

ACTIVE START



GAME LEADER/COACHES PRESENTATION

Storage Bins



Lockbox Codes	
Park Location	Code
Can Amera Park	7892
Churchill Park	4345
Hespeler Optimist	8354
Riverside Park	0422

Pug Nets



Duration of the Session



Structure of Program

Active Start Soccer uses G.A.G. methodology

Warm Up

5 minutes (1 ball/player/parent)

Small Sided Game

10 minutes with the team/parent)

Two Fun Activities – Skills - 2 Stations

2 x 5 minutes (1 ball/player/parent)

Small Sided Game vs. Opponent

15 minutes - Divide the players/parents into two teams

(3 vs. 3 or 4 vs. 4 with odd numbers 3 vs. 2 or 3 vs. 4)

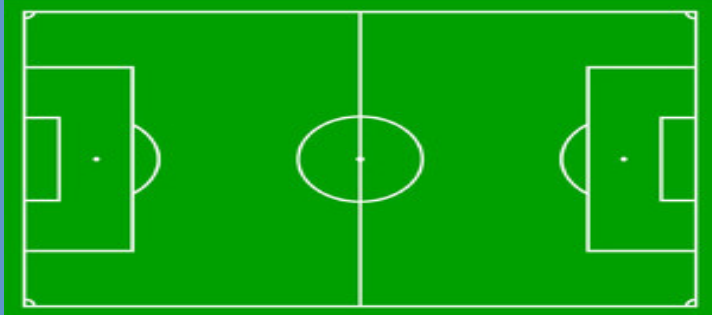
Cool Down = **5 minutes** - Fun game to finish

Goodbye - see you next week

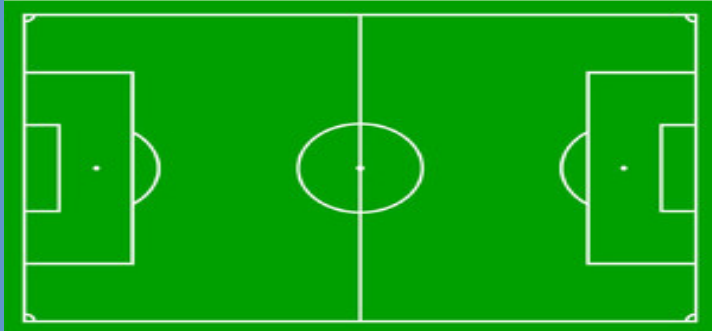


Riverside Park

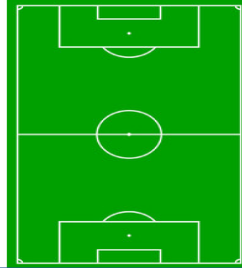
Intermediate Field #2



Intermediate Field #1



Intermediate Field #3



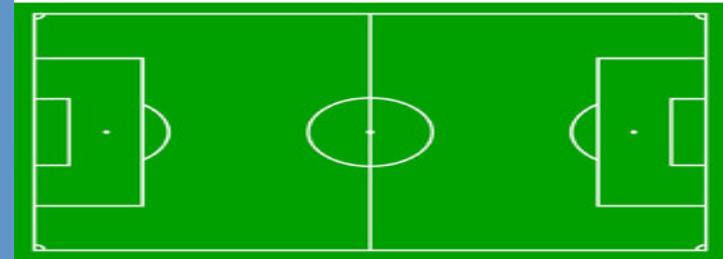
Mini-SSG Fields



Mini-SSG Fields

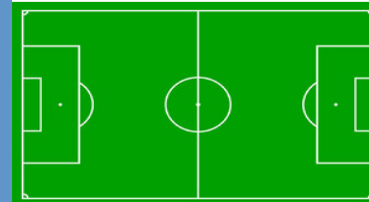


Intermediate Field #4



Rogers Field

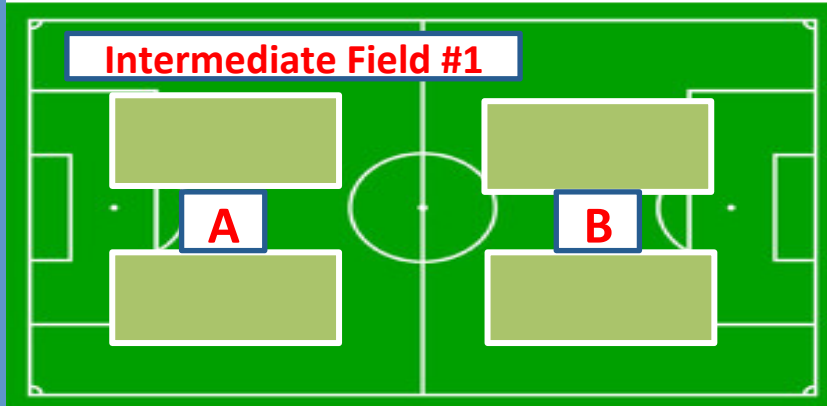
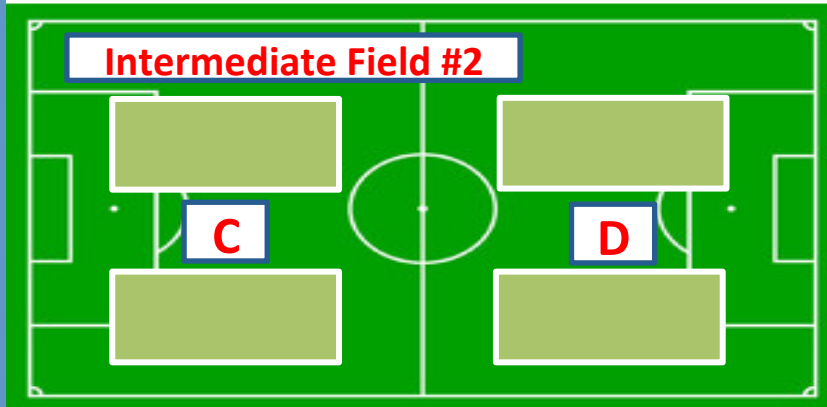
Mini - SSG Field #3



