



**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.

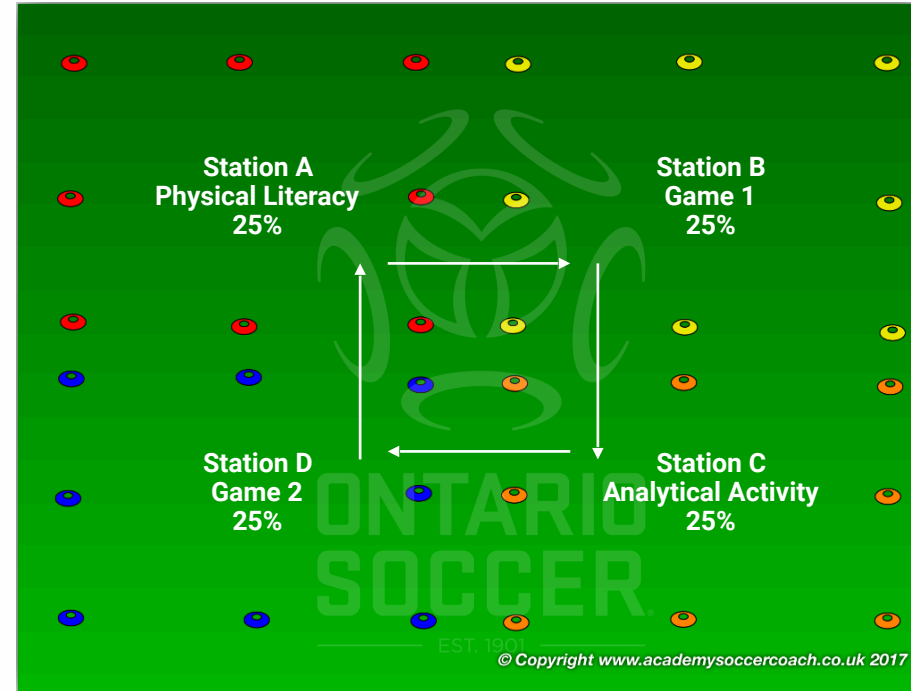
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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	<b>Priority Key</b> 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

## Activity

### Frozen



#### Organization

Every player has a ball. Adults are alongside the children to assist.

#### Procedure

Coach is Elsa and tries to freeze people by tagging or high 5'ing the player or parent. The players can choose which character they want, Anna, Elsa, Olaf or Kristoff.

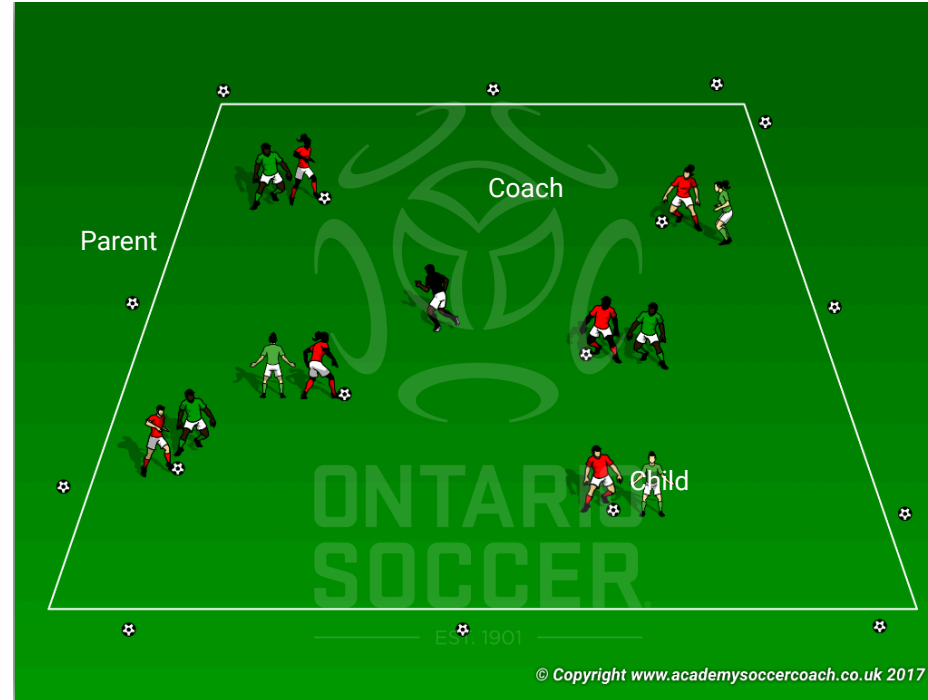
Once a player has been frozen, they do their best frozen pose. Another adult or child has to high 5 them and they are back in the game.

#### Emphasis

Creating a safe environment,  
Positive reinforcement  
Allows players to be create and make decisions  
decisions  
Asking questions  
Allowing the players to demonstrate

#### Progression

Have the adults try and freeze the children.



#### Timing

8 Minutes

#### Area

20x20m diameter

#### 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 / Tactical

Ball mastery

#### Psychological

Confidence  
Awareness  
Creativity  
Fun

#### Socio - Emotional

Problem Solving  
Listening  
Communication

#### Physical

Agility  
Balance  
Co-ordination  
Change of Direction  
Change of Speed

#### Top Tip

Active Start players are very egocentric and working with others is an abstract concept. Don't ask them to share the ball, give them a 'toy' each.



# 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

<p>© Copyright www.academysoccercoach.co.uk 2017</p>	
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

<b>Top Tip</b>	Engage the parents throughout the session. Praise and thank them for their engagement and involvement. There are many physical, psychological and social benefits to exercise. Creating an environment where the child can play with their parent will allow the parent and child to bond in a fun environment and create memories that last a lifetime.
----------------	--



# Active Start

## Activity

### Clear the Snow Balls!



#### Organisation

All balls are scattered around the playing area. 4 mini goals are placed on each side of the area.

