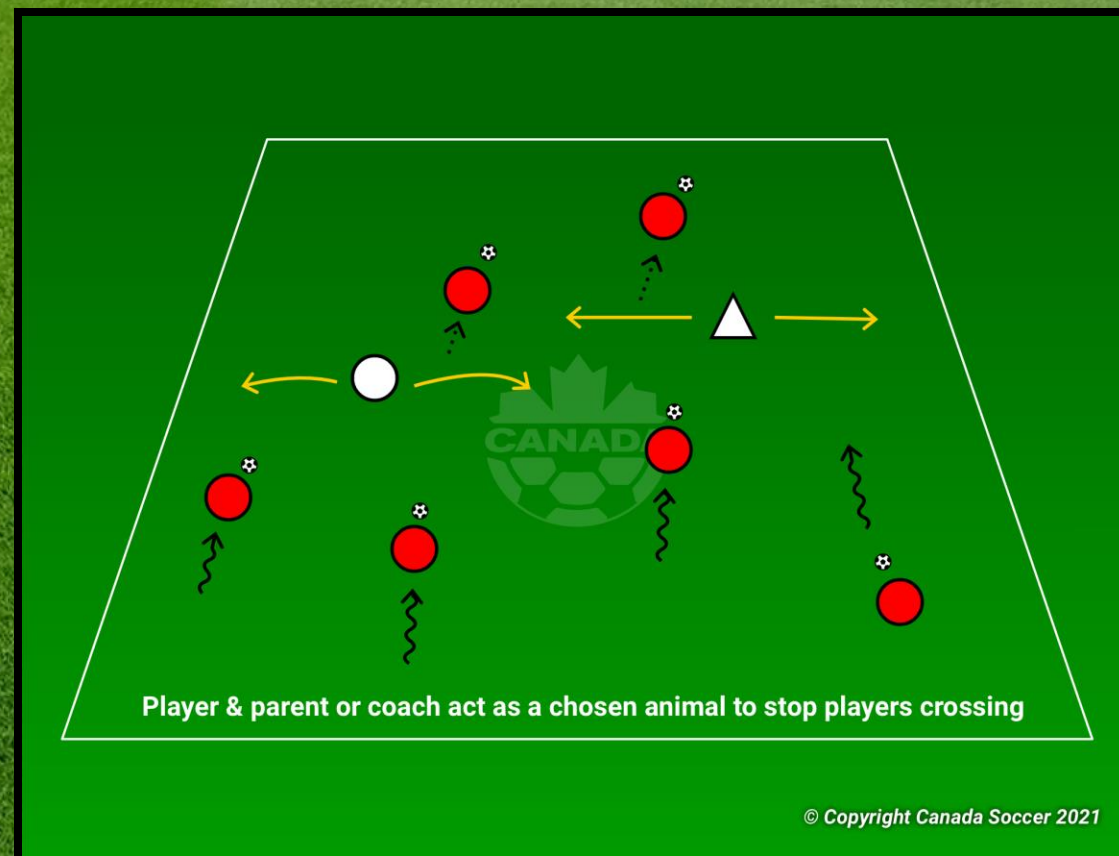
		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



ANIMAL CROSSING

OBJECTIVE

- **RECOMMENDATION:** 10X10 with four players & four parents.
- Parents and players play together moving from side of the grid to the other side.
- One parent & one player OR coach will get in an animal position (example: crab) and attempt to tag players as they move from one side of the grid to the other.
- If tagged, players must complete an action before continuing. Example 5 jumping jacks or toe taps etc.
- **COACH CONSIDER:** Be creative with animals or objects (example: roll like a snake)
- **MAKE IT EASIER:** Remove the ball and have players complete different movements (**REVIEW PHYSICAL LITERACY TOOLBOX**).



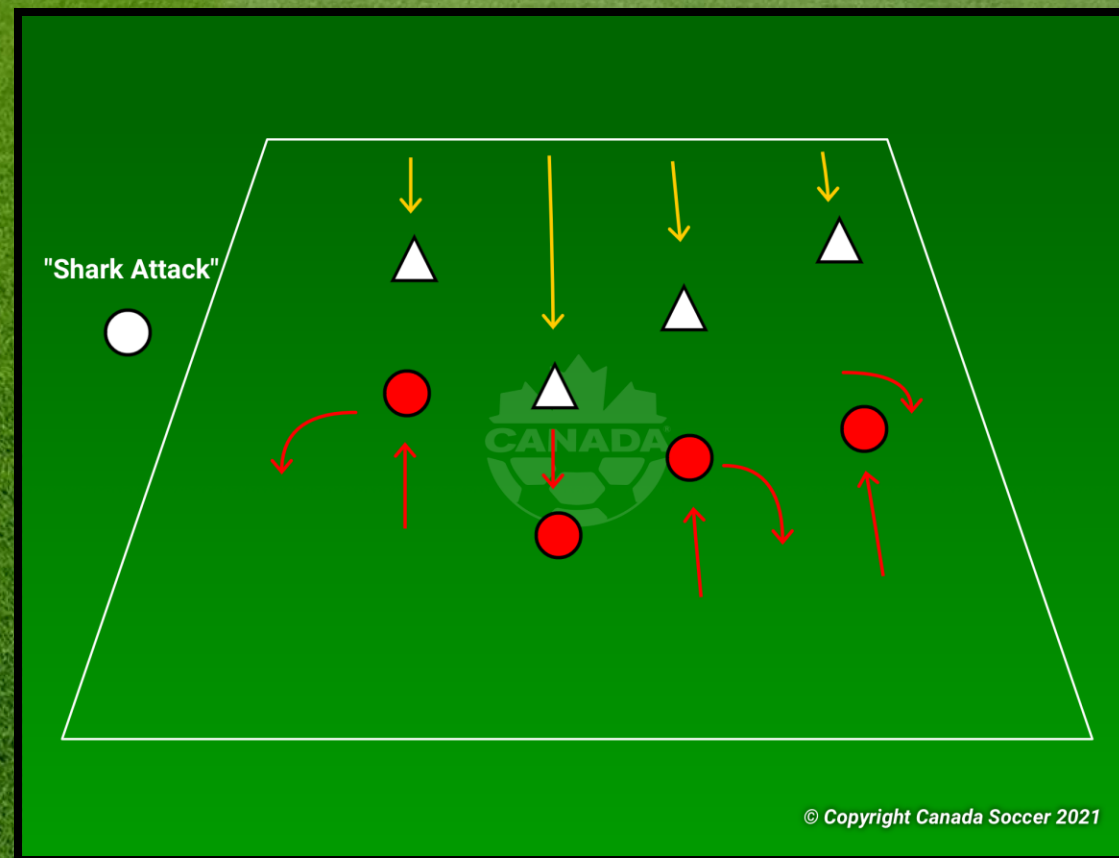
		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