Presentation Area

Car Park Area

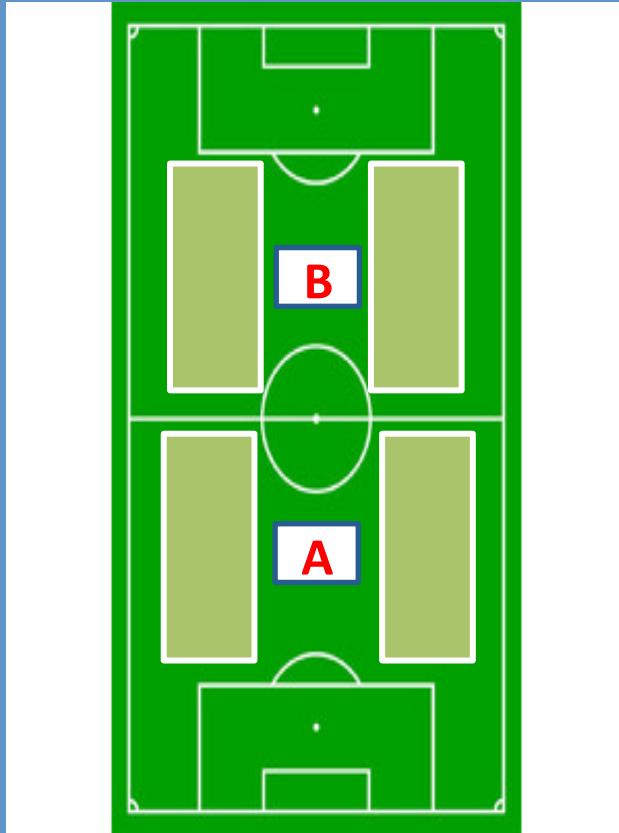
Riverside Park



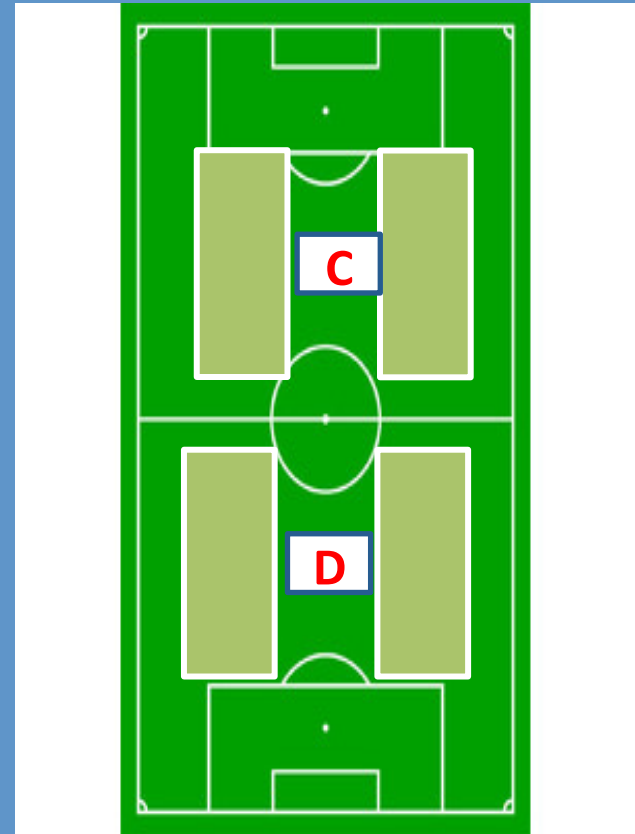
Car Park Area

Hespeler Optimist

Mini Field #1



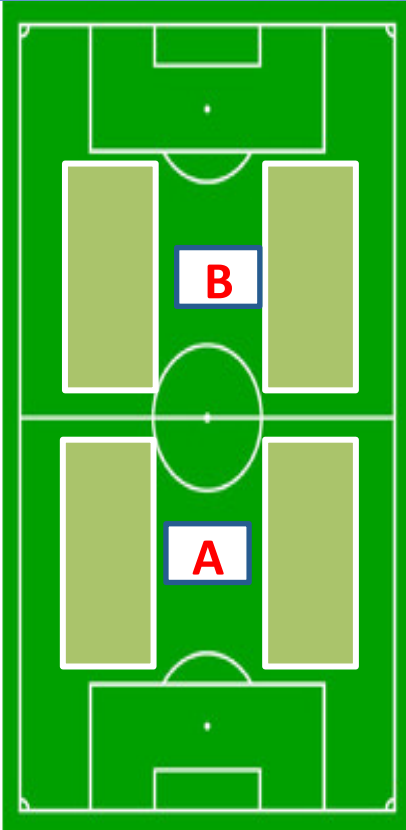
Mini Field #2



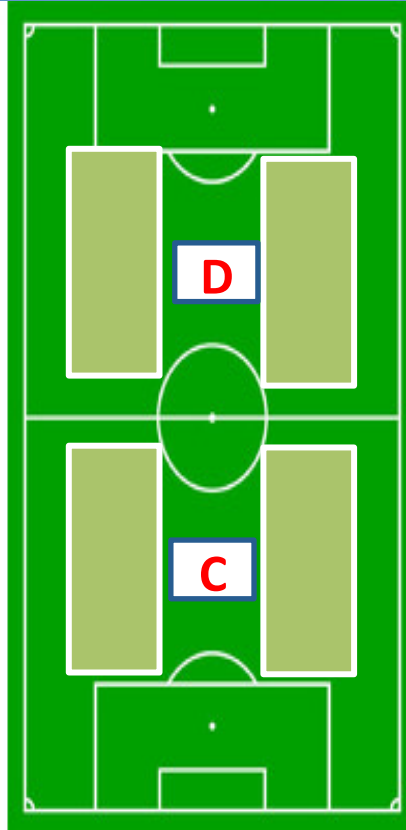
Entrance from Ellis Road

Lions CanAmera Park

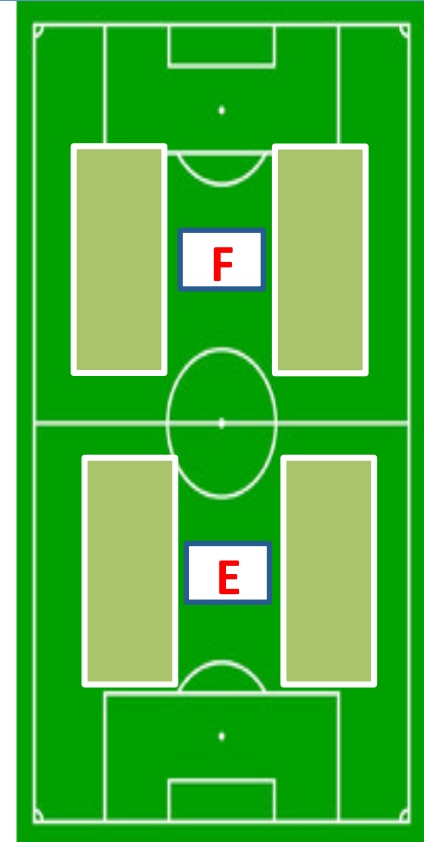
Mini Field #1



Mini Field #2



