



**ONTARIO
SOCCER**

EST. 1901



Active Start Session Plan

For coaches of U4-U5 year-olds



Ontario Soccer Player Development Model: The Station Concept



The activities provided illustrate how stations can be used during Grassroots practices.

All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, psychological and also technical.

Total practice time 40 minutes as per the Recreational and Development Matrix.

Play. Inspire. Unite.





Ontario Soccer Player Development Model How it works



Introduction

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and challenged.

Organisation

If working with a larger group, organize players into groups of 6. Each station has a coach who leads that specific station for the session.

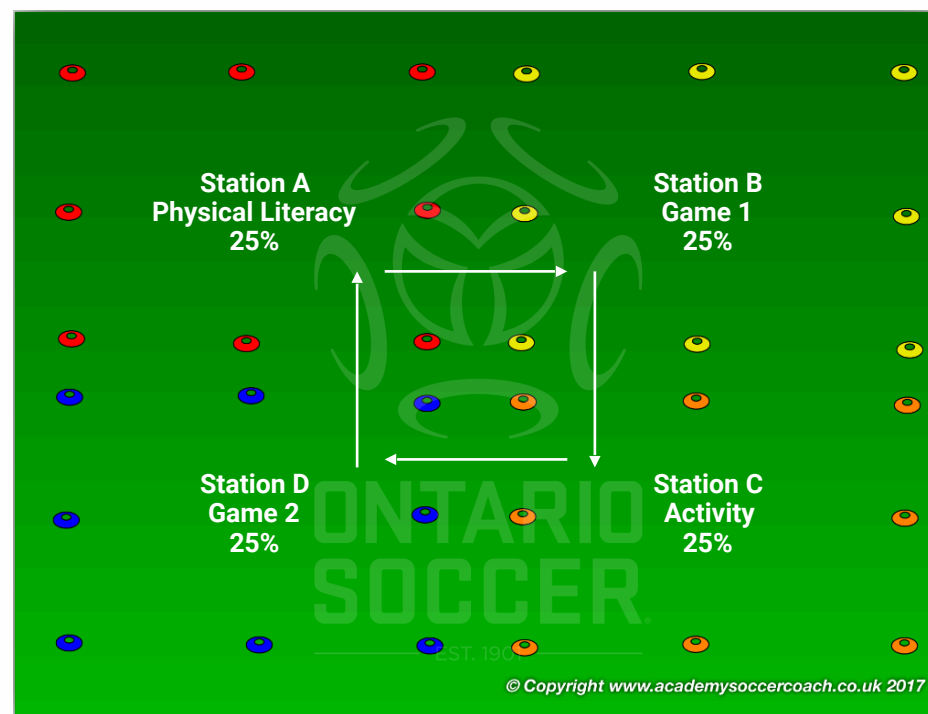
If working with a smaller group, simply move together through all 4 stations until all are complete.

Procedure

Players rotate every 8 minutes. Provide a 2 minute break in between each station for water and to allow movement to the next station.

Emphasis

In these examples one station focuses on Physical Literacy, two stations on movements with the ball or small sided games and the 4th station is focused around technique with decision making.



Timing	Area
Total Time: 40 4 x 8 minute Stations	20m x 20 m (x4)

Technical			Physical		
	U4	U5		U4	U5
Dribbling	1	1	Running Forward	1	1
Running with the ball	1	1	Running Backwards	1	1
Shooting	1	1	Jumping	1	1
Ball Control	3	2	Skipping	1	1
Passing	3	3	Hopping	1	1
Receiving	4	4	Bounding	2	2
Heading	4	4	Crawling	2	2
Shielding	4	4	Turning	2	2
Crossing	4	4	Falling / diving	3	2
Finishing	4	4	Twisting	2	2
1v1 Defending	4	4	Rolling	3	3
1v1 Attacking	4	4	Other Sports	1	1
Social			Psychological		
	U4	U5		U4	U5
Listening	2	2	Motivation	1	1
Co-operation	3	3	Self Confidence	1	1
Communication	1	1	Competitiveness	4	4
Sharing	3	3	Concentration	4	4
Problem-solving	3	3	Commitment	4	4
Decision-making	3	2	Self Control	3	3
Empathy	3	2	Priority Key		
Patience	3	2	High	1	
Respect / discipline	2	2	Medium	2	
Fair play / honesty	3	2	Low	3	
			Not Applicable	4	

Top Tip

Encourage the players to make decisions and have fun. When talking to the players, crouch down so you are at eye level with them rather than towering above them. This can be intimidating for young children. Speaking to the players at eye level allows you to better connect with them.