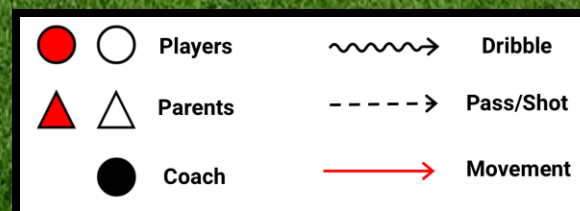
SHARK ATTACK

OBJECTIVE

- **RECOMMENDATION:** 10X10 with eight players & eight parents.
- Parents will position their child on one end of the grid and position themselves on the opposite side.
- Once the coach says go, parents make shark actions, and the players start to move towards their parents.
- Once the coach calls "Shark Attack" the parents (sharks) chase their child back to the beginning
- **MAKE IT EASIER:** Remove the ball and have players complete different movements (**REVIEW PHYSICAL LITERACY TOOLBOX**).
- **MAKE IT HARDER:** Add a ball to dribble



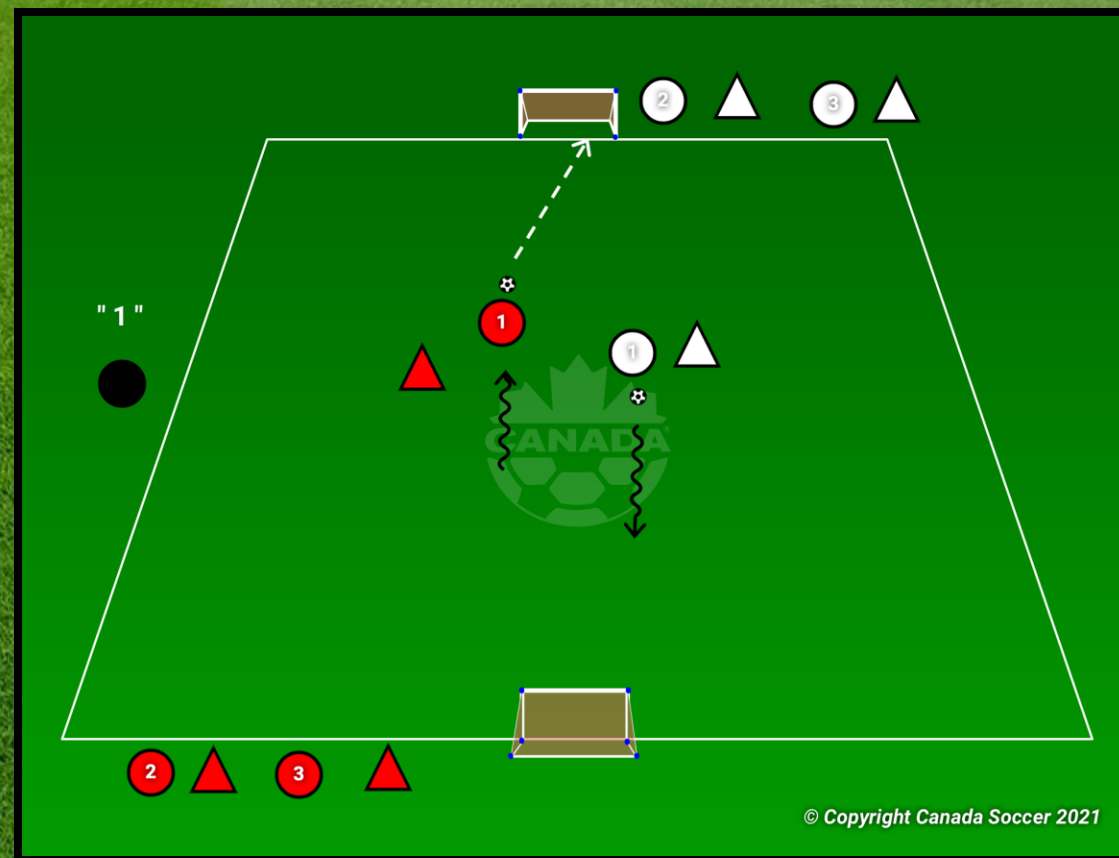
© Copyright Canada Soccer 2021



NUMBERS GAME

OBJECTIVE

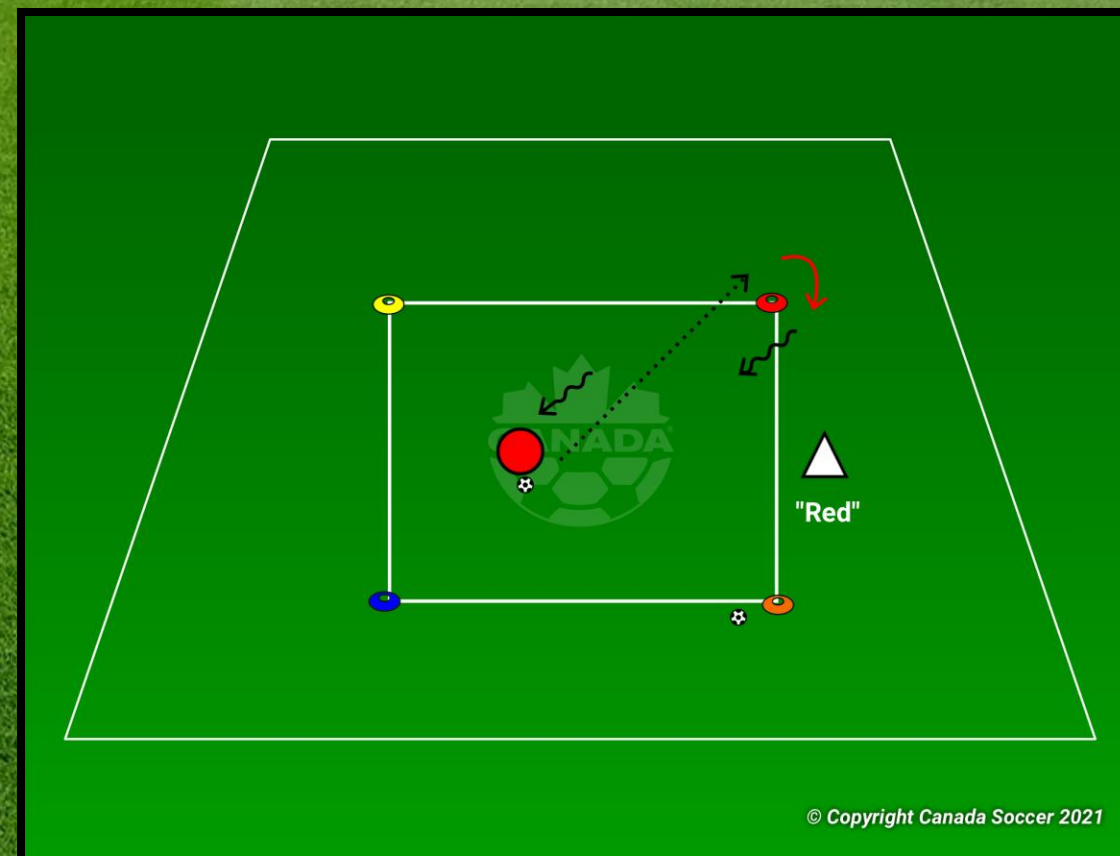
- **RECOMMENDATION:** 10X8 with three players & three parents.
- Player and parent work together as a pair and are numbered 1-3 on both teams so they mirror.
- Coach calls a number out and players attempt to score a goal in the opposite goal.
- **COACH CONSIDER:** Encourage celebrations when a player scores a goal.
- **MAKE IT EASIER:** Start with two balls; one each.
- **MAKE IT HARDER:** Remove a ball and have players go 1v1

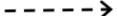


CHALLENGE FOR HOME: COLOR SQUARE

OBJECTIVE

- Setup a space that is 10x10 with a different color cone or objective in each corner.
- Player dribbles in the box and when the parent shouts the color or object, they speed up towards it slowing down when going around and start dribbling again.
- **COACH CONSIDER:** Use any objects to make the playing space. Bags, coats, shoes etc.
- **MAKE IT EASIER:** Remove the ball.
- **MAKE IT HARDER:** Add multiple colors or objectives for the player to complete.