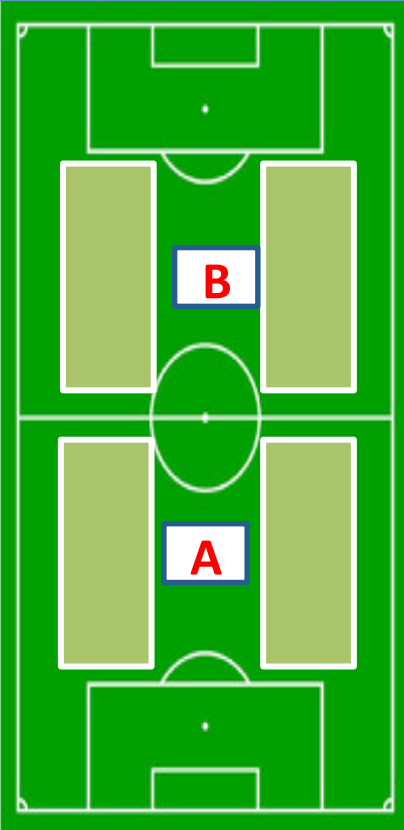
Mini Field #3



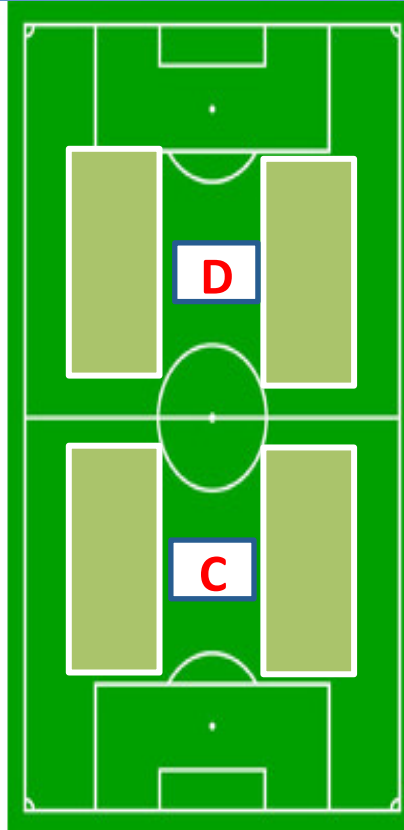
Entrance from Car Park

Churchill Park

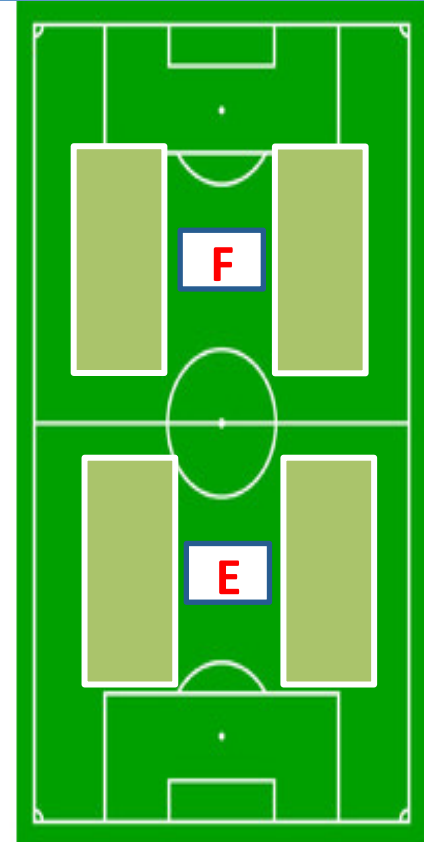
Mini Field #1



Mini Field #2

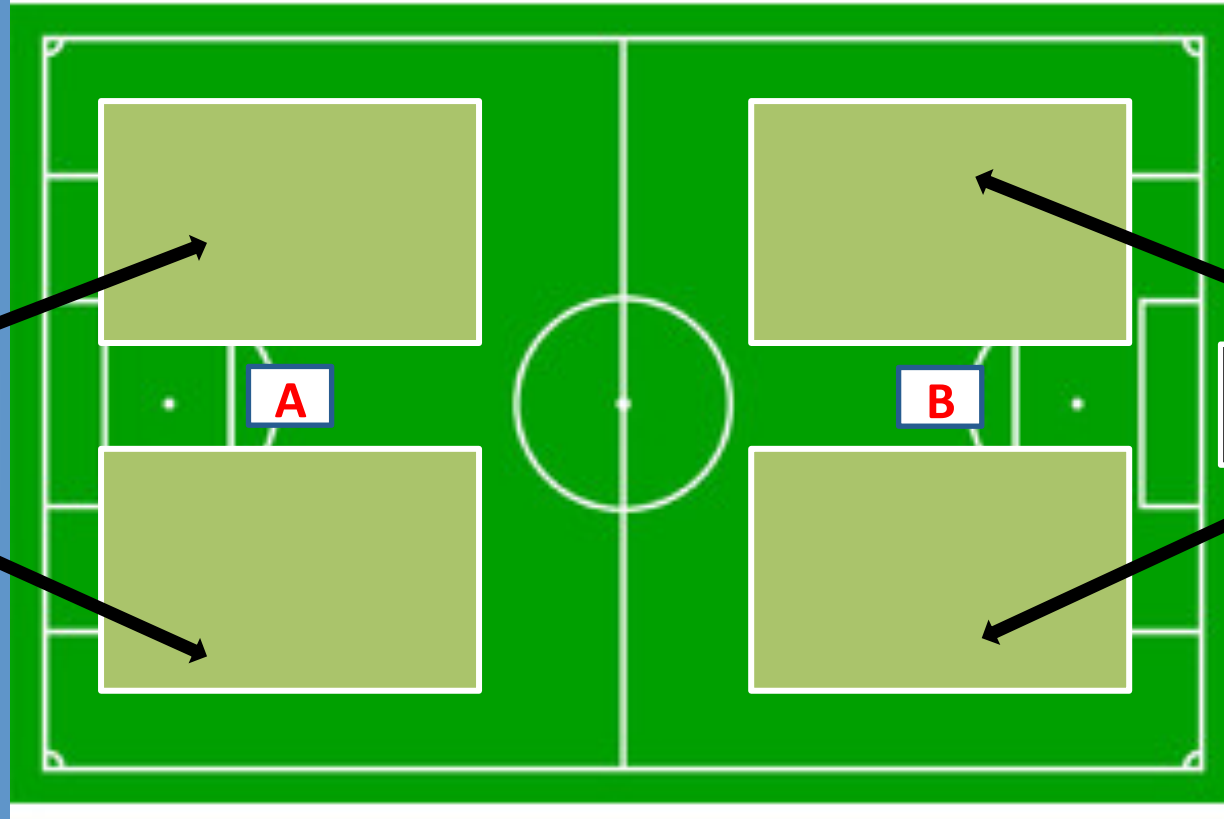


Mini Field #3



Entrance from Car Park

Active Start Fields

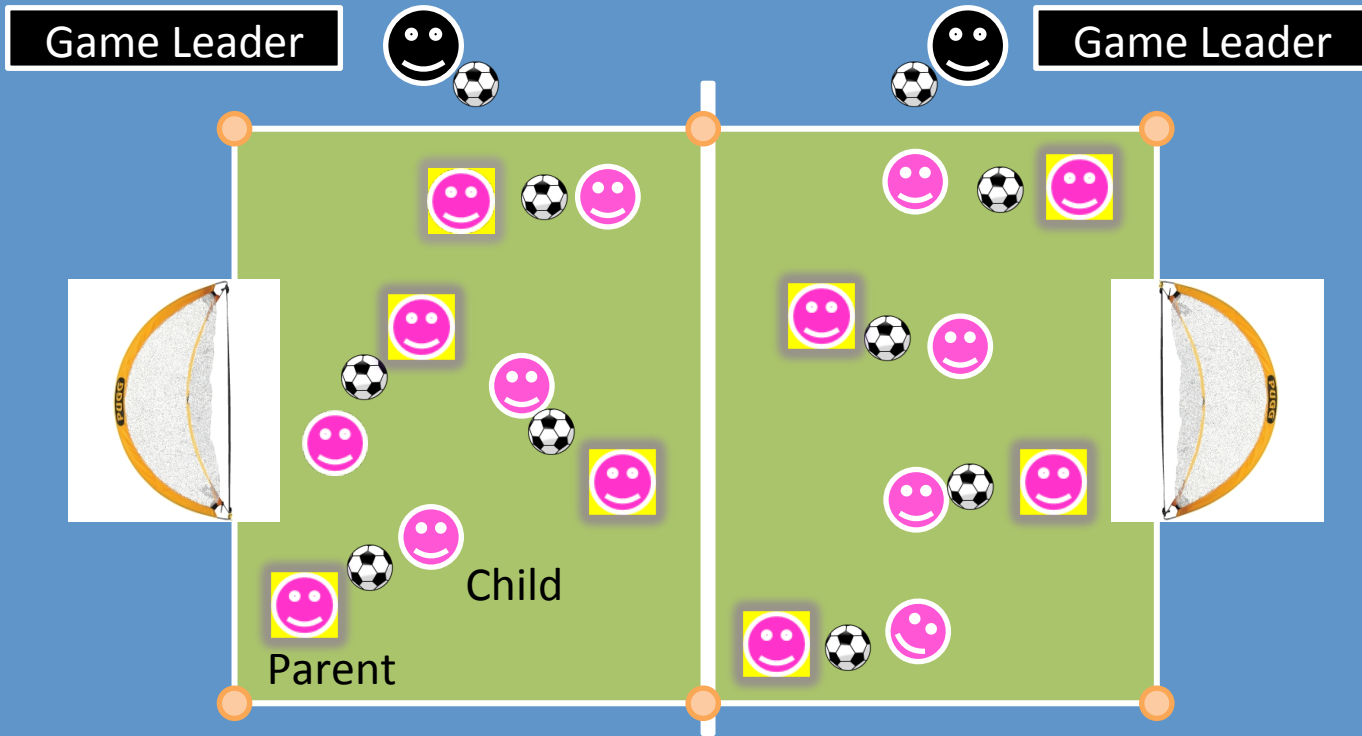


Game Leader
Set Up

First Come
First Serve

4 x (30m x 20m)

