



**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.

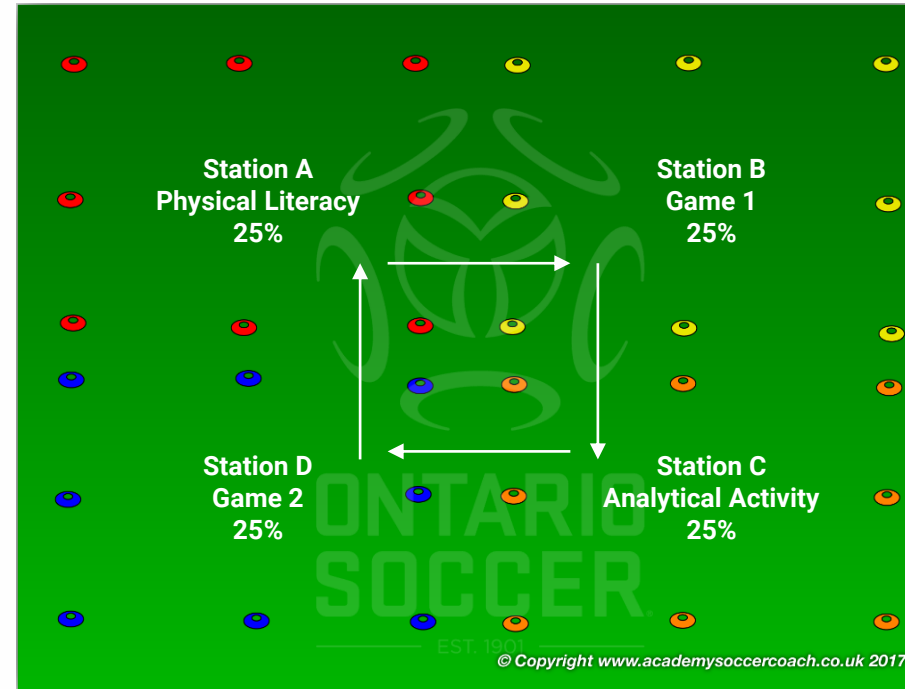
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	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

Physical Literacy

Simon Says



Organization
20 m x 20 m. Each player and parent will have a ball. Please note that up to 10 players can play in this dimension. If more players are involved in the session, then coach will have to increase the size of the playing field.
Procedure
<p>The coach is Simon. When the coach (Simon) says the following:</p> <ul style="list-style-type: none"> Bounce the ball, (player and parent will bounce the ball) Without the ball, jumping jacks Hopping of the right/left foot Dribbling
Emphasis
<p>Creating a Safe Environment Positive Reinforcement Allow the Players to Make Decisions Demonstration of the Activity</p>
Progression
Each player will become Simon and each parent will follow their child's direction on the field

Timing	Area
8 Minutes	20 m x 20 m

Objective	
Players are able to be 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	Psychological
<p>Ball Mastery Running with the ball Dribbling</p>	<p>Confidence Awareness Decision Making FUN</p>
Social	Physical
<p>Problem Solving Listening Communicating</p>	<p>Agility Balance Co-ordination Change of Speed Change of Direction</p>

Top Tip	In physical activities, the coach can encourage the child to run, hop, skip, and change speed and direction.
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Active Start

Small Sided Game

Backyard Soccer



Organization

15 m x 15 m. Organize players into 2v2 with 2 goals on each side, (1 player and 1 parent vs 1 player and 1 parent). Coach will set up multiple playing fields based on number of players available. For example, if 8 players are involved in the session, then the coach will set up 4 playing areas.

