



**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 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.

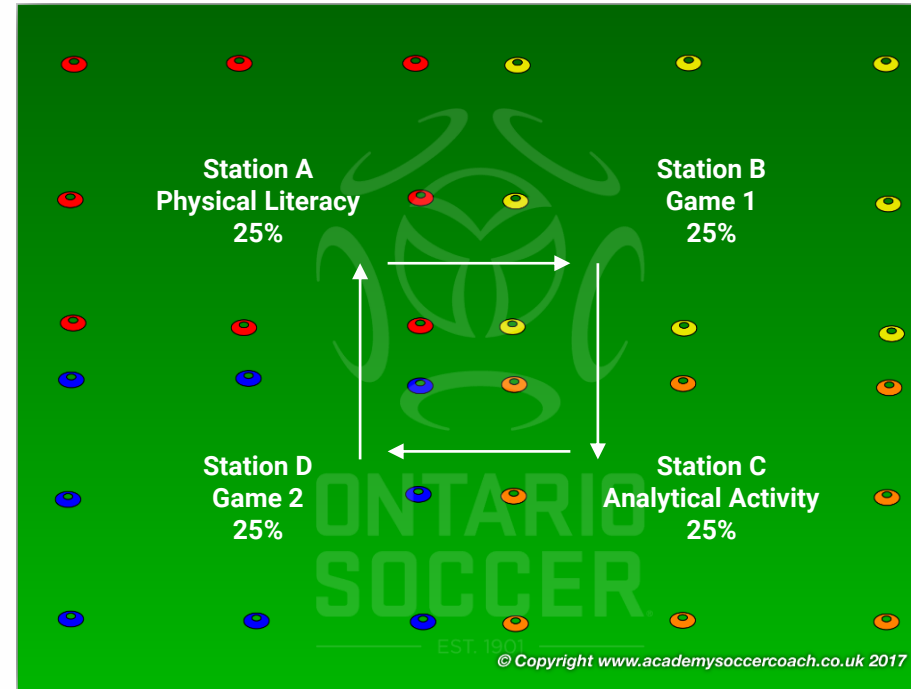
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	Skiping	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 High 1 Medium 2 Low 3 Not Applicable 4		
Patience	3	2			
Respect / discipline	2	2			
Fair play / honesty	3	2			

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

Physical Literacy

Finding Nemo & Dory



Organization

Player and parent/guardian have a ball each and are placed in a 20 m x 20 m grid with cones spread out randomly across the area. Tie a knot in an orange or blue pinnie. Ask players to name famous fishes. They will most likely come up with Nemo and Dory. Introduce the pinnies and Nemo or Dory and ask the players to close their eyes. Hide the pinnies in separate cones.

Procedure

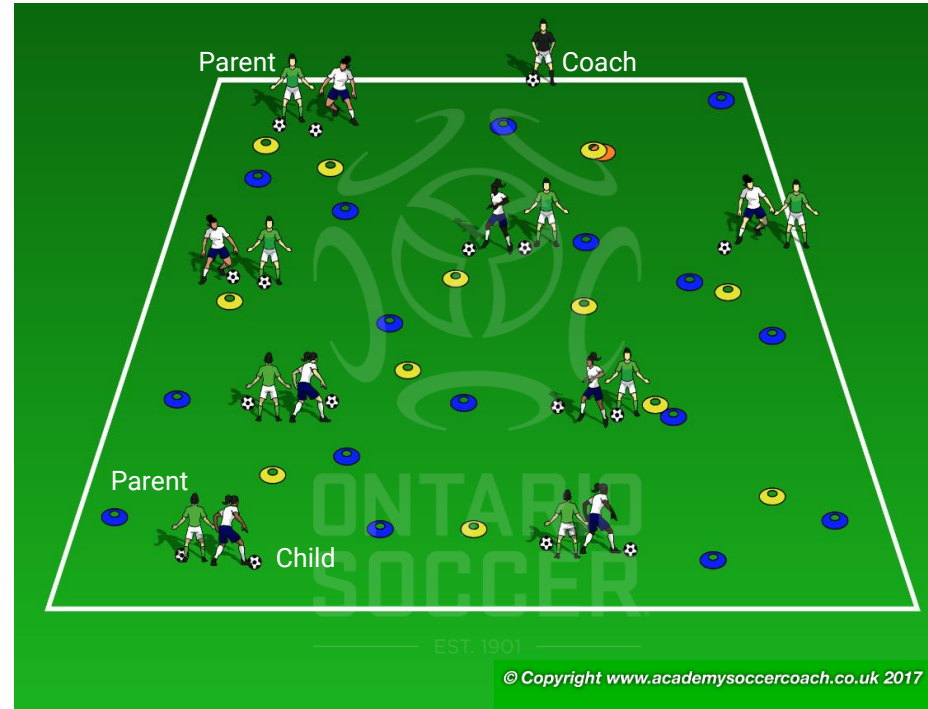
Players must swim around the ocean (dribbling their ball) and shout "Nemo, where are you?" Players look under the rocks (cones) in the sea. The first player to find Nemo under the cone wins. Ask players to do a different variation of a physical literacy move, toe taps, hopping etc. Repeat with Dory and then search for both at the same time.

Emphasis

Imagination, creativity and celebrating!

Progression

Introduce a player as a defender called Bruce the Shark who has to chase the fish away.



Timing	Area
8 Minutes	20 m x 20 m

Objective

Players to be able to move in a variety of different ways with confidence & competence

Outcome

All players- will be able to perform in a variety of movements

Most players- will be able to perform a variety of movements 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 FUN
Social	Physical
Problem Solving Listening 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.