		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



SESSION #5 - EXPLORE KICKING THE BALL (PASSING & SHOOTING)

Active Start



Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that afford the player the opportunity to kick and transfer the ball.
 - **Secondary:** Explore different movements and actions.
 - **Tertiary:** Create a fun and enjoyable experience.
- **When** should we kick the ball? To transfer (pass) to teammates & to shoot the ball in the target.
 - **Why** will kicking the ball help? Players will get familiar with striking the ball.
 - **How** can you be successful? Eyes on the ball, strike the middle of the ball & explore where the standing foot (non-kicking) foot is planted.
 - **Consider:** Make it fun and do not get concerned on stoppages and coaching. Let them explore the environment.

QUESTIONS FOR COACHES TO EXPLORE

- **Who** is the focus? Every player with a ball.
- **What** is our objective? An introduction to kicking actions and transferring the ball.
- **Where** do you kick the ball? Anywhere the environment affords the opportunity.



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



Educational success

Cognitive skills

Mental health

Psychological wellness

Social skills

Healthy lifestyle habits

Physical health

Physical fitness

TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: RED LIGHT, GREEN LIGHT

- A fun activity that encourages players to travel with or without their ball whilst searching for information.
- Players can also explore kicking the ball into a target when goals are added.

PART TWO: ALIENS

- A fun activity that encourages players to travel with or without their ball whilst searching for information and escaping pressure.
- Players can also explore kicking the ball to tag players.

PART THREE: COCONUTS

- A fun activity that encourages players to practice kicking their ball towards a target.
- Players can also explore a variety of physical literacy movements.

PART FOUR: GATES

- A fun activity that encourages players to travel with or without their ball whilst searching for gates.
- Players are also encouraged to practice transferring skills including kicking the ball.

CHALLENGE FOR HOME: SOCCER GOLF

- This is a fun activity encouraging players to kick their ball towards a target.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)

WHY MAKE IT EASIER

- If players are unable to have a balanced consistency of success and failure.

WHY MAKE IT HARDER

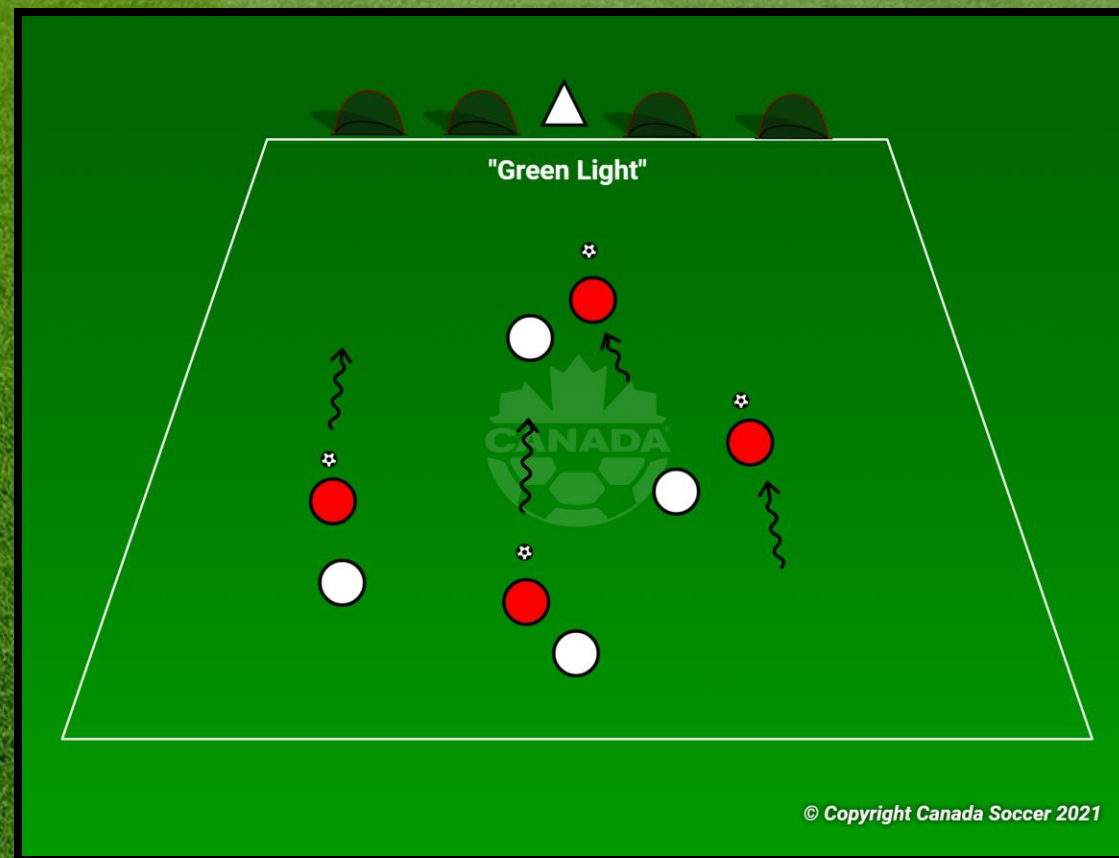
- Players are consistently having success and need to be presented with a new problem to solve. This can involve changing the environment or restricting or rewarding the behaviour of those participating.



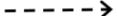
RED LIGHT, GREEN LIGHT

OBJECTIVE

- **RECOMMENDATION:** 20X10 with eight players & eight parents.
- Parents and players start on one side and coach on the opposite.
- Begin the activity by using verbal ("Green Light") and visual cues (Red & Green Cone). When the coach has the green light active players can move towards the coach and must stop when the coach has the red light active. If a player moves, both they and their parent are sent back to the beginning OR complete an action. Example 5 toe taps.
- **COACH CONSIDER:** Adding a zone and some goals for players to kick the ball into once they get to the end.
- **MAKE IT EASIER:** Complete without the ball and explore different movements (review physical literacy tool)
- **MAKE IT HARDER:** Only have visual cues so players have to search.