Basic Team Field Set Up



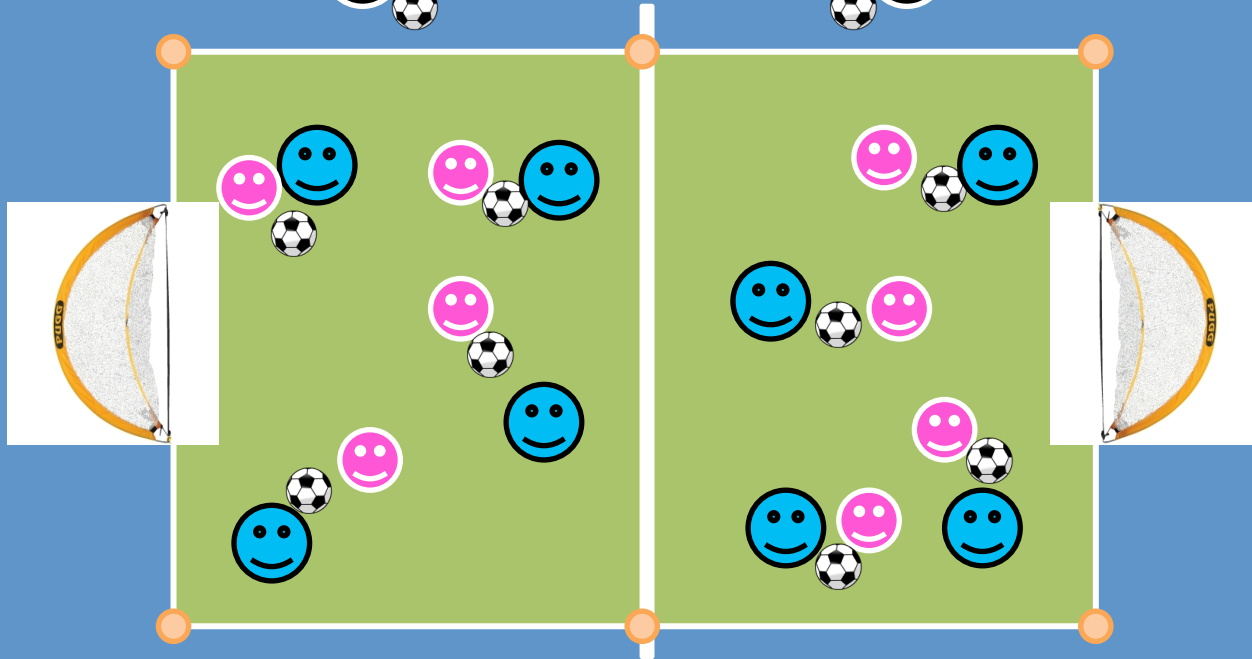
30 x 20 metres

Warm Up

Game Leader



Game Leader



 Supporters

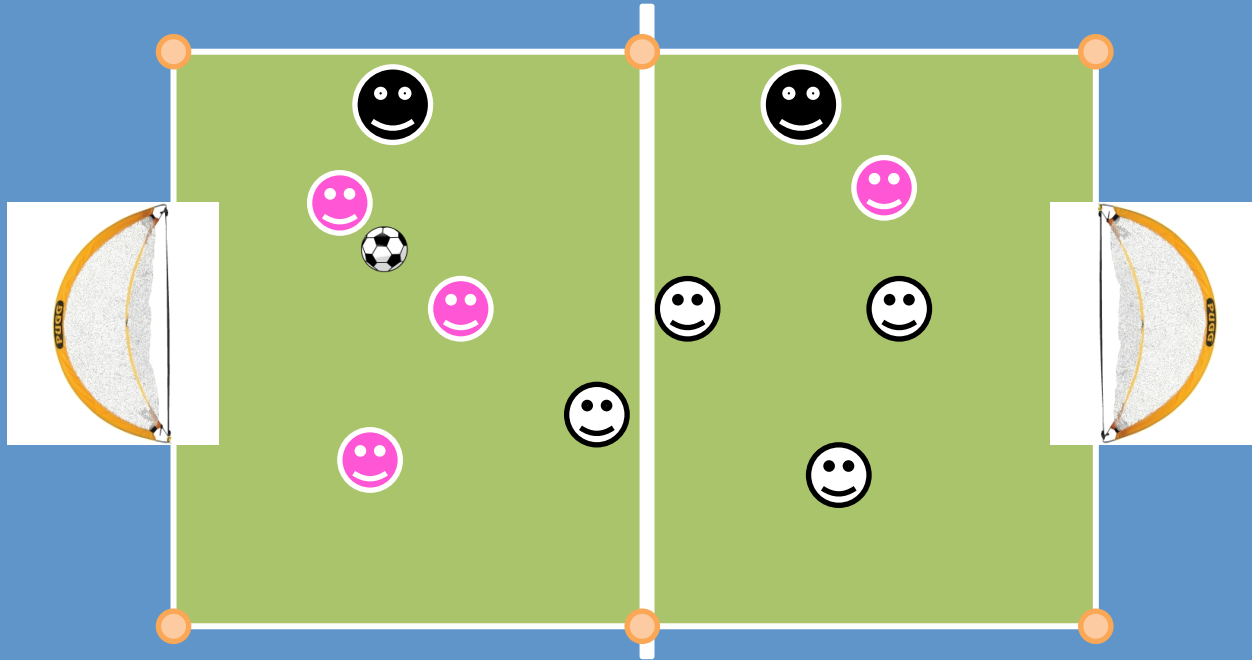


1 ball + 1 player + 1 parent

Small Sided Game - Team

Game Leader

Game Leader



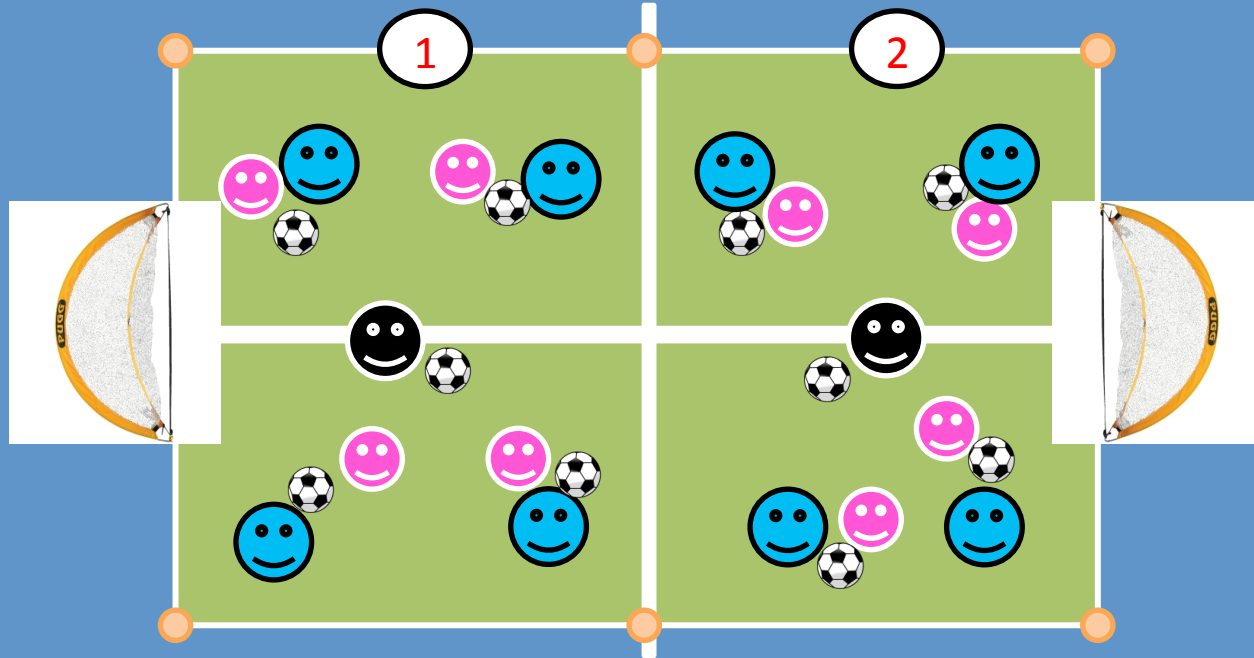
   Supporters   

4 vs. 4

Fun Activities - Skills

Game Leader

Game Leader



  Supporters



2 Stations

1 ball + 1 player + 1 parent

Fun Activities - Skills

Any 2 of 4



General Movement

Running with/without the ball
Changing direction
Jumping Awareness
Slowing down - speeding up
FUN



Soccer Coordination – with Ball

Eye – foot coordination
Lots of touches on the ball
Different parts of the foot
FUN



SSG – 1 vs. 1

Running with the ball - Dribbling 1v1
Changing direction-Change of speed
Agility, Balance, Coordination
Imagination Passing
FUN



