



**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.

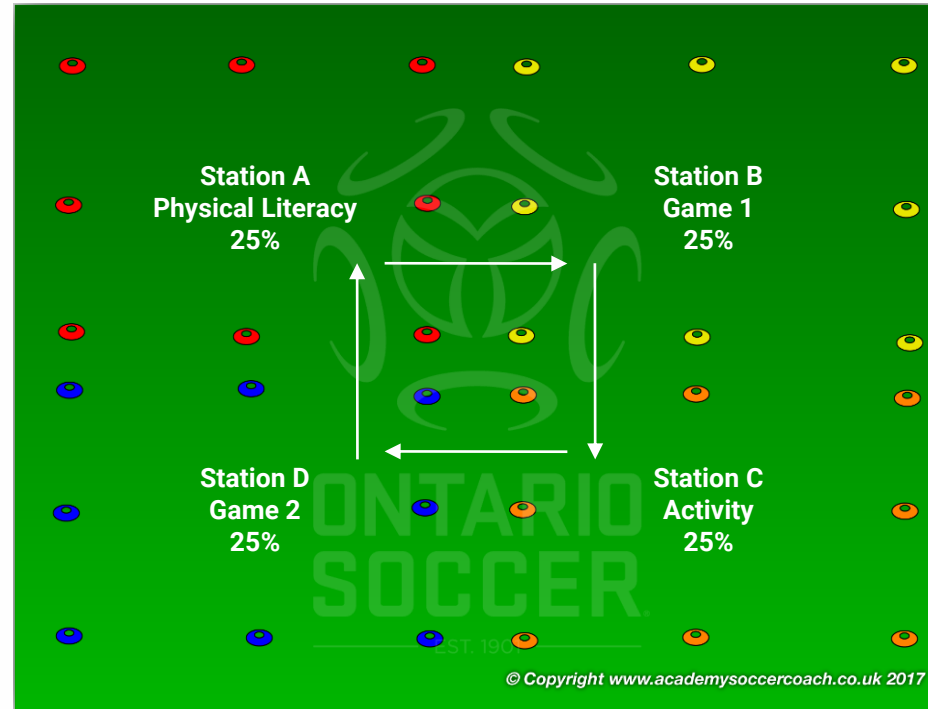
If working with a smaller group, simply move together through all 4 stations until all are complete.

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 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, try crouching down so you are at eye level with them. Speaking to the players at eye level allows you to better connect with them.



Active Start

Physical Literacy

Jellyfish Jungle



Organization

Players and parents are in the area. Parents encourage their child to try the various movements.

Procedure

Several parents and their child are seated in the Seaweed jungle (red grid) as jellyfish. Nemo, Marlin and Dory have to carry their baby fish (balls) from school (yellow grid with balls), across the jungle, to home (blue grid). If a jellyfish stings them (touches them), players must do a specific movement until reaching home (ex. Hopping).

After each return to the school (rotate Jellyfish), vary the way players approach the Jellyfish Jungle by asking the players to do the following movements:

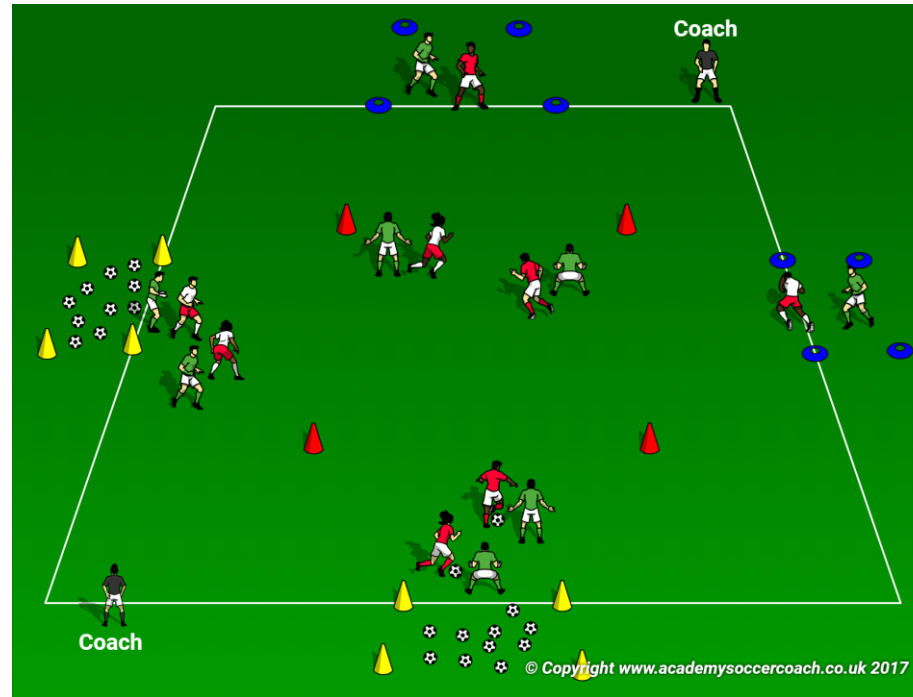
- * Crawling
- * Hopping (two feet)
- * Throwing a ball up and catching it
- * Bouncing the ball

Emphasis

Creating a safe environment with decision-making and positive reinforcement

Progression

Players can be asked to dribble.
Jellyfish be standing or lying down – still stationary!



Timing	Area
8 Minutes	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	Psychological
Ball Mastery Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating	Running backwards Crawling Hopping Skipping Running Reaction

Top Tip Focus on the player's relationship with the ball and their enjoyment of playing with it!



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

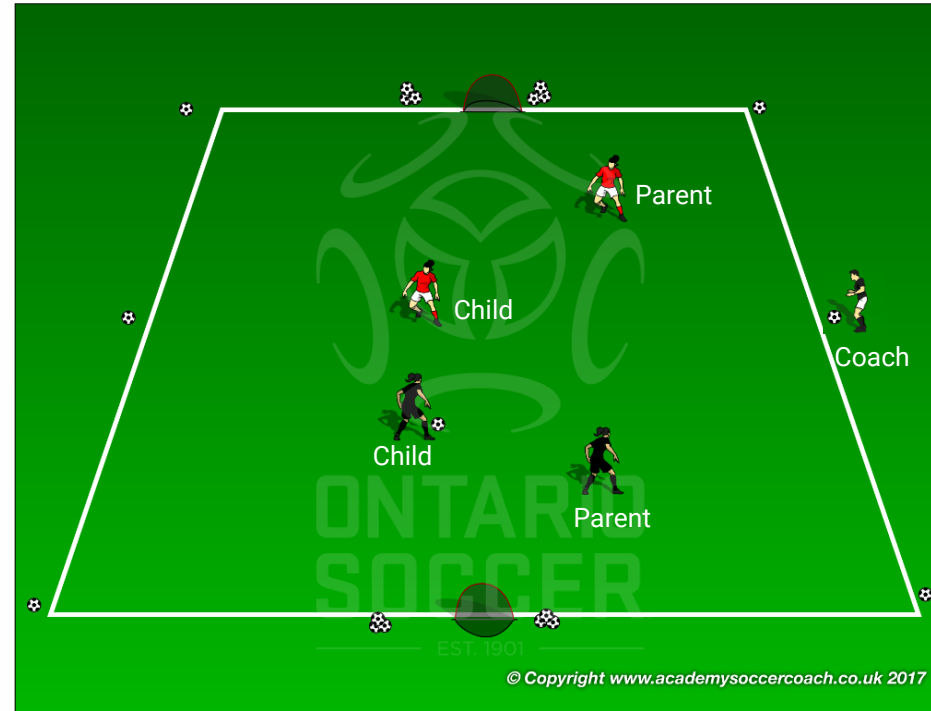
Child and parent/guardian play a 2v2 game. If the ball goes out, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Emphasis

Free Play and FUN!