© Copyright Canada Soccer 2021

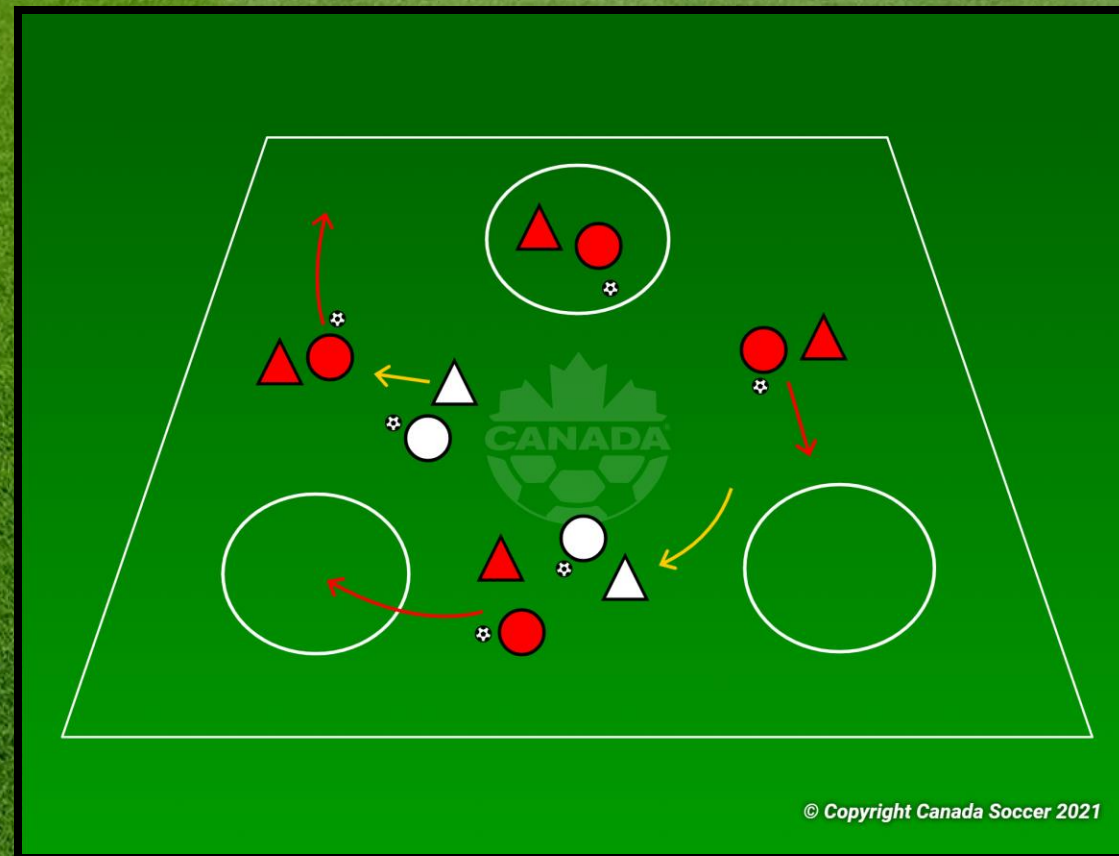
		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



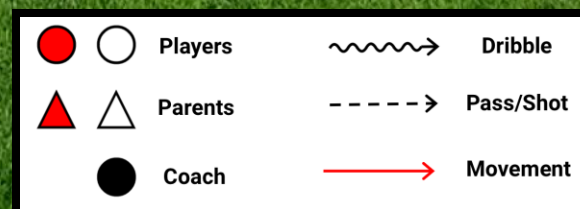
ALIENS

OBJECTIVE

- **RECOMMENDATION:** 15X15 with six players & six parents.
- Two Parents and Players are selected as Aliens and are trying to tag other players. There are two 'safe' bases where Aliens are not able to enter but players can only stay in there for a maximum of 10 seconds before having to leave.
- **COACH CONSIDER:** In the early weeks of practice, you might require a coach to be the alien.
- **MAKE IT EASIER:** Have players complete a variety of movements without the ball (**REVIEW PHYSICAL LITERACY TOOLBOX**)
- **MAKE IT HARDER:** Have players dribble and tag players by kicking the ball at players (below the knee) or their ball. If tagged, consider having players become aliens, reducing space and time for players.



© Copyright Canada Soccer 2021

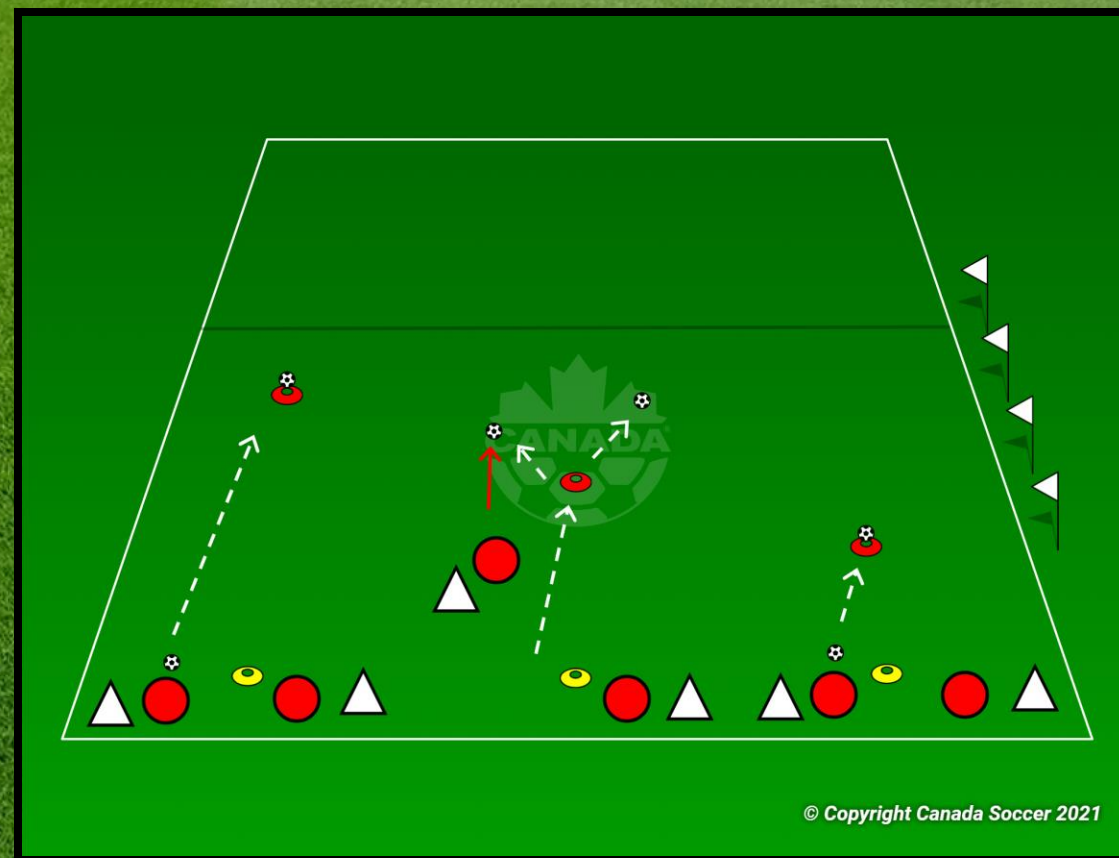




COCONUTS

OBJECTIVE

- **RECOMMENDATION:** 5X5 and space out next stage by 2 yards.
- Players & Parents pair and play with another Player & Parent and take it in turns kicking their ball towards the coconut (ball located on a cone). Every time they hit the ball they get a point. If the player misses the ball, they must retrieve it by completing a specific movement (**REVIEW PHYSICAL LITERACY TOOLBOX**). If the Player hits the ball they must run and replace the ball on the cone and return the ball back to their partner.
- **COACH CONSIDER:** Keep points together as a team and compete against other groups OR compete against each other
- **MAKE IT HARDER:** If they hit the ball consider moving the ball further to the next stage (see diagram).