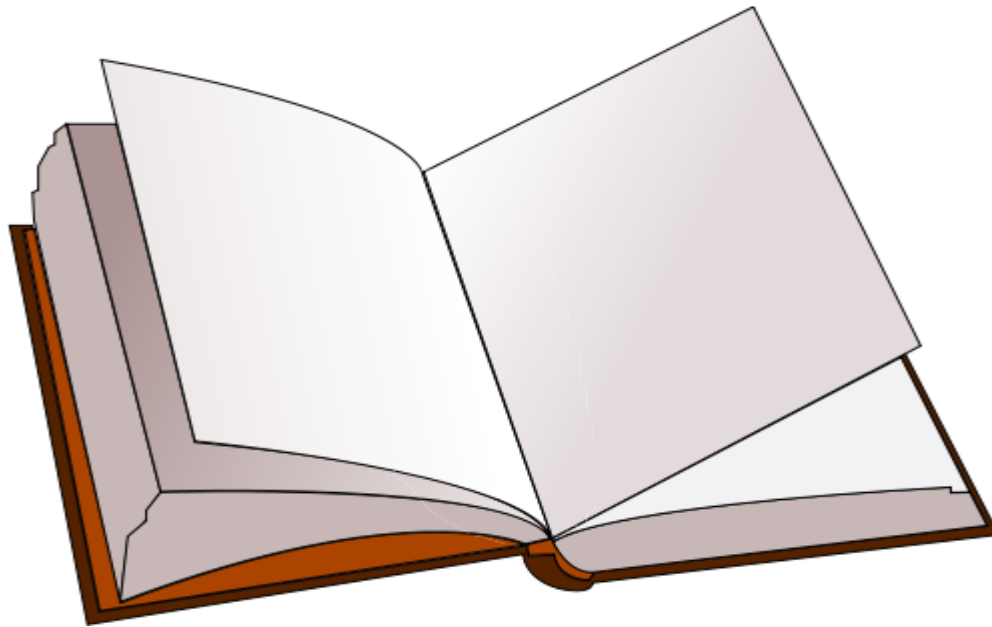
Technique – with Ball

Lots of touches on the ball
Using different technique
Positive feedback
FUN

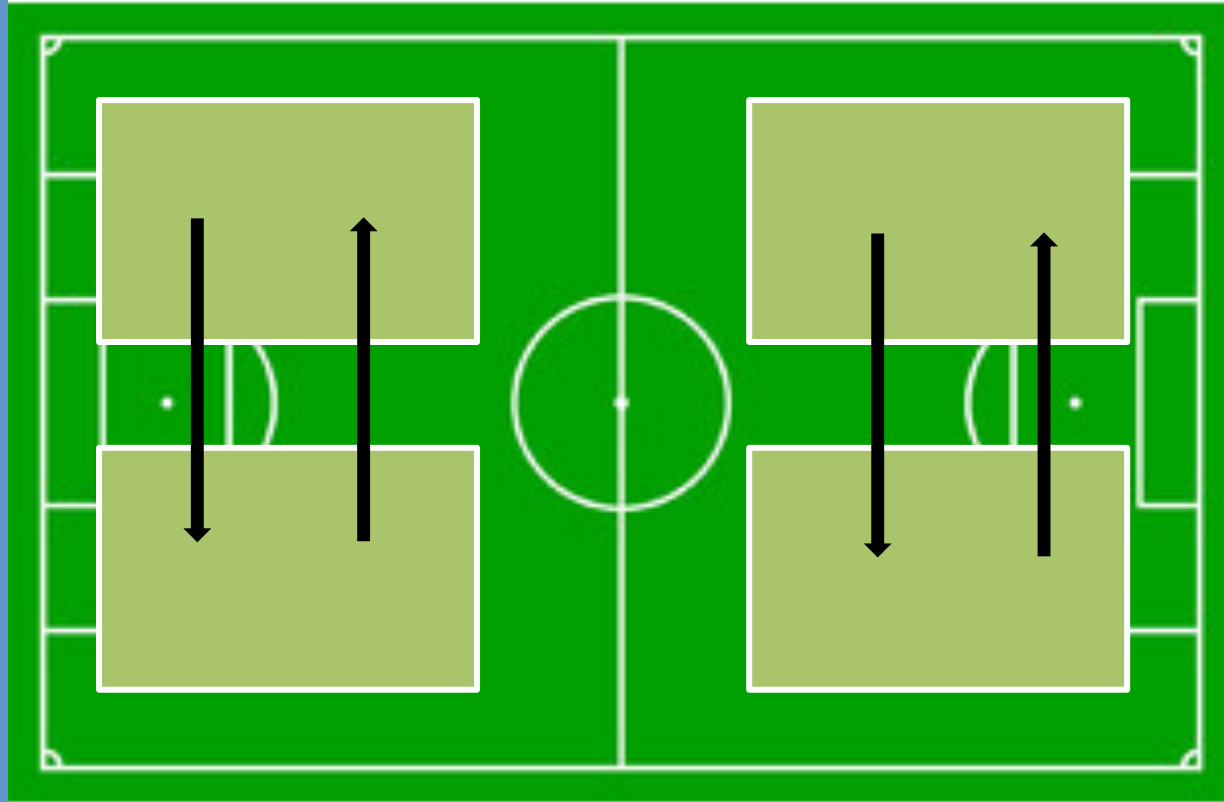




<http://www.ontariosoccer.net/player/grassroots/grassroots-resources/grassroots-practices>



