



**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.

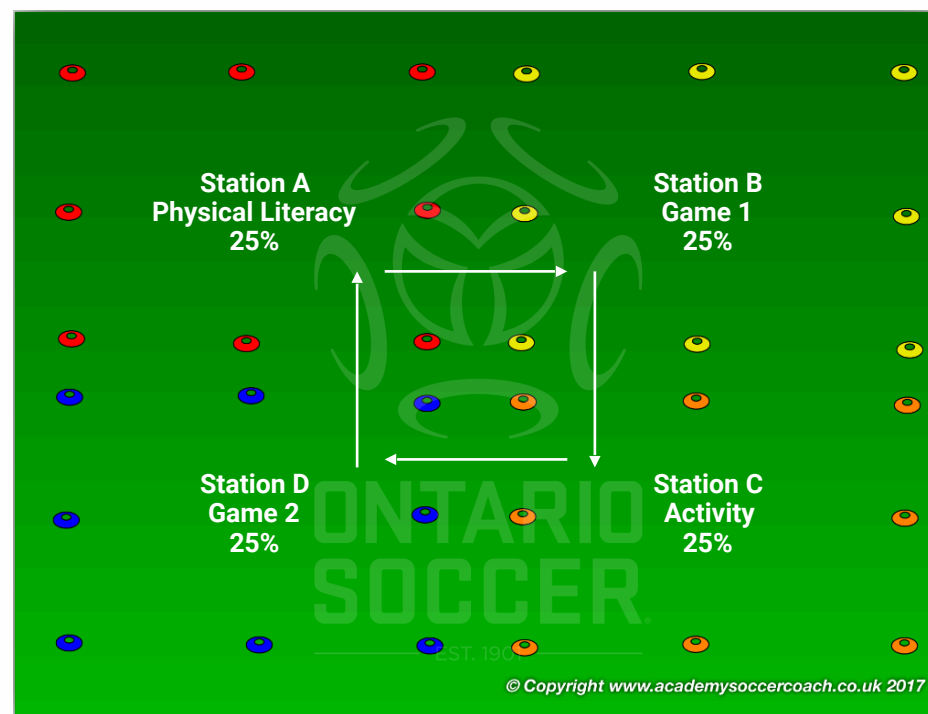
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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	<b>Priority Key</b>		
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

### Shrek



Organization
Players and parents are in the area. Parents encourage their child to try the various movements.
Procedure
Coach or parent pretends to be asleep. In their swamp (corner with cones) villagers or fairy tail creatures have to steal his clothes to wash them. Diagram shows cones but works better with bibs. If Shrek wakes up, players must drop and lie down and hide behind the ball. Once the fairytale creatures gets close they can enter the swamp, steal the clothes and take them back to their village.
After each go, vary the way players approach Shrek's Swamp by asking the players to do the following movements:
<ul style="list-style-type: none"> <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	
<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	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.
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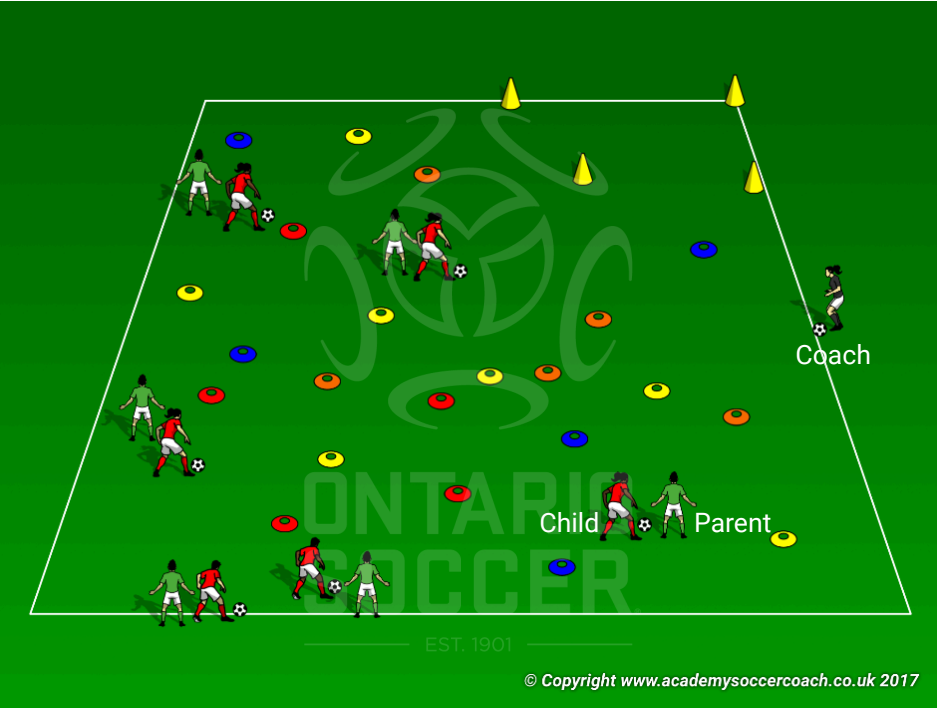
# Active Start

## Activity

### Get out of my Swamp!



Organization
Setup as shown with cones scattered across the area and large cones that signify Lord Farquaad's Castle.
Procedure
Players are Shrek, Fiona or Donkey.
All the cones are fairy tail creatures and they are in Shrek's Swamp. The players (Shrek, Fiona or Donkey) must clear the Swamp. The Coach or Parents can be Lord Farquaad who returns the fairy tail creatures back in the Swamp.
Be dynamic, ask if the players are ready and get them to make noises. e.g. 'ROAR' if they are The Shrek or Fiona, shout Get out of my Swamp!' If they are Donkey, get them to make a Donkey noise or laugh.
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	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 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