© Copyright Canada Soccer 2021

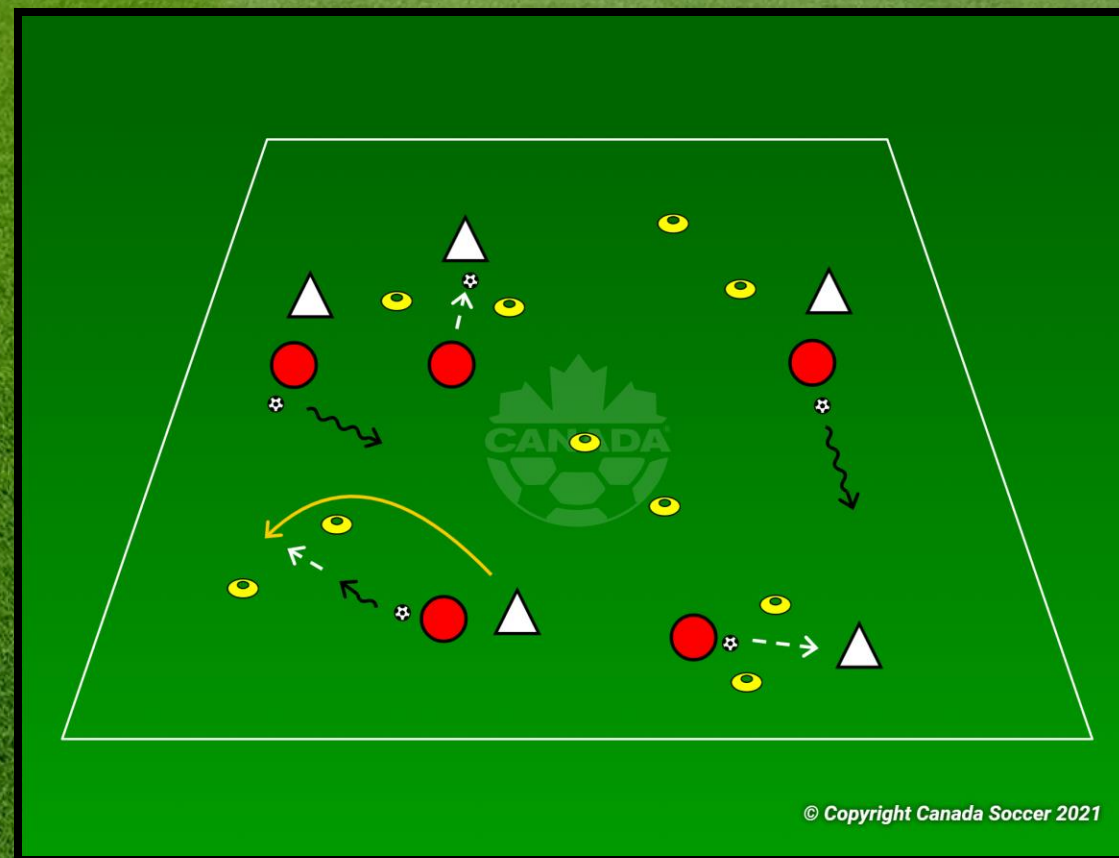




GATES

OBJECTIVE

- **RECOMMENDATION:** 15X15 with eight players & eight parents.
- Players & Parents work together to score as many goals in the allocated time. Players can explore rolling the ball through, throwing and catching the ball through and kicking the ball through the gates.
- **COACH CONSIDER:** Having two teams and total up all players scores.
- **MAKE IT EASIER:** Keep balls at the gates and players complete different movements (**REVIEW PHYSICAL LITERACY TOOLBOX**)
- **MAKE IT HARDER:** Have two teams and reduce the number of balls.



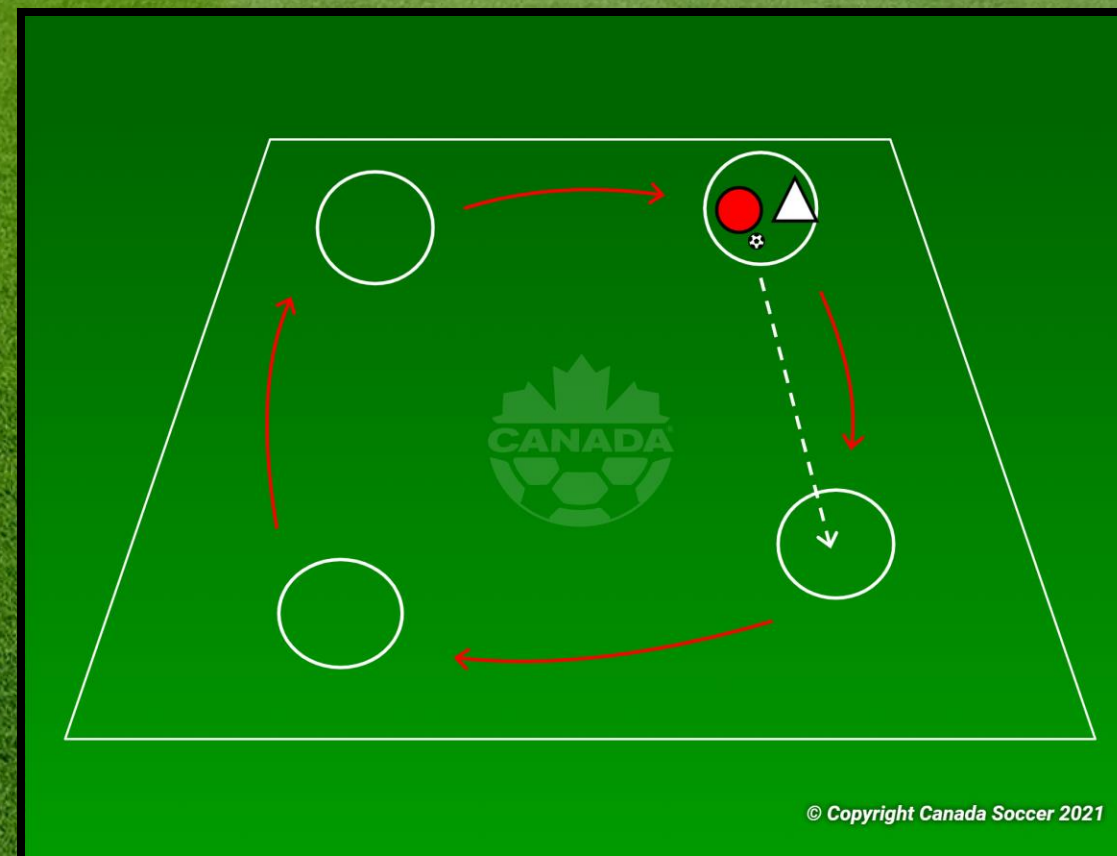
		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



CHALLENGE FOR HOME: SOCCER GOLF

OBJECTIVE

- Setup a space and create a target area using house objects.
- Player & Parent kick the ball towards the target and record their score from one area to the next.
- **COACH CONSIDER:** Use any objects to make the playing space. Bags, coats, shoes etc.
- **MAKE IT EASIER:** Reduce the distance.
- **MAKE IT HARDER:** Add hazards to avoid.