Game Time Set Up



Snack Time



Organise a Team Snack List

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

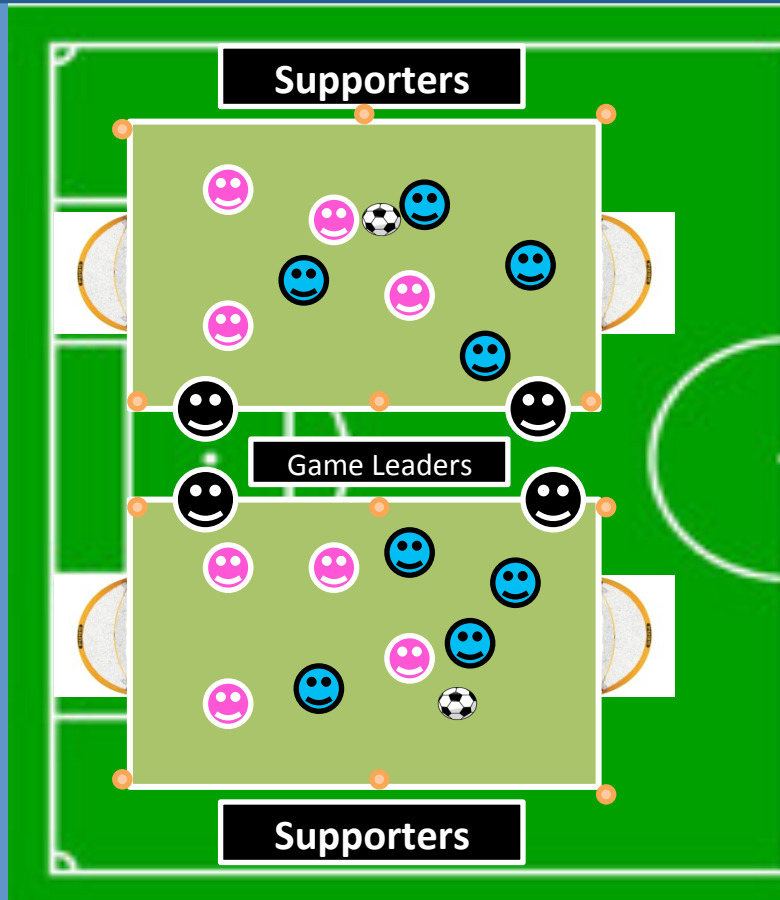
Week 8

Week 9

Final Day 10



Small Side Game



8 Players

Divide players into two teams

Game Leaders with Players

4 vs. 4

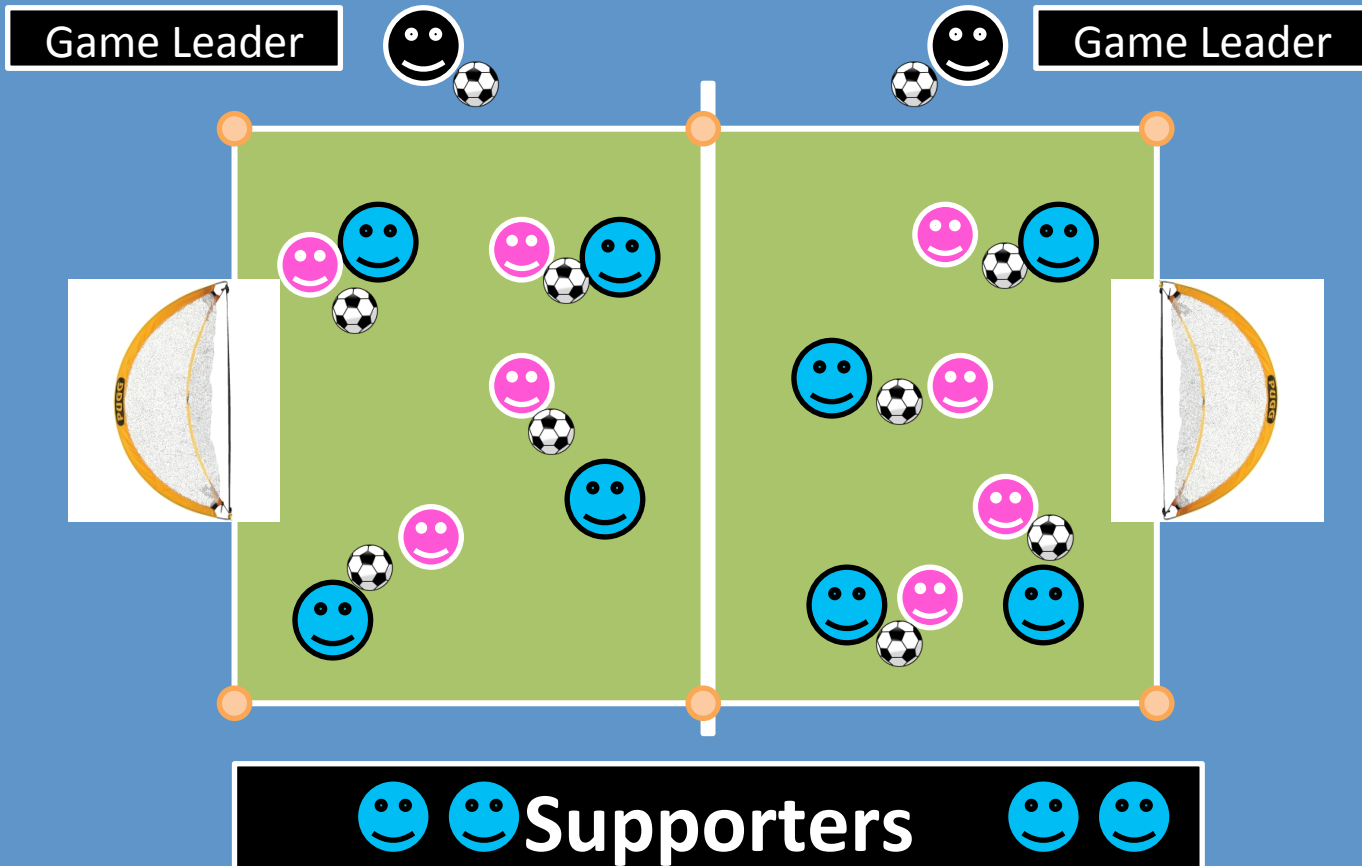
Play Two Games

Everyone Plays