Progression

Serve in a second ball to allow players more opportunities to score



Timing

8 Minutes

Area

15m x 10m

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
Dribbling
Shooting

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening
Celebrating
Teamwork

Physical

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

Shark Attack!



Organization

Setup as shown with cones with each coloured grid representing a different area (Red – Shark Zone, Blue – Home, Yellow – School)

Procedure

Parents and their child are sharks in the Open Ocean (red grid). Nemo, Marlin and Dory have to dribble the baby fish (balls) from home (blue grid with balls), across the Shark Zone, to school (yellow grid). They then return home, through the Shark Zone, to get another baby. If a shark bites them (tags them), players must carry their ball the rest of the way.

Players win when all baby fish get to school!

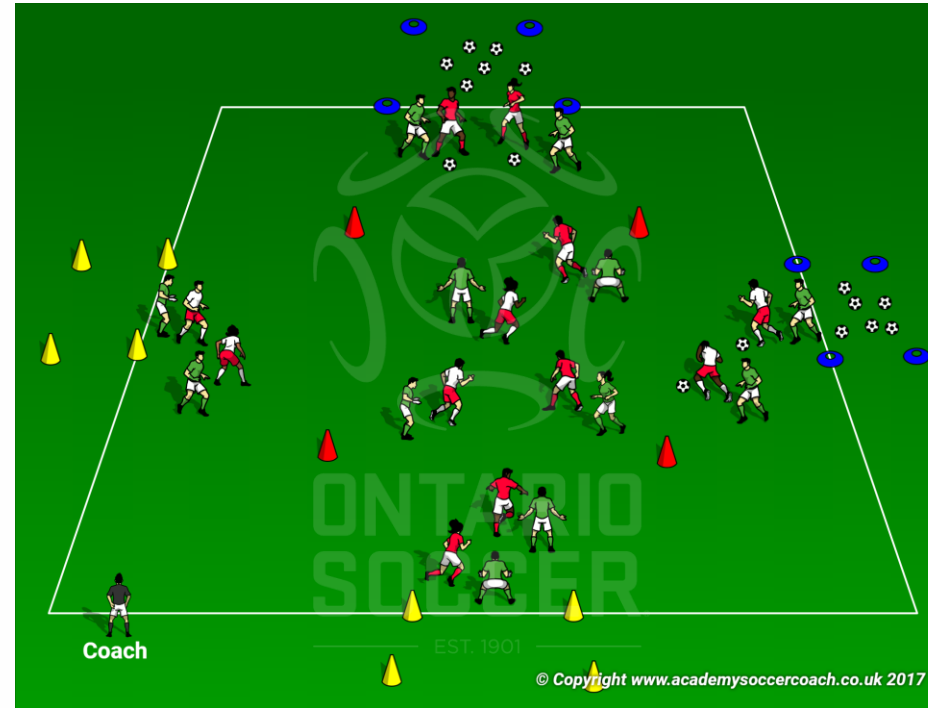
Rotate sharks after each round.

Emphasis

Imagination, creativity and celebrating!

Progression

Play as a continuous game where if players are tagged, they must perform a movement before continuing on (ex. 5 hops)



Timing	Area
8 Minutes	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	Psychological
Ball Mastery Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating	Running Forward Change of Direction Change of Speed Jumping Turning Twisting Rolling

Top Tip

Young players have short attention spans therefore it's important we keep activities to a maximum of 6-8 minutes with each part lasting 1-2 minutes. After each part change the dynamics – allow for new roles, new progressions and many experiences.



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 (either on their own or with their parent). The parent then takes a ball to try and score on a goal.
Try the following celebrations: 1) High 5, 2) Airplane, 3) Pinny over the head, 4) Power Stance 5) Ask the players 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

Players cannot score in the same goal twice in a row
Players must try a different celebration with every goal



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
Dribbling
Shooting

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Celebrating
Problem Solving
Communicating

Physical

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.

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

