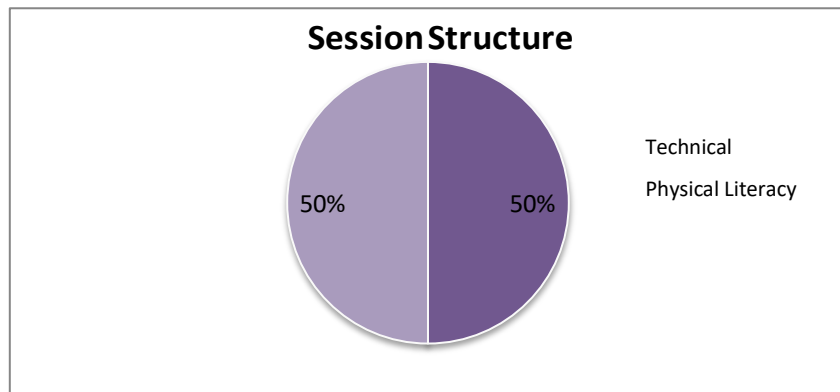


ACTIVE STARTS U4-U6



Pre- Academy U4-U6	
Lead Coach Requirement	FUN + MED + RIS or USYA Youth
Practice Length	30-45 minutes
Game Format	No competitive games – adult and child play together informally
Playing Time	None
Outdoor Session Length	4 to 16 weeks
Indoor Session Length	4 to 16 weeks
Practices Per Week	1
Ball Size	4

Soccer contributes to the well-being of children by engaging them in the sport while teaching them basic movements. At this introductory level, the objective is to get moving and to keep active

Physical Literacy	Technical	Mental/Emotional
Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.	The player and the ball: Running with the ball, dribbling, controlling, kicking and shooting.	Fun, fascination, and passion for play

Practice	Topic	Practice	Topic
1 and 2	Running with the ball	5 and 6	Stops and starts
3 and 4	Changes of direction	7 and 8	Moves and feints