



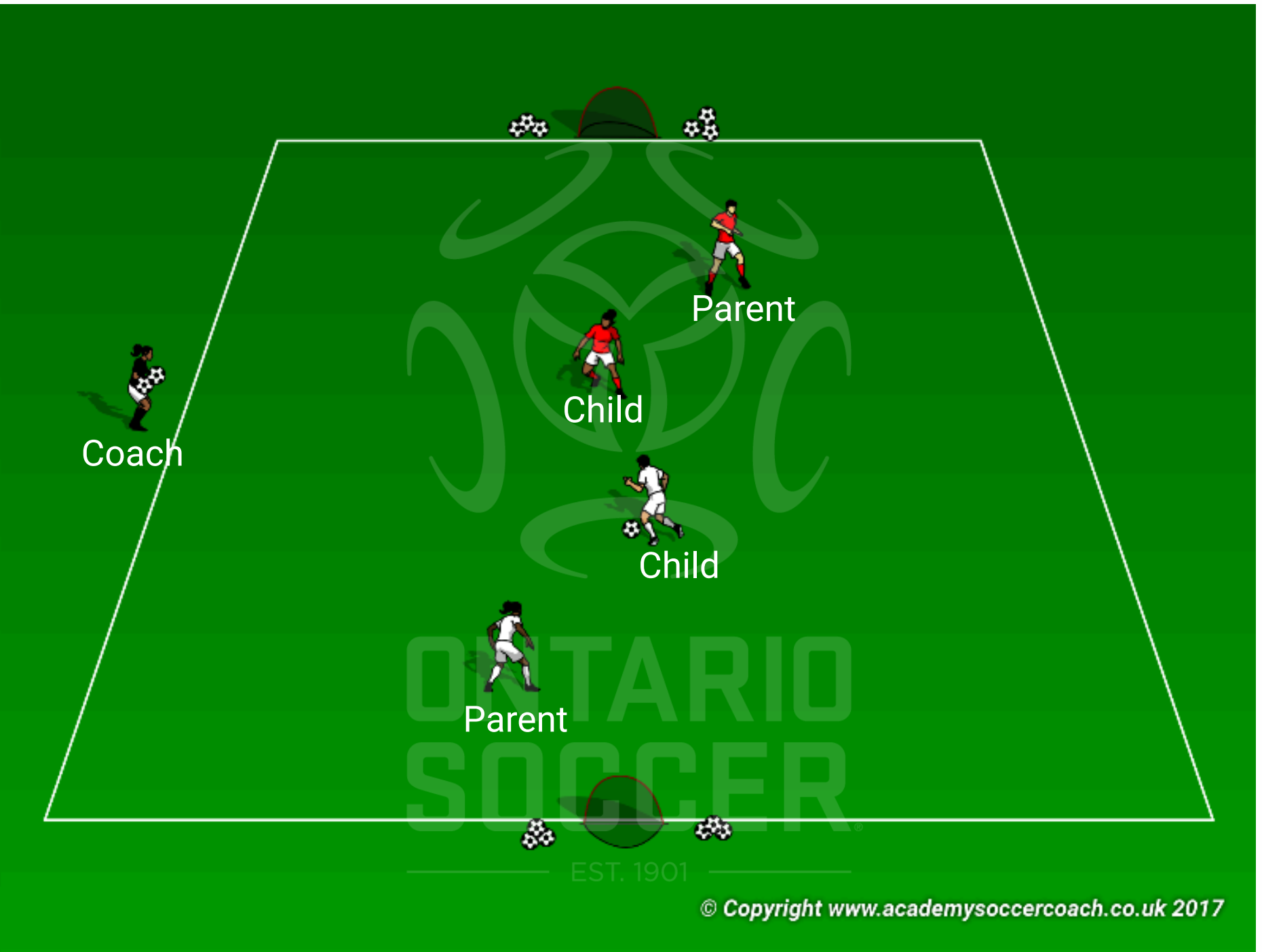
Active Start

Small Sided Game

Backyard Soccer



Organization
Organize players into 2v2. (1 player and a parent vs 1 player and a parent/ guardian)
Procedure
Child and parent/guardian play a 2v2 game. If the ball goes behind the goal, take the closest ball to keep the game moving. If it goes off the side, encourage players to keep playing or play from a new ball from the coach. Parents / guardian should help the children as much as possible.
Emphasis
Creating a safe environment, positive reinforcement, allowing the players to be creative and make decisions, creating free play and an environment involving the parents.
Progression
N/A



Timing	Area
8 Minutes	15m x 10m

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
Free Play	Confidence Awareness Fun
Socio - Emotional	Physical
Problem Solving Celebrating Listening	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip	Engage the parents throughout the session. Praise and thank them for their engagement and involvement. There are many physical, psychological and social benefits to exercise. Creating an environment where the child can play with their parent will allow the parent and child to bond in a fun environment and create memories that last a lifetime.
----------------	--