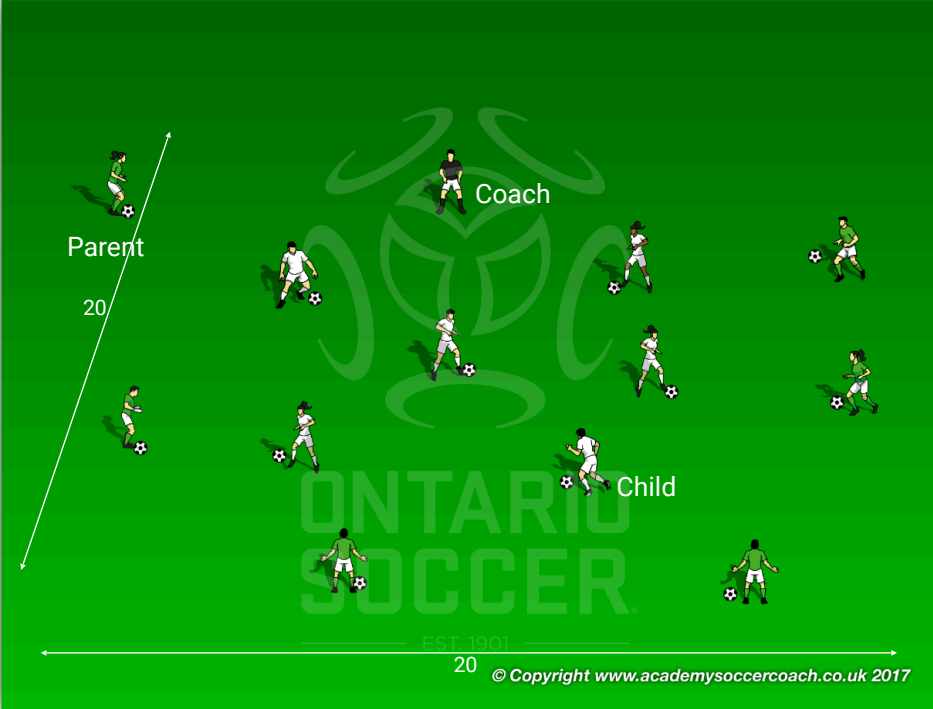
Active Start

Activity

Toy Story



Organization
Players and parents are in the area. Parents encourage their child to try the various movements.
Procedure
<p>The players imagine they are the toys in Andy's room. Let them pick which toy they want to be. Encourage the players to make the noise or say the catch phrase of their favourite toy.</p> <p>When the Coach says "Andy is coming" the players must do their best to freeze and stand still. Coach pretends they can't see the players while they are frozen.</p> <p>They must move round the area doing various movements:</p> <ul style="list-style-type: none"> * Pretending to fly * Running backwards * Crawling * Hopping (two feet) * Running while carrying a ball in their hands * Throwing a ball up and catching it * Bouncing the ball
Emphasis
Creating a safe environment, decision making and positive reinforcement
Progression
Players can put the ball on the floor and dribble.



Timing	Area
8 Minutes	20m x 20m

Objective	
Players are be able to confident, safe and participate in the activities	
Outcome	
<p>All players - will be able to join in and try some of the movements and skills</p> <p>Most players - will be able to do a variety of moves and skills</p> <p>Some players - will be able to do a variety of moves and skills and come up with their own</p>	
Technical / Tactical	Psychological
Ball mastery Running with the ball Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Running backwards Crawling Hopping Skipping Running Reaction

Top Tip	The technical requirements are not about teaching the techniques of soccer and are nothing more than encouraging children to enjoy becoming friends with the ball and experiencing the following through fun and imaginative games.
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Active Start

Small Sided Game

Backyard Soccer



Organization

Organize players into 2v2
(1 player and a parent vs 1 player and a parent/
guardian) Set up multiple times.

