



**ONTARIO
SOCCER**

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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 is 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.

Organization

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.

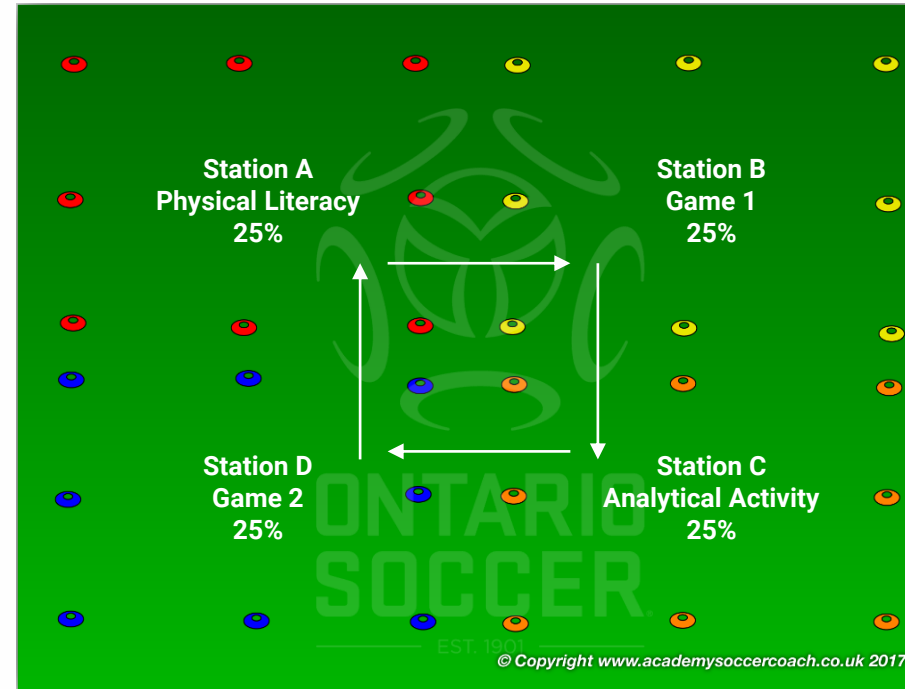
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	20 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			
Respect / discipline	2	2			
Fair play / honesty	3	2			
			High	1	
			Medium	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.



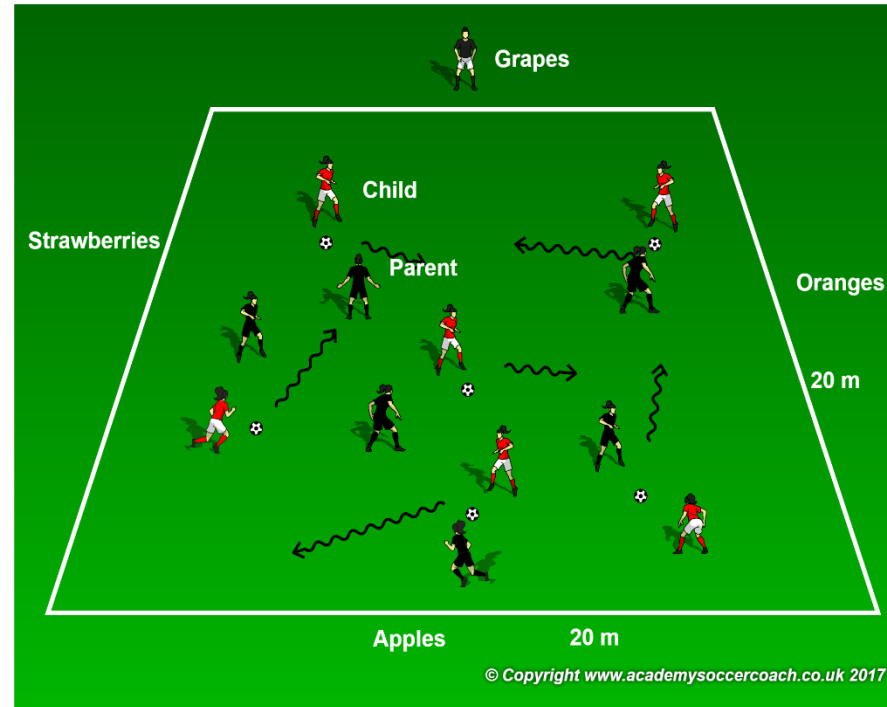
Active Start

Station A - Physical Literacy

Grocery Store



Organization
Each player has a soccer ball with a parent
Procedure
All players dribble inside the Grocery store. The players can explore by shouting out their favorite fruits. The Coach names each side of the area after a different fruit and when the coach calls out that specific fruit the players will look to dribble to the correct side while parents try to defend them and perform a specific challenge. Ex. Toe taps, using different parts of their foot, can also use the ball in hands and bounce the ball
Emphasis
Creativity, FUN
Progression



Timing	Area
8 Minutes	20 x 20 m

Objective	
Players to be able to dribble in a variety of different ways with confidence & competence	
Outcome	
All players- will be able to perform in a variety of movements on the ball	
Most players- will be able to perform a variety of movements on the ball in small spaces	
Some players- will be able to perform a variety of movements in small spaces & make decisions	
Technical	Psychological
Ball mastery Running with the ball Dribbling	Confidence Concentration FUN
Social	Physical
Problem Solving Communicating Listening Cooperation	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

People who are physically literate have the competence, confidence and motivation to enjoy a variety of sports and physical activities throughout their life.