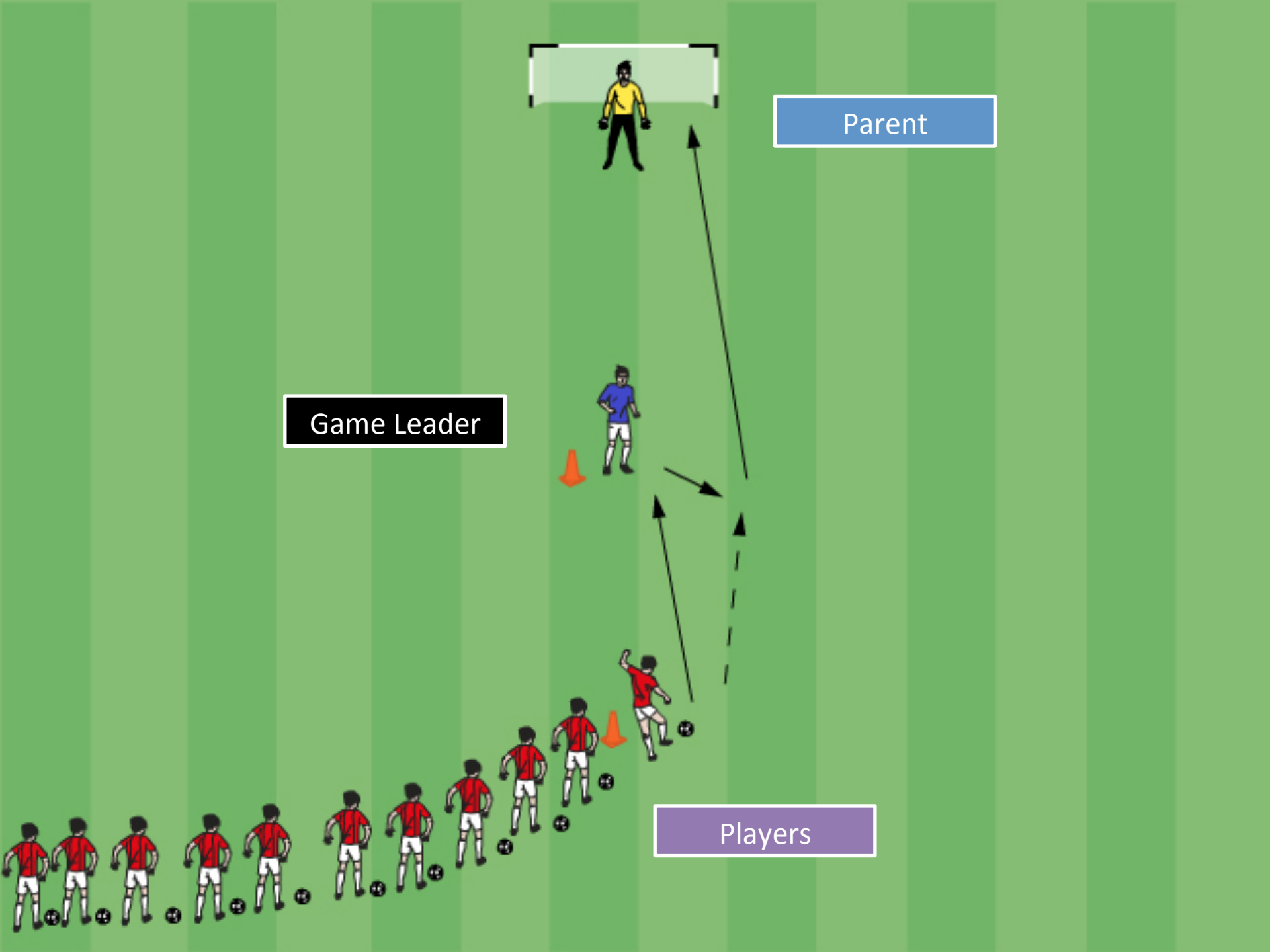
Rotate Teams after 10 minutes

Game vs. opponent

Cool Down



1 ball + 1 player + 1 parent
FUN GAME TO FINISH



Parent

Game Leader

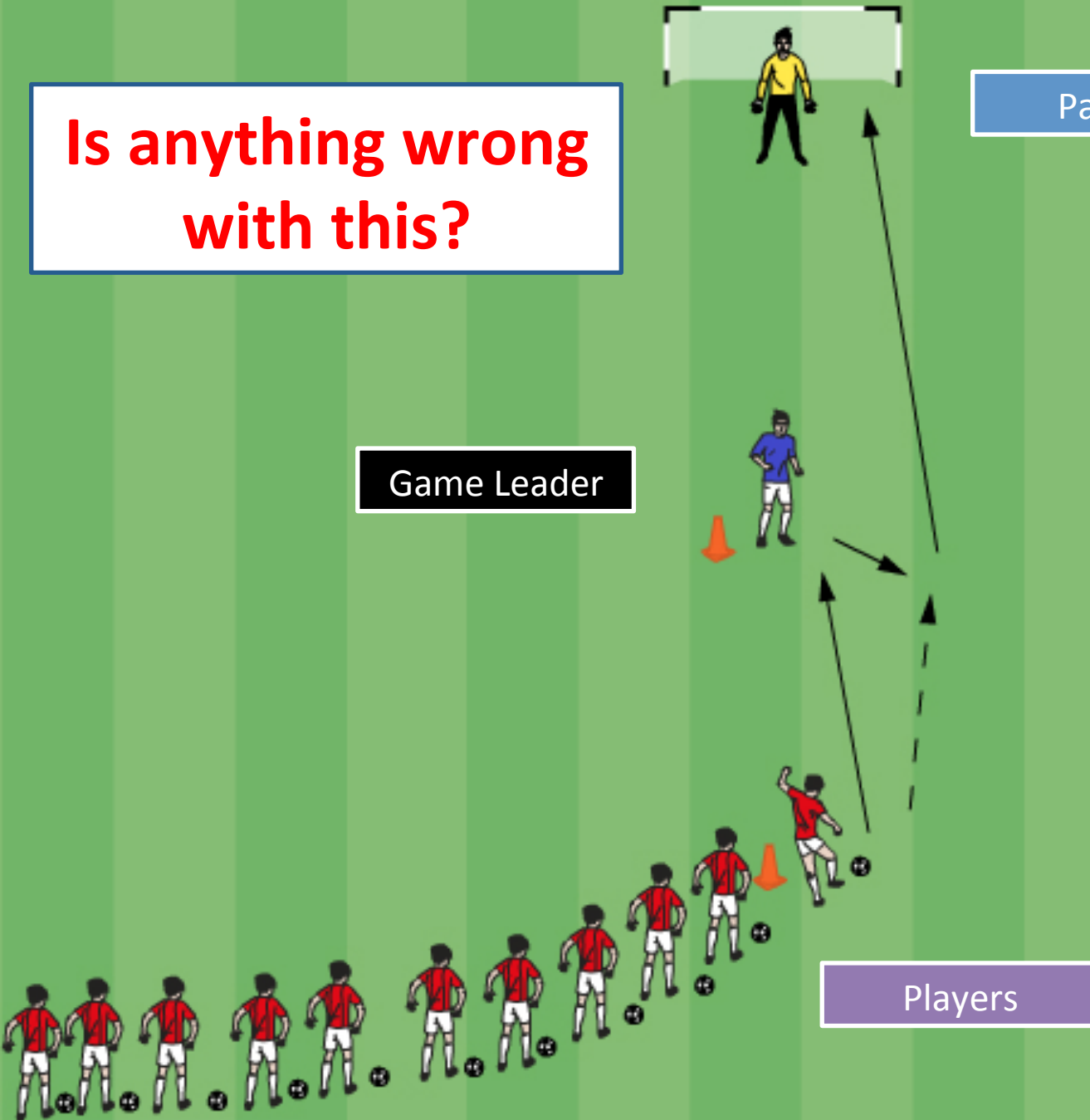
Players

**Is anything wrong
with this?**

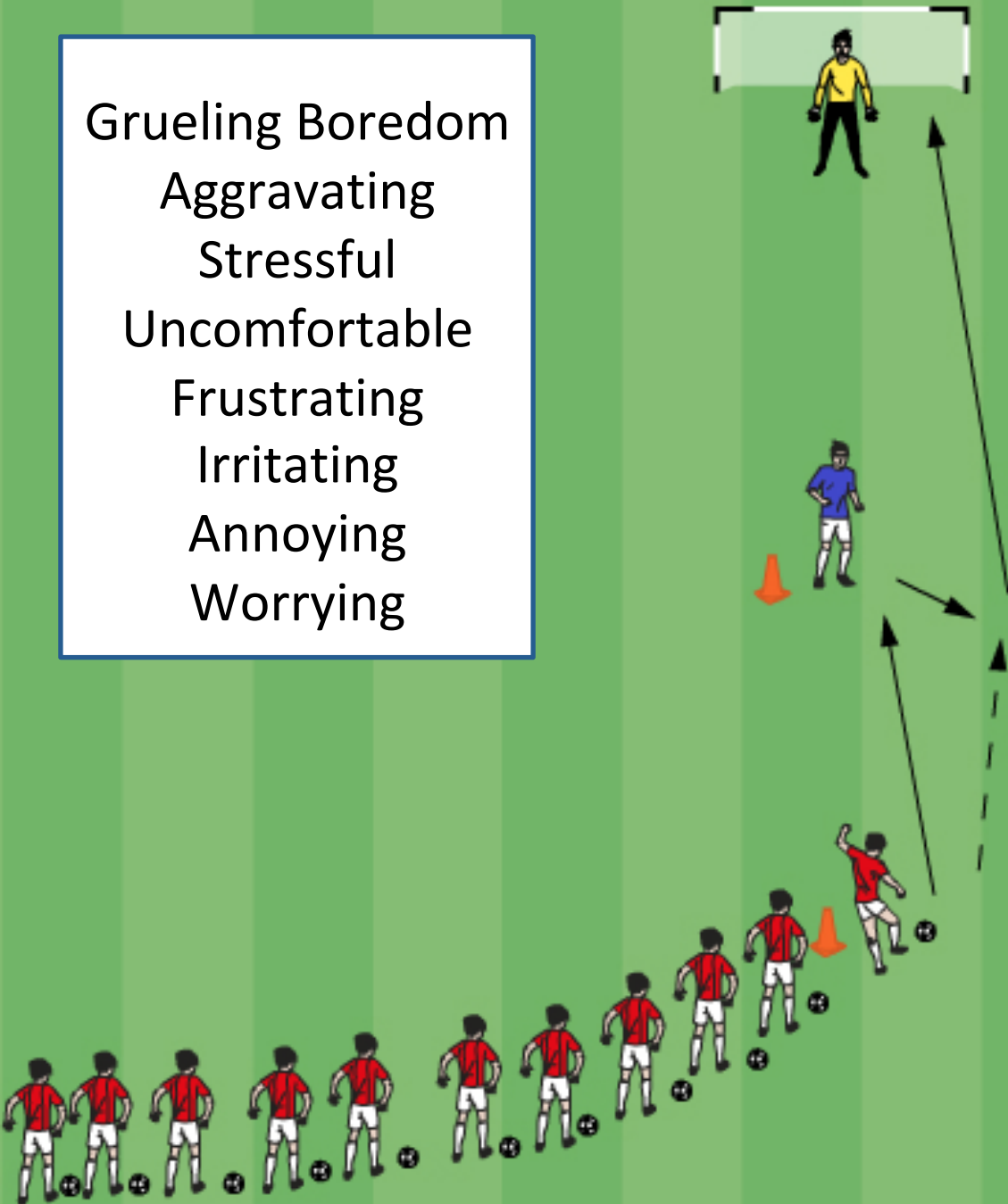
Game Leader

Parent

Players



Grueling Boredom
Aggravating
Stressful
Uncomfortable
Frustrating
Irritating
Annoying
Worrying



Grueling Boredom
Aggravating
Stressful
Uncomfortable
Frustrating
Irritating
Annoying
Worrying



Grocery Store
Airport Security
Crossing the Border
Bank
Movies
Bathroom

FACT

Waiting in lines we're more likely to make impulse purchases when we're bored. This is why supermarkets place tabloids, candy, and gum in the checkout lane.