



EMPHASIS/THEME
Winter Fun

AGE GROUP
Active Start

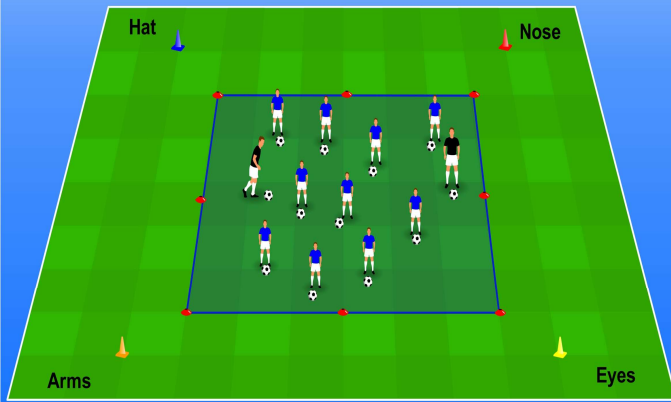
SESSION DURATION
45 minutes

TIME
10 - 12 Minutes
10 - 12 Minutes
10 - 12 Minutes
10 - 12 Minutes

ACTIVITY
Build a snowman
Frozen Tag
Clear the Snowballs
Game Station

ACTIVITY GOAL
Soccer Coordination with the Ball
Skill Development in a Competitive Setting
Soccer Skills in a Development Setting

Build a snowman



Created using SoccerTutor.com Tactics Manager

Every Player has a ball inside a square that is 15 yards x 15 yards

To introduce the activity tell the players they are going to build a snowman. As the players dribble around with their (snow)ball it gets bigger and bigger while they build their snowman talk to them about what it will look like

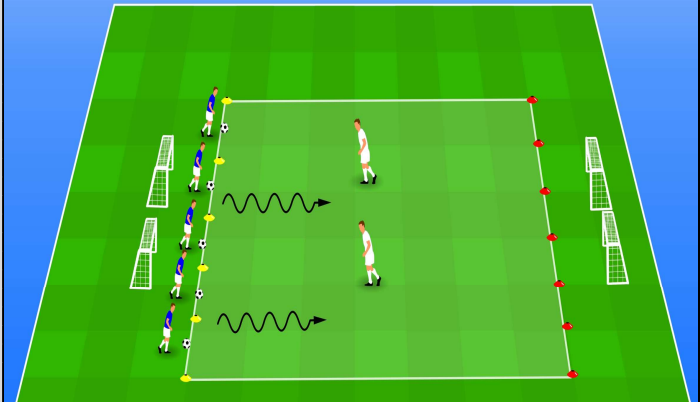
Once they have built their snowman they can dribble to the Forest to look for arms
Are they short or long? Do they have branches for fingers
Take the arms back and add them to their snowman

once that is done they can dribble to a corner and pick out their eyes
are they Coal, Pine cones, Cherries?

repeat the process for the nose (is it a button, a carrot?)
Repeat for a Hat/scarf

If there is still time Once they have built their snowman have the players name their snowman

Frozen Tag



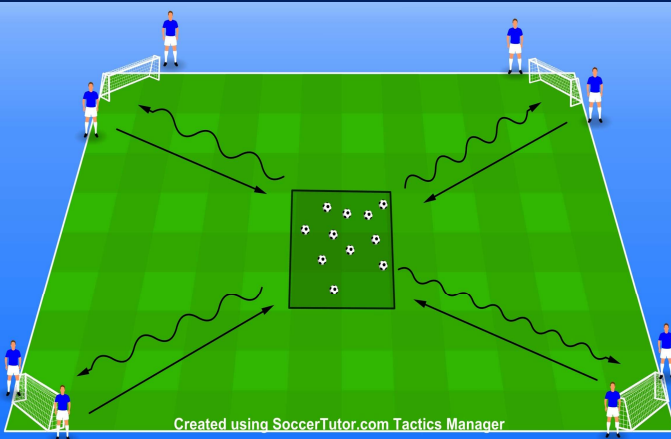
Created using SoccerTutor.com Tactics Manager

This activity is similar to british bulldog but with levels. Players must get from Their house to the postal shop with their letters to santa without being caught by the abominable snowman (coaches)

Players want to get from one side to the other and put their letter (Ball) in the Mailbox (Net) without being caught by the abominable snowman. If they are tagged by the abominable snowman they owe 3 star jumps

To make this more challenging
Drop some cones randomly to act as Trees they have to go around

Clear the Snowballs



Created using SoccerTutor.com Tactics Manager

Set up nets on the corners of a 15 yards X 15 yards square, with a 3 yard X 3 yard box in the middle full of soccer balls. Divide the players up equally amongst the 4 corners.

When the coach yells "Go!" one player from each team will run and get a snowball (Ball) for their team from the centre square and bring it back to their snow fort (net)

Once the player gets back to their fort, the next player can go and retrieve their snowball from the middle. Repeat this process until all of the Snowballs are collected.

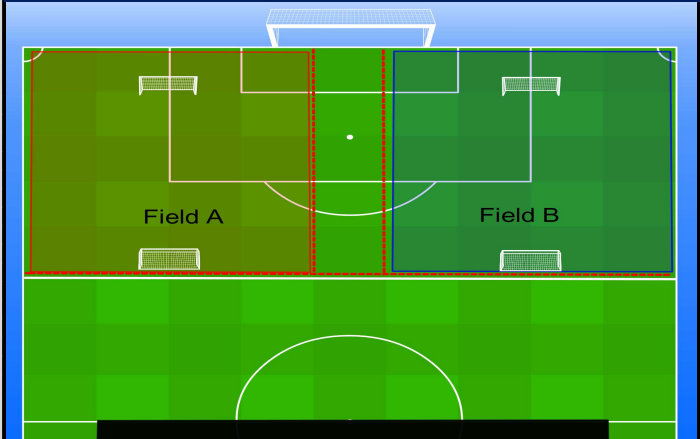
At the end of the round count up how many snowballs each team collected. Give each player a high five for every snowball

Repeat the activity by resetting all of the soccer balls back in the middle.

To advance this activity players can steal snowballs from other teams

Perform this activity as a timed event and help guide players to where to steal their next snowball from.

GAME PLAY



Players will be divided up into 4 teams and split between 2 game fields.

There will be no designated keeper. If a player is standing by the net encourage them to push up the field so that they are not standing directly in the net.

When the ball goes out, stop the ball on the line and have players dribble the ball back into play.

When a goal is scored, have the scoring team retreat back to their net to receive high fives from the coach. As the players are retreating back to their net, the team that got scored on can start the game up again, without waiting for the other team to get set up.

By having the team retreat back to their net, it will allow the team that got scored on to have the opportunity to dribble the ball out of their own end and advance up the field.