Procedure

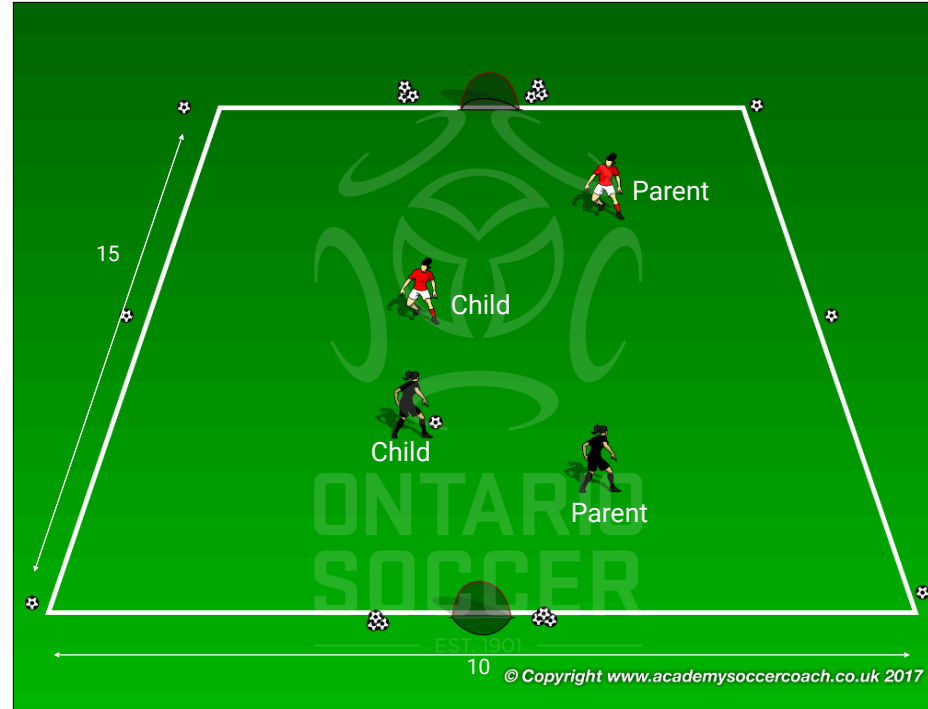
Child and parent/guardian play a 2v2 game. If the
ball goes out of the field, take the closest ball to keep
the game moving. Parents / guardian should help the
children as much as possible.

Emphasis

Free Play and FUN!

Progression

N/A



Timing

8 Minutes

Area

15m x 10m

Objective

Players are be able to 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

Ball mastery
Running with the ball
Dribbling

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening
Celebrating
Teamwork

Physical

Agility
Balance
Co-ordination
Change of Direction
Change of Speed

Top Tip

Engage the parents throughout the session. This can help with the organization, but more importantly creates that backyard feeling between parent
and child.



Active Start

Activity

Toy Story 2: Rescue the Toys!

Organization

Setup as shown. If none of the equipment is available, improvise with cones. On the first run through, encourage parents to go alongside the child to remind and stimulate them.

Procedure

- Players must rescue the toys (cones or bibs) from Al's Toy Barn! (Flagged area)
- All players start in Andy's room (yellow area)
1. They go down the stairs (through the ladders)
 2. They crawl round Buster the Dog (use cones or bibs)
 3. Through the dog flap (crawl under the pugg goal)
 4. Jump over the fence (hurdle)
 5. Get in the car (they can carry the ball or dribble it down the road, avoiding obstacles in the road)
 6. At the end of the road they park the car (ball) in a parking space.
 7. They crawl past the humans (mannequins)
 8. They wait for Al (volunteer parent or assistant coach) to turn away and they rescue a toy (cone or bib)
 9. They run the short cut back to Andy's room

Emphasis

Imagination, creativity and celebrating!

Progression

Dribble the ball with their feet at 5 and 9.



Timing	Area
8 Minutes	20m x 20m

Objective

Players are be able to 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
Ball mastery Running with the ball Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Running Forward Crawling Jumping Turning Falling / diving Twisting Rolling

Top Tip

U4-U5 players have a short attention span therefore it's important we tailor our practices accordingly. Shorter activities lasting 6-8 minutes total are recommended. Allow each part to last, 1 or 2 minute duration, then change the dynamics. New roles, new progression.



Active Start

Small Sided Game

Beat the grown up!



Organization
Players (in white) have a ball each. Goals are placed around the outside the area.
Procedure
Every time a child scores, they do a celebration. The parent then takes a ball to try and score on a goal. Try the following celebrations: 1) High 5. 2)Aeroplane 3) bib over the head. 4) Power Stance 5) Ask the player to come up with their own celebration
Emphasis
Creating a safe environment, positive reinforcement allowing the players to be creative and make decisions. Involving the parents and demonstration of the activity.
Progression
N/A



Timing	Area
8 Minutes	20m x 20m

Objective	
Players are be able to 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
Ball mastery Dirbbling Shooting	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip	Player success is encouraged. While Mom or Dad should challenge the child player, they should allow the child to “score” goals and “beat” the adult opponent.
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Ontario Soccer Resources

Coaches' Guides

- Game Organisation Guide
- Field Organisation Guide
- Festival Guide
- 8 Ways to Develop the Grassroots Game
- How does the Inclusive Programming Model work at your Soccer Club?
- Incorporating Physical Literacy in our Practices

Grassroots Curriculum

- Active Start U4-U6 Brochure
- Active Start Workbook and Practice Plan
- Active Start U4-U6 (Curriculum)
- All other online Grassroots Practices

Online Practice Videos

Online Webinars