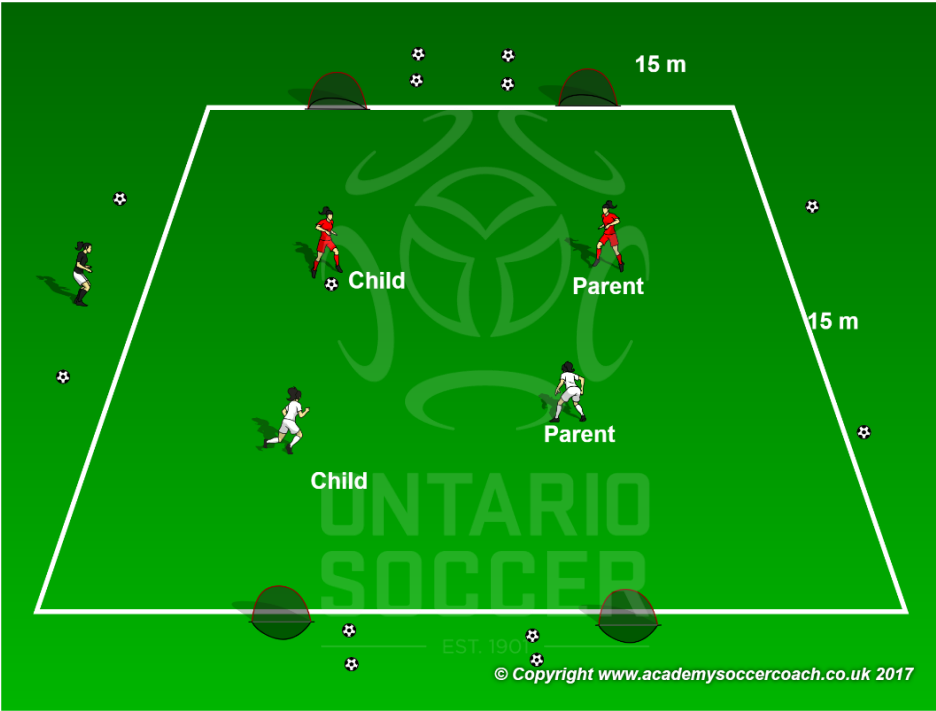
Procedure

The child and parent will play a 2v2 game with two goals to score on. If the ball goes out of the field, the child or parent will use the closest ball to keep the game moving. The parent should help the children as much as possible.

Emphasis

- Creating a Safe Environment
- Positive Reinforcement
- Allow the Players to Make Decisions
- Demonstration of the Activity

Progression



Timing

8 Minutes

Area

15 m x 15 m

Objective

Players are able to be 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

- Dribbling
- Running with the ball
- Ball mastery

Psychological

- Confidence
- Awareness
- Decision Making
- FUN

Social

- Problem Solving
- Listening
- Celebrating

Physical

- Agility
- Balance
- Co-ordination
- Change of Direction
- Change of Speed

Top Tip

When a Parent/Guardian is involved in activities, this can improve the child's engagement and creates that backyard environment.



Active Start

Activity

Mouse Traps



Organization

20 m x 20 m. 8 groups of 1 player. 12-15 cones place inside playing field. player (mice) in white and 1 parent (chaser) in red)

Procedure

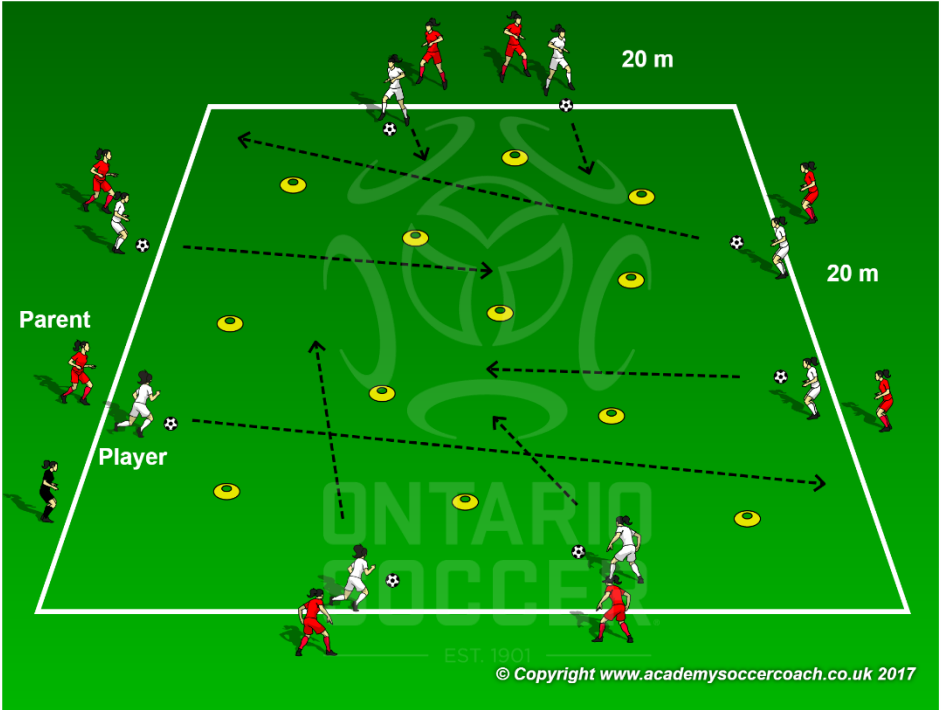
Players (mice) will dribble the ball across the playing field while the parent (cats) chase. The cones represent mouse traps which the players must avoid touching. If any of the players touch a mouse trap then they must do 3 jumping jacks before switching roles with the parent to become the cat (chaser)