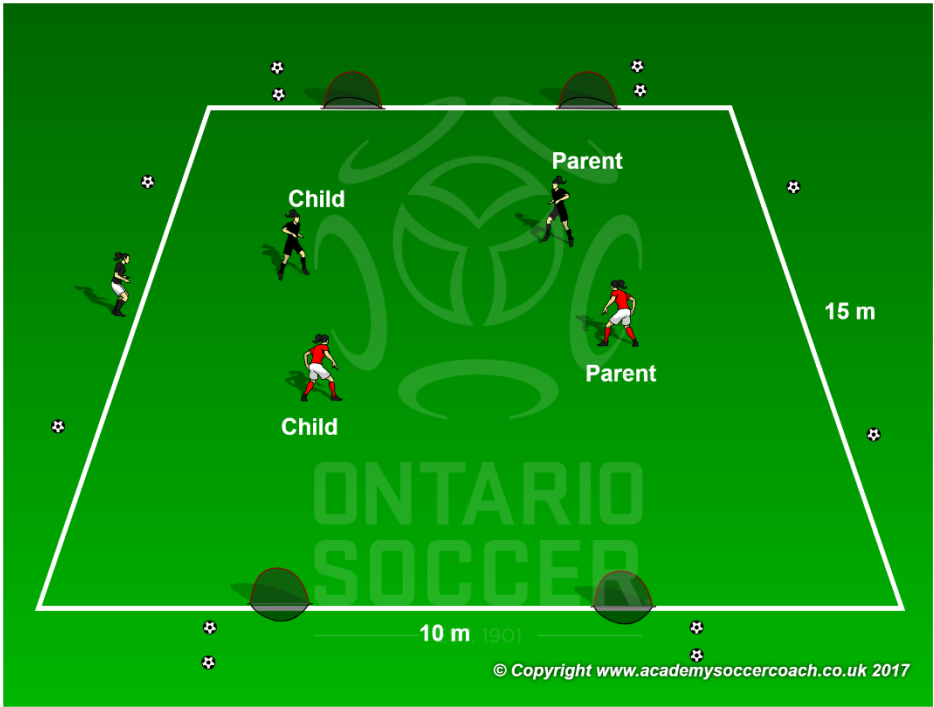
Active Start

Small Sided Game

2v2 & 2 Goals (Parent & Child v Parent & Child)



Organization
Organize players into 2v2 with 2 goals on each side, (1 player and a parent vs 1 player and a parent/guardian)
Procedure
Child and parent/guardian play a 2v2 game with 2 goals to score on. 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	Area
8 Minutes	10 m x 15 m

Objective	
Players to be able to move in a variety of different ways with confidence & competence	
Outcome	
All players- will be able to perform in a variety of movements Most players- will be able to perform a variety of movements 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 Reactions FUN
Social	Physical
Cooperation Communicating Social	Agility Balance Co-ordination Change of Direction

Top Tip

Parent/Guardian involvement can improve the child's engagement in the activity and creates a backyard feeling between parent and child.



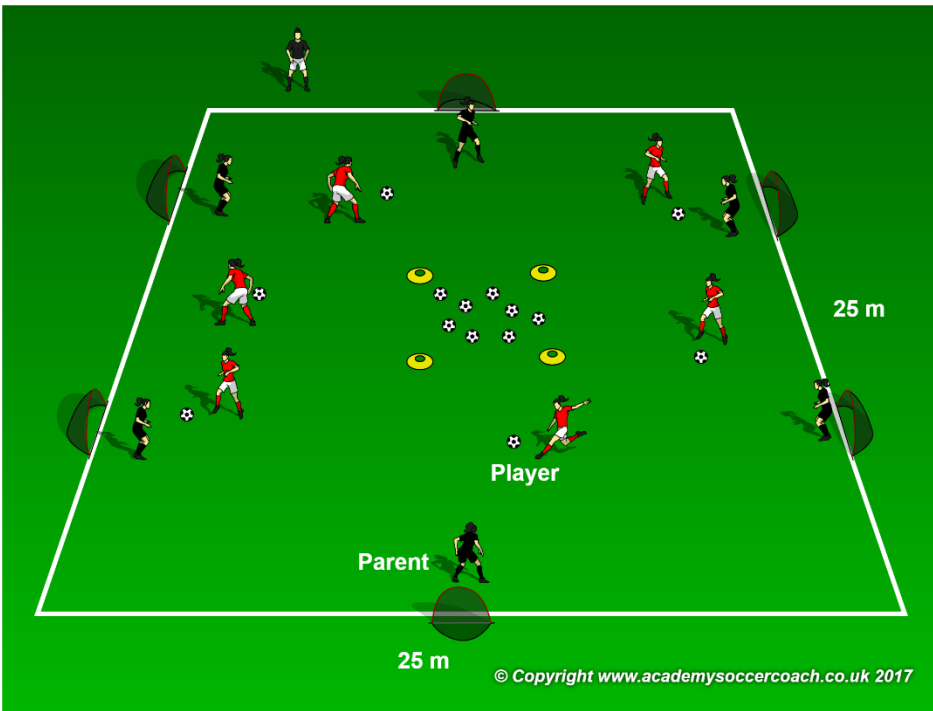
Active Start

Activity

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 move in a variety of different ways with confidence & competence	
Outcome	
All players- will be able to perform in a variety of movements Most players- will be able to perform a variety of movements 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

Small Sided Game

Backyard Soccer



Organization
20 m 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

Timing	Area
8 Minutes	20 m x 20 m

Objective	
Players to be able to move in a variety of different ways with confidence & competence	
Outcome	
All players- will be able to perform in a variety of movements Most players- will be able to perform a variety of movements 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	Remember that children do not mean to make mistakes, we should make mistakes as a necessary part of learning.
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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](#)