© Copyright Canada Soccer 2021

		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



SESSION #6 - TRAVELLING WITH THE BALL

Active Start



Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that afford the player the opportunity to explore how to travel with the ball.
- **Secondary:** Explore different movements and actions.
- **Tertiary:** Create a fun and enjoyable experience.

QUESTIONS FOR COACHES TO EXPLORE

- **Who** is the focus? Every player.
- **What** is our objective? An introduction to dribbling actions and travelling with the ball.
- **Where** do you travel with the ball? Forward, towards the oppositions goal or where space is available.
- **When** should we travel with the ball? When space is available to exploit.
- **Why** will travelling with the ball help? To get closer to the goal.
- **How** can you be successful? Head up to search the environment, keep the ball close in tight spaces to change direction & consider speeding up when required.
- **Consider:** Make it fun and do not get concerned on stoppages and coaching. Let them explore the environment.



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



Educational success

Cognitive skills

Mental health

Psychological wellness

Social skills

Healthy lifestyle habits

Physical health

Physical fitness

TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: MARIO KART

- A fun activity that encourages players to travel without their ball through a variety of challenges.

PART TWO: WHAT TIME IS IT REFEREE?

- A fun activity that encourages players to travel with their ball and escape oncoming pressure.
- Players can also explore a variety of physical literacy movements.

PART THREE: SWAMP

- A fun activity that encourages players to move in a variety of directions with and without their ball.
- Players can also explore a variety of physical literacy movements.

PART FOUR: BUMPERS

- This fun activity allows players to move with their ball both in opposed and unopposed scenarios towards goal.

CHALLENGE FOR HOME: TRAVEL SQUARE

- This is a fun activity encouraging players to beat their personal score dribbling the ball in both directions.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)

WHY MAKE IT EASIER

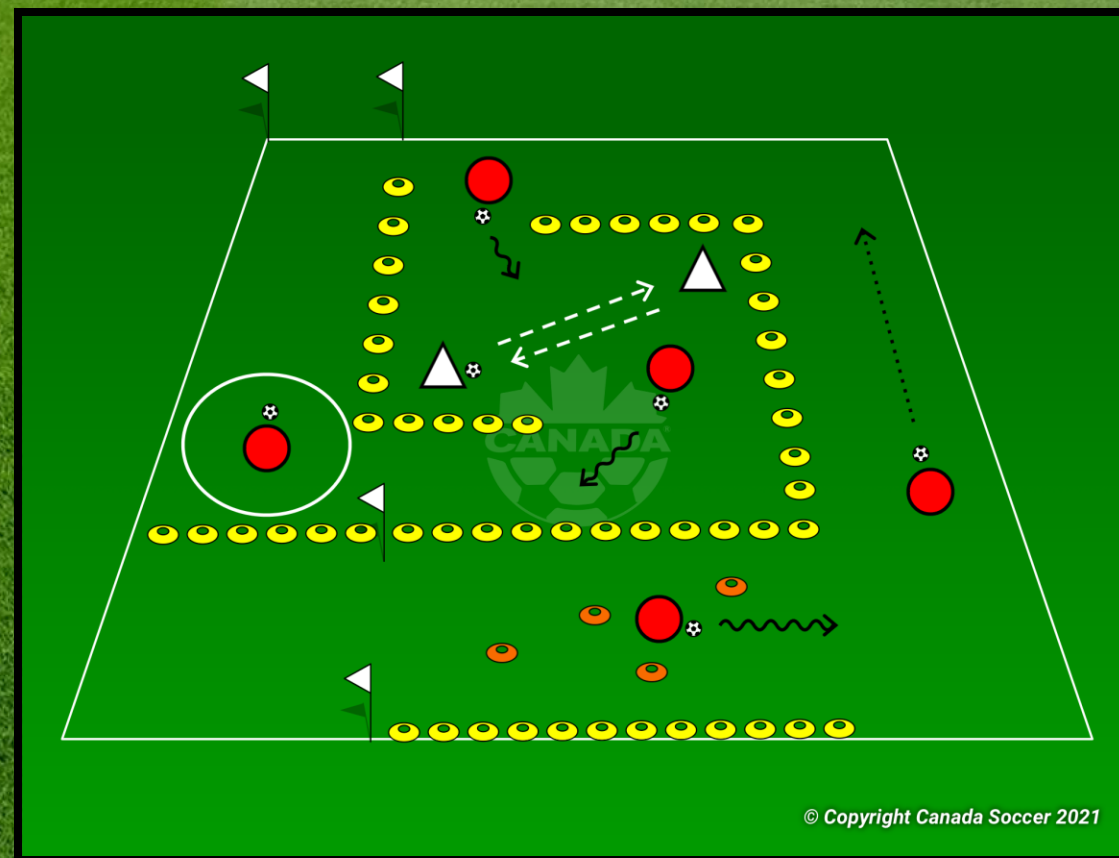
- If players are unable to have a balanced consistency of success and failure.

WHY MAKE IT HARDER

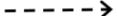
- Players are consistently having success and need to be presented with a new problem to solve. This can involve changing the environment or restricting or rewarding the behaviour of those participating.

OBJECTIVE

- **RECOMMENDATION:** 15X15 with five players & five parents.
- Complete the race
 - Players starts and on 'GO' completes the track
 - Players must avoid cones (bananas)
 - Players must avoid balls (shells)
 - Players need to complete task (e.g. toe taps)
- **COACH CONSIDER:** Which Players need support completing the task and which Parents can help with firing shells (passing the ball back and forth)
- **MAKE IT EASIER:** Complete without the ball and explore different movements (**REVIEW PHYSICAL LITERACY TOOLBOX**).
- **MAKE IT HARDER :** Set a time to beat.