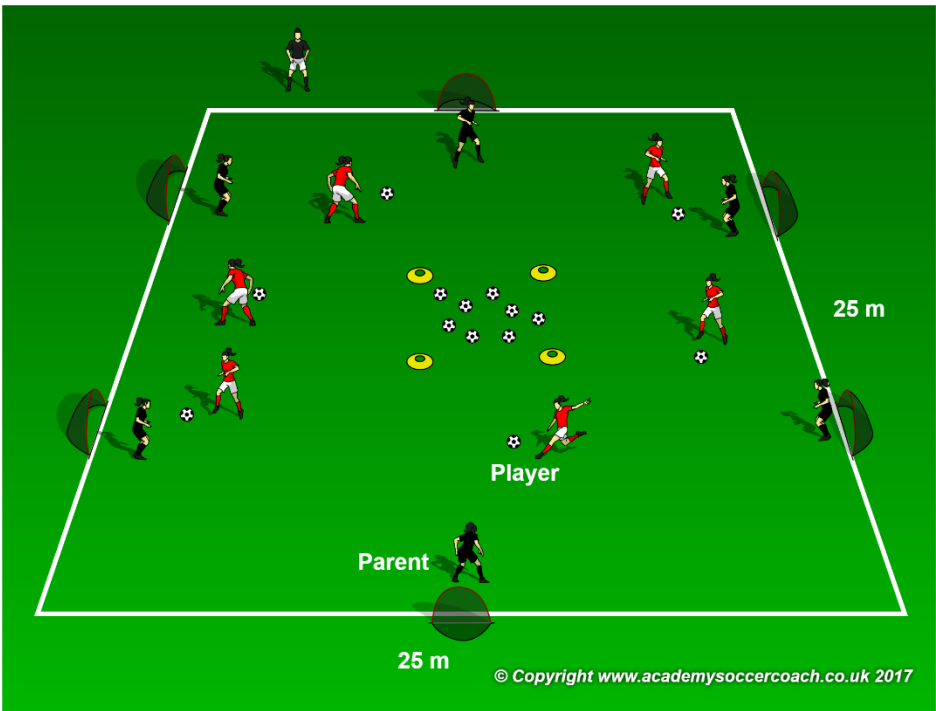
Active Start

Station B - Small Sided Game

Goal Scorer



Organization
6 goals are placed on the outside of the area with a parent in front of each goal. A set of balls placed in the centre so player can collect new ball after they shoot.
Procedure
Players have 90 seconds to score as many goals as possible. Once they score in one goal, they must look to score in a different goal. Play the game several times and encourage the children to use both feet.
Emphasis
FUN, creativity and celebrating!
Progression
N/A



Timing	Area
8 Minutes	25 m x 25 m

Objective
Players to be able to dribble in a variety of different ways with confidence & competence
Outcome
All players- will be able to perform in a variety of movements on the ball Most players- will be able to perform a variety of movements on the ball in small spaces Some players- will be able to perform a variety of movements in small spaces & make decisions

Technical	Psychological
Dribbling Running with the ball Shooting	Confidence Being Safe FUN
Social	Physical
Listening Communicating Celebrating	Agility Balance Co-ordination Change of Speed Change of Direction

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 are recommended.





Active Start

Station C

Tom and Jerry



Organization
Players pretend to be the mice (Jerry) and the vs parents are the Cats (Tom).
Procedure
The mice will look to dribble through the gates (mice holes) while the Cat looks to stop them by standing in the way of the gates. If the Cats (parent) wins the ball he/she then becomes the mice and players become the cats. Players count every time they run through a hole aka gate)
Emphasis
FUN
Progression
N/A

Timing	Area
8 Minutes	25 m x 25 m 2 m Gates

Objective	
Players to be able to dribble in a variety of different ways with confidence & competence	
Outcome	
All players- will be able to perform in a variety of movements on the ball Most players- will be able to perform a variety of movements on the ball in small spaces Some players- will be able to perform a variety of movements in small spaces & make decisions	
Technical	Psychological
Dribbling Running with the Ball Ball mastery	Confidence Being safe FUN
Social	Physical
Celebrating Decision Making Cooperation	Agility Balance Co-ordination Change of Direction

Top Tip

Today's children are much less active than in the past. In the interests of their long-term health and wellness, we need to help them become more active and stay active. The first step is to help them become physically literate.



Active Start

Small Sided Game

Backyard Soccer



Organization
20 x 20 m. 1v1 (child vs parent) are placed on to a field with 1 goal on each end. Can adjust dimensions based on players available. Can have 5 players and 5 parents in 20 x 20 m
Procedure
Each player starts with a soccer ball. Once a player has scored, give player another ball to avoid being hit while collecting a ball from a goal. Each player plays as an individual.
Emphasis
Fun, creativity and celebrating!
Progression
N/A

Timing	Area
8 Minutes	20 m x 20 m

Objective	
Players to be able to dribble in a variety of different ways with confidence & competence	
Outcome	
All players- will be able to perform in a variety of movements on the ball Most players- will be able to perform a variety of movements on the ball in small spaces Some players- will be able to perform a variety of movements in small spaces & make decisions	
Technical	Psychological
Ball mastery Running with the ball Dribbling	Confidence Awareness Decision Making
Social	Physical
Problem Solving Communicating FUN	Agility Balance Co-ordination Change of Speed

Top Tip	More touches and time on the ball equals improved skill development which are benefits to the players.
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Ontario Soccer Resources

Coaches' Guides

- [Game Organization Guide](#)
- [Field Organization 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](#)

Online Practice Videos

Online Webinars

Grassroots Curriculum

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