Emphasis

Creating a Safe Environment
Positive Reinforcement
Allow the Players to Make Decisions
Demonstration of the Activity

Progression

When the coach calls "Attack" the child with the ball will try to dribble through the gates. The parent is the defender. If the defender wins the ball parent will become the attacker and vice versa.



Timing	Area
8 Minutes	20 m x 20 m

Objective

Players are able to be 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	Psychological
Ball mastery Running with the ball Dribbling	Confidence Awareness Decision Making FUN
Social	Physical
Problem Solving Communicating	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

1 v 1 (Disney World Game)



Organization

20 m x 20 m. 1v1 (player vs parent) are placed on to a field with 1 goal on each end. Can adjust dimensions based on players available

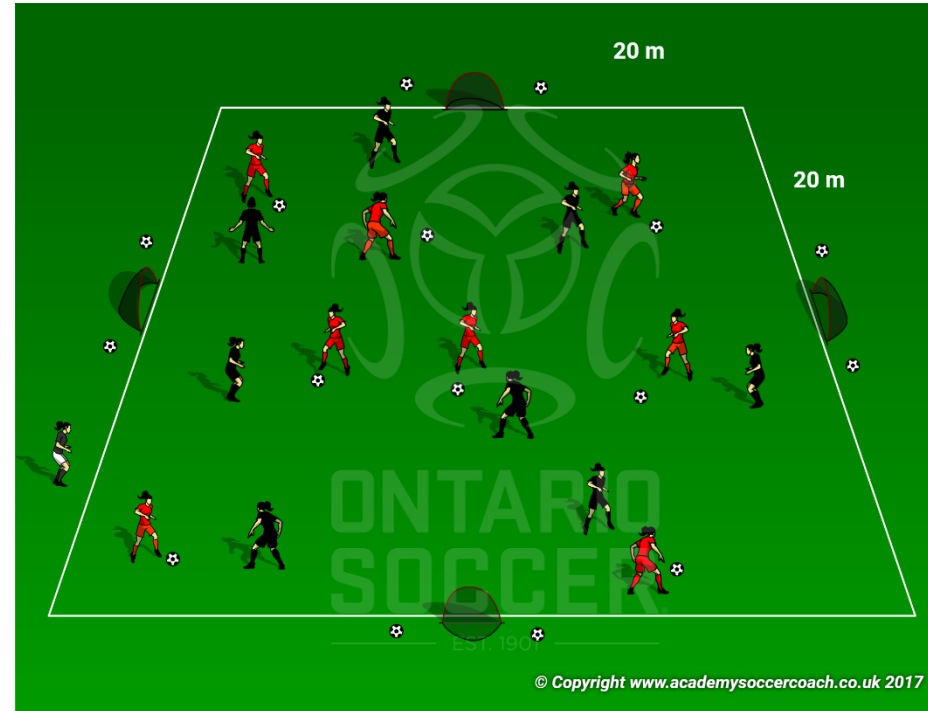
Procedure

Coach will have a player and parent pick their own Disney Character. Each goal is named, Magic Kingdom Park, Epcot, Disney's Animal Kingdom and Hollywood Studios. Each player will start with a soccer ball and the parent will be their opponent. The coach should encourage all the players to score (travel) on every goal (park) in Disney World. Once a player has scored, the parent can give the player another ball and the player will look to score (travel) to another goal (park). Each player plays as an individual vs the parent.

Emphasis

Creating a Safe Environment
Positive Reinforcement
Allow the Players to Make Decisions
Demonstration of the Activity

Progression



Timing	Area
8 Minutes	20 m x 20 m

Objective

Players are able to be 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	Psychological
Ball mastery Running with the ball Dribbling	Confidence Awareness Decision Making FUN
Social	Physical
Problem Solving Communicating Listening	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip Children do not mean to make mistakes, we should make mistakes as a necessary part of learning by allowing trial and error to occur in the practice session. This will give the child an opportunity to correct own mistakes and make own decisions, without the coach and parent always correcting the child.

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](#)