© Copyright Canada Soccer 2021

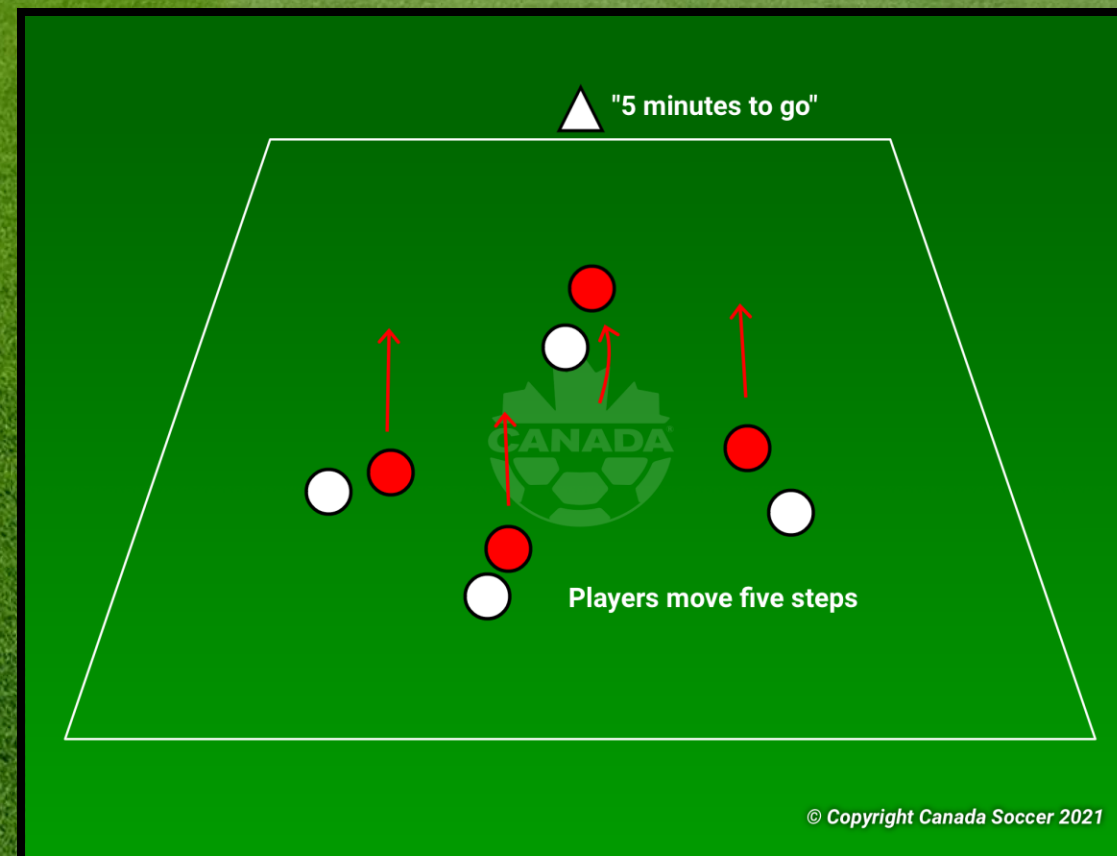
		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement

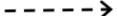


WHAT TIME IS IT REFEREE?

OBJECTIVE

- **RECOMMENDATION:** 20X10 with eight players & eight parents.
- Parents and Players start on one side and coach 'referee' on the opposite
- Begin the activity by shouting "What time is it Referee?"
- Coach (referee) shouts a number "5 minutes to go" which results in the players moving that many times
- When the coach (referee) shouts 'Full Time' they chase the players to the start.
- **MAKE IT EASIER:** Remove the ball and have players complete different movements (**REVIEW PHYSICAL LITERACY TOOLBOX**).



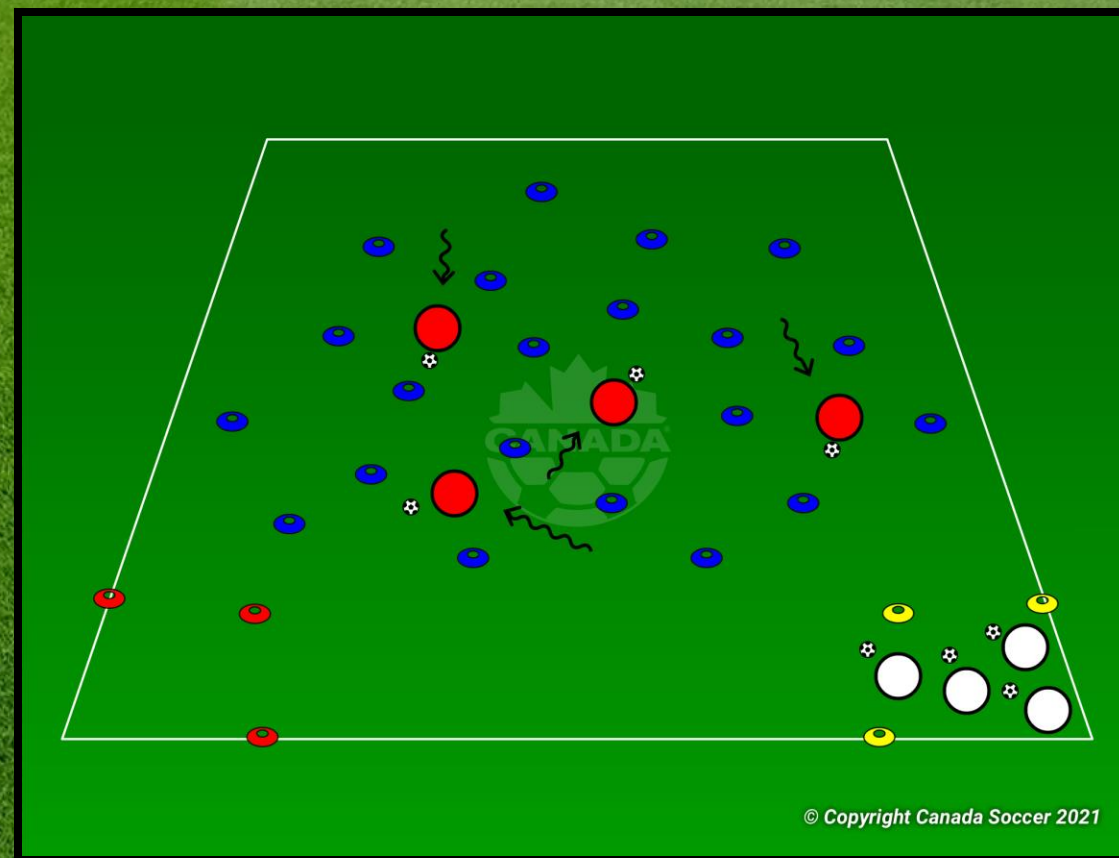
		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



SWAMP

OBJECTIVE

- **RECOMMENDATION:** 15X15 with eight players & eight parents.
- Player & Parent will be designated a home base. Each group gets invited to enter the swamp attempting to not hit the swamp rocks. After a set amount of time Players and Parents are invited back to their home base.
- **MAKE IT EASIER:** Remove the ball and have players complete different movements (**REVIEW PHYSICAL LITERACY TOOLBOX**).
- **MAKE IT HARDER:** Add a swamp monster to chase

