



**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.

## 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.

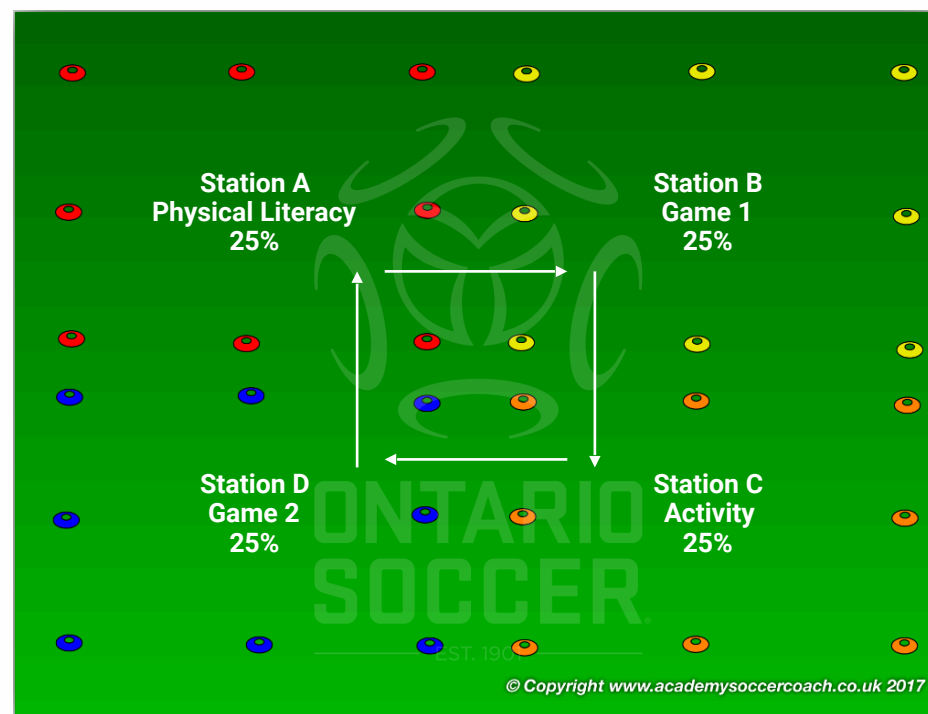
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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	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

## Physical Literacy

### Gaston is here!



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 enchanted staff in the Beast's castle. Let them pick which character they want to be. Encourage the players to make the noise or say the catch phrase of their favourite character Lumiere, Cogsworth, Mrs. Potts, Chip or Feather duster or Sultan</p> <p>When the Coach says "Gaston 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. They must move round the area doing various movements:</p> <ul style="list-style-type: none"> <li>* Running backwards</li> <li>* Crawling</li> <li>* Hopping (two feet)</li> <li>* Running while carrying a ball in their hands</li> <li>* Throwing a ball up and catching it</li> <li>* Bouncing the ball</li> </ul>
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 able to be confident, safe and participate in the activities	
Outcome	
<p><b>All players</b> - will be able to join in and try some of the movements and skills</p> <p><b>Most players</b> - will be able to do a variety of moves and skills</p> <p><b>Some players</b> - 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	Area
8 Minutes	15m x 10m

Objective	
Players are able to be confident, safe and participate in the activities	
Outcome	
<b>All players</b> - will be able to join in and try some of the movements and skills <b>Most players</b> - will be able to do a variety of moves and skills <b>Some players</b> - 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	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.



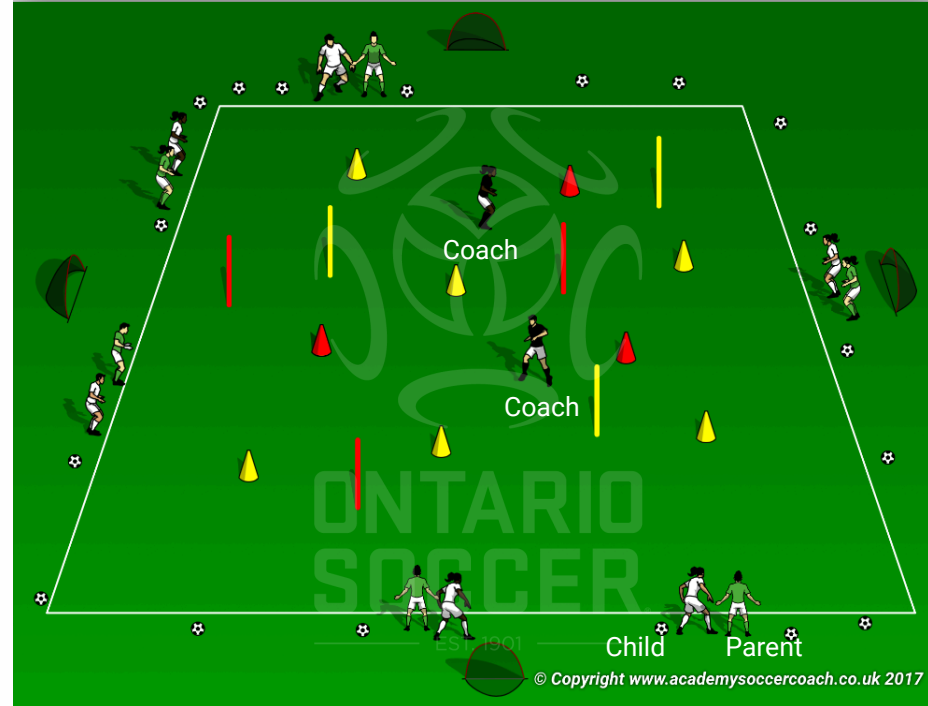
# Active Start

## Activity

### Beauty and the Beast



Organization
Setup as shown, 4 mini goals on the outside of the square set back from the line.
Procedure
<p>Players are Belle or the Beast. They must run through the forest carrying one of the enchanted staff e.g. Lumiere, Cogsworth, Mrs. Potts, (as their ball) and they must put them in back safety in the castle (mini goals)</p> <p>Coaches are Gaston or the Forest Wolves and they are trying to stop them or tag them. If a player is tagged, they become a Forest Wolf or Gaston.</p> <p>Start with the players carrying the ball in their hands and then play to them running or dribbling the ball and shooting in the goal.</p> <p>Be dynamic, ask if the players are ready and get them to make noises. e.g. 'ROAR' if they are The Beast, shout 'No Gaston!' if they are Belle. 'Howl' if they are a Wolf or do the "Gaston stomp and bicep tense" if they are Gaston.</p>
Emphasis
Imagination, creativity and celebrating!
Progression
Play as a continuous game where if the players are tagged, they freeze and wait for a high 5 to come be alive again.



Timing	Area
8 Minutes	15m x 15m

Objective	
Players are able to be confident, safe and participate in the activities	
Outcome	
<p><b>All players</b> - will be able to join in and try some of the movements and skills</p> <p><b>Most players</b> - will be able to do a variety of moves and skills</p> <p><b>Some players</b> - 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 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.
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# 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 able to be confident, safe and participate in the activities	
Outcome	
<b>All players</b> - will be able to join in and try some of the movements and skills	
<b>Most players</b> - will be able to do a variety of moves and skills	
<b>Some players</b> - 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

