



Active Start

Activity

The Indy 500



Organisation

Players have a ball each and start in the garage (the smaller area where the red players are shown).

Procedure

Players drive their ball around the soccer race track. Coach can ask for a change of speed, direction, stopping
 Red light = stop, yellow light = go slow, green light = move with the ball, avoid others = use a horn when near others (players can shout beep, beep) reverse = drag back (sole of the foot on the top of the ball and push backwards) Get gas = roll the feet back and forth over the ball, Super Green = dribble as fast as they can, round the block = dribble in a complete circle around the cone. Go to the garage = left foot on the ball and then right foot on the ball ten times.

Emphasis

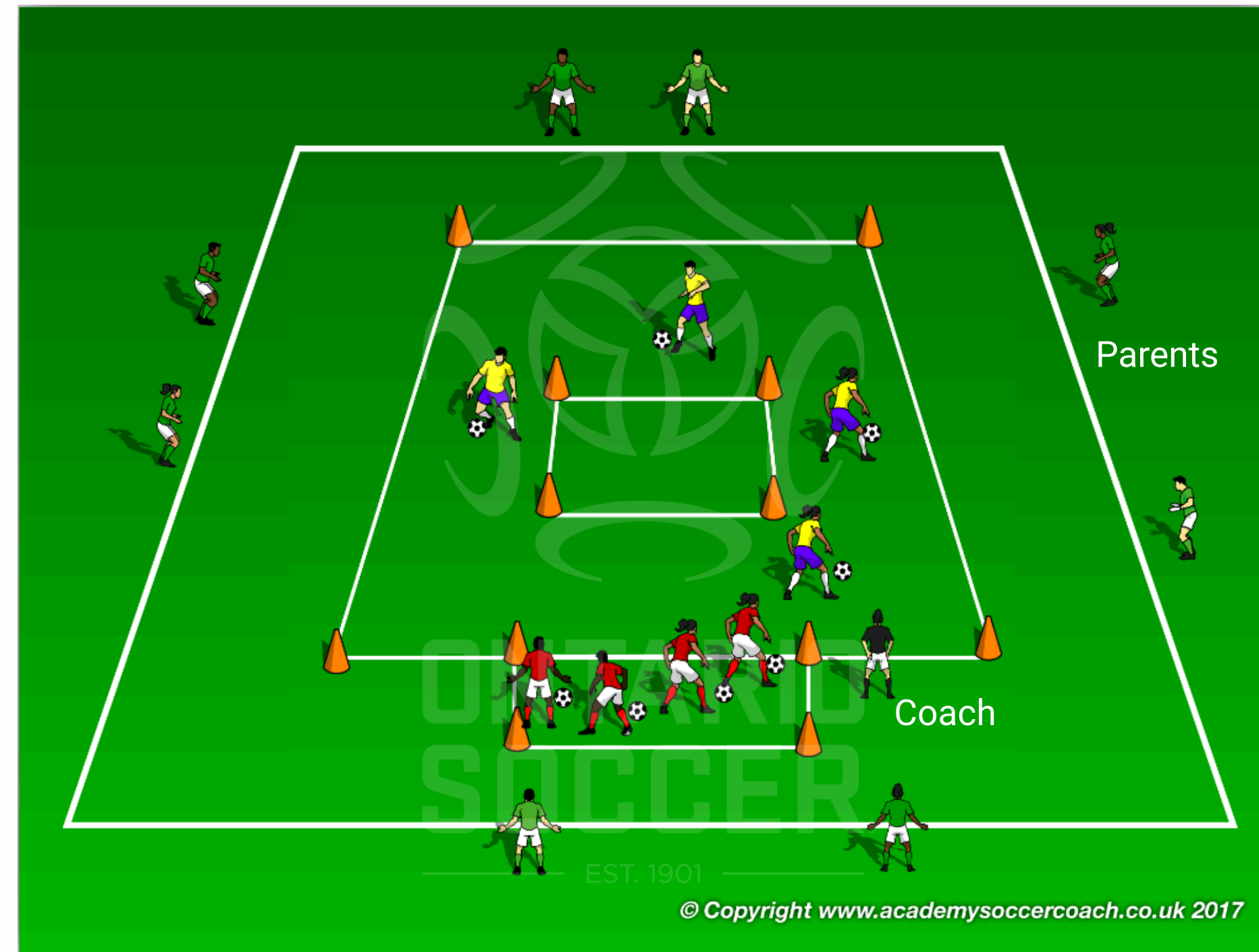
Creating a safe environment, positive reinforcement, decision making, demonstration of the activity and involving the parents.

Progression

N/A

Top Tip

Inspire the players to use their imaginations. Where possible, relate the activities to the world they experience, popular childhood characters, animals or themes like pirates, space and super heroes.



Timing	Area
8 Minutes	15m x 15m diameter

Objective

Players are able to be confident, safe and participate in the activities

Outcome

- All players** - will be able to join in and try some of the movements and skills
- Most players** - will be able to do a variety of moves and skills
- Some players** - will be able to do a variety of moves and skills and come up with their own

Technical / Tactical	Psychological
Dribbling Running with the ball Ball mastery	Confidence Awareness Fun
Socio - Emotional	Physical
Problem Solving Listening Celebrating	Agility Balance Co-ordination Change of Direction Change of Speed