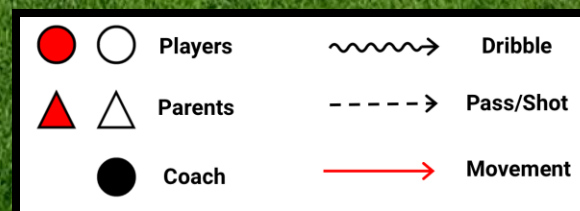
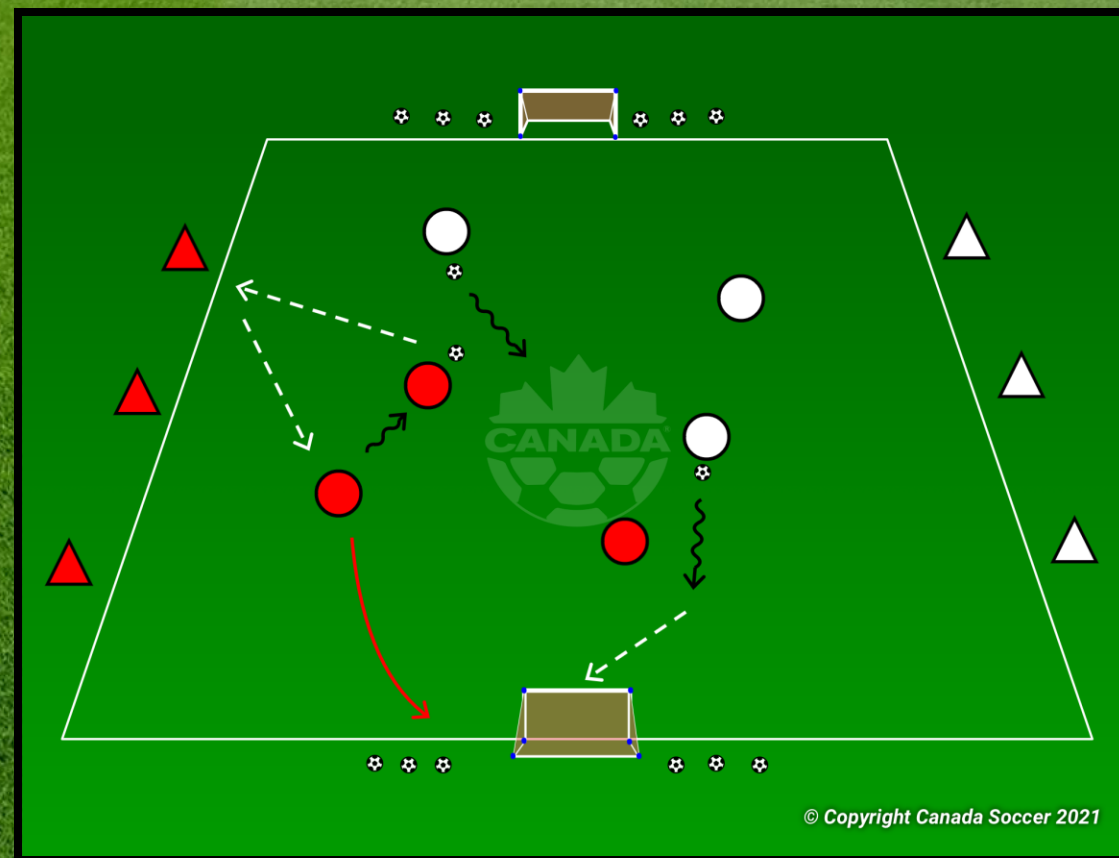


© Copyright Canada Soccer 2021

		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement

OBJECTIVE

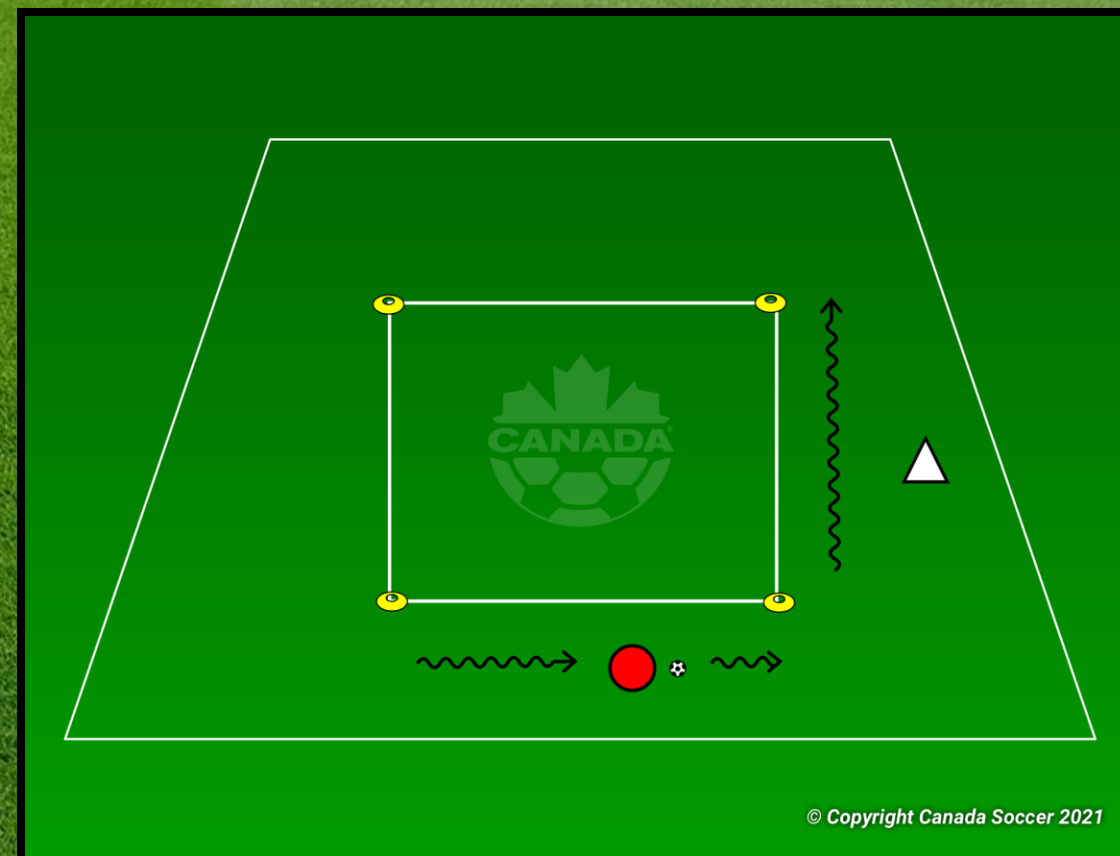
- **RECOMMENDATION:** 20X10 with six players & six parents.
- Directional game with multi-ball (max four balls)
- Players are inside the playing space & parents are located on the outside.
- Parent's role is to ensure the ball stays inside the playing area.
- **MAKE IT EASIER:** Allow unlimited balls.
- **MAKE IT HARDER:** Allow one ball.

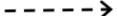


CHALLENGES FOR HOME: TRAVEL GRID

OBJECTIVE

- **Setup** a space that is 5x5 with a different color cone or objective in each corner.
- Player dribbles around the box as quickly as they can with their parent recording their time.
- **COACH CONSIDER:** Use any objects to make the playing space. Bags, coats, shoes etc.
- **MAKE IT EASIER:** Remove the ball.
- **MAKE IT HARDER:** Restrict to one foot and alternate.



		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



PRE-DESIGNED PRACTICE SESSION PLANS

Active Start