#### Procedure

The players have to help as there are lots of snowballs that are all over the field. They need to help the adults clear the snow balls as quickly as they can!

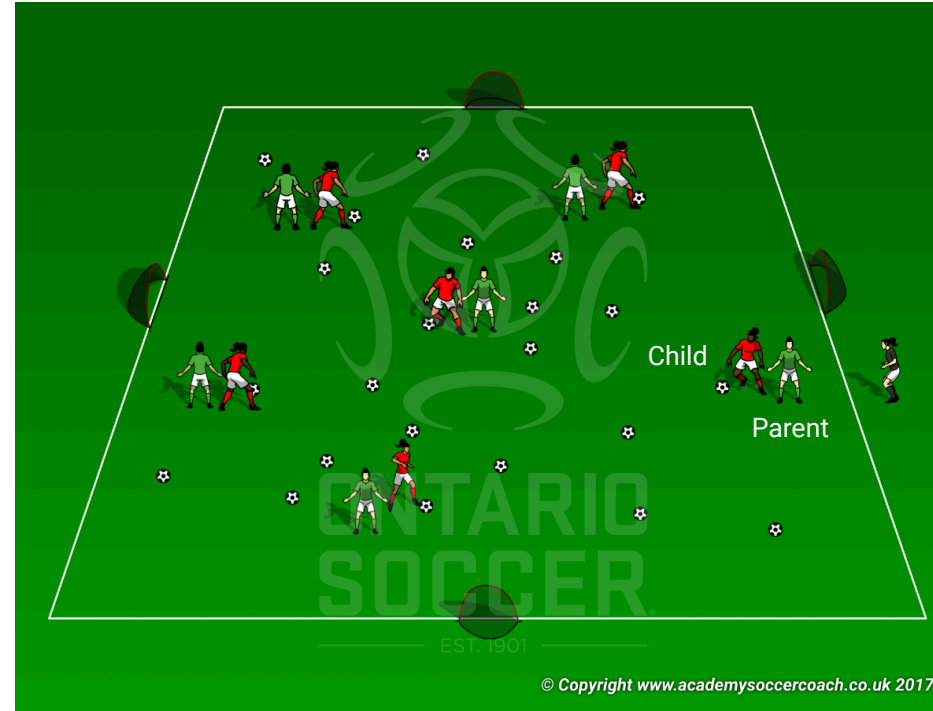
Players return the balls back to the four goals. They count how balls they've retrieved. Variation with less balls are available, players retrieve one ball at a time.

#### Emphasis

Imagination, creativity and celebrating!

#### Progression

Have the adults walk round carrying the goals. These are the snow trucks that the snow balls must be placed in.



Timing

8 Minutes

Area

20m x 20m

#### 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 / Tactical

Ball mastery  
Running with the ball  
Dribbling

#### Psychological

Fun  
Being safe  
Decision making

#### Socio - Emotional

Problem Solving  
Communicating  
Listening

#### Physical

Agility  
Balance  
Co-ordination  
Change of Direction  
Change of Speed

#### Top Tip

Inspire and engage the players in a world that is familiar to them. Use the story, make it fun. Let them use their imagination and Keep the activities short, 1 or 2 minute duration, at this stage of development the players attention span is very short!



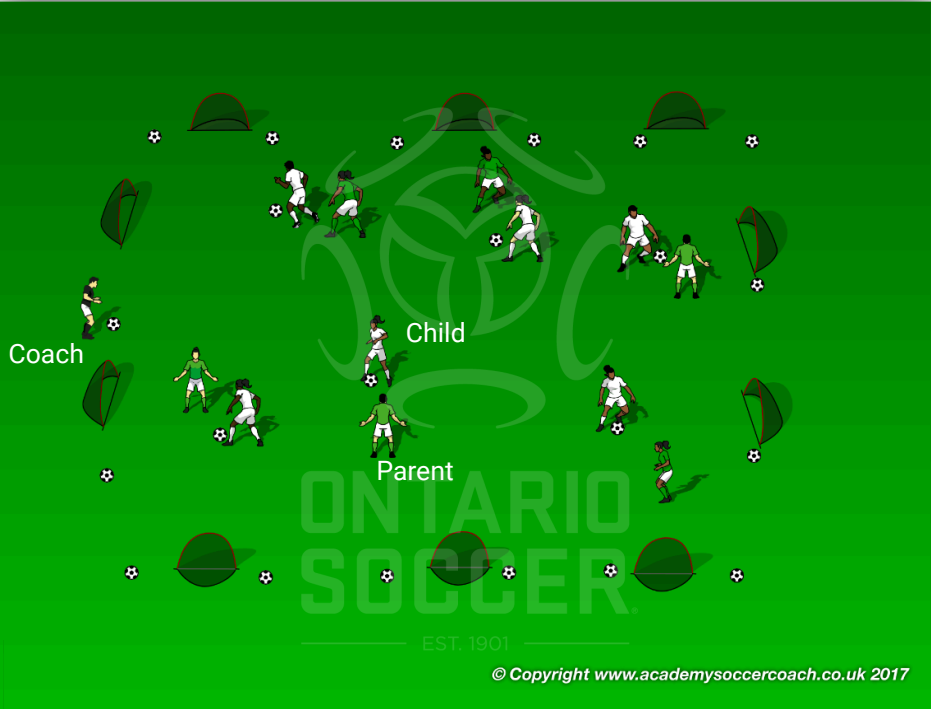
# Active Start

## 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 Dribbling 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 the adults should challenge the child player, they should allow the child to “score” goals and “beat” the adult opponent. Encourage and demonstrate goal celebrations when the players score a goal!
---------	--



# 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

## 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

