



**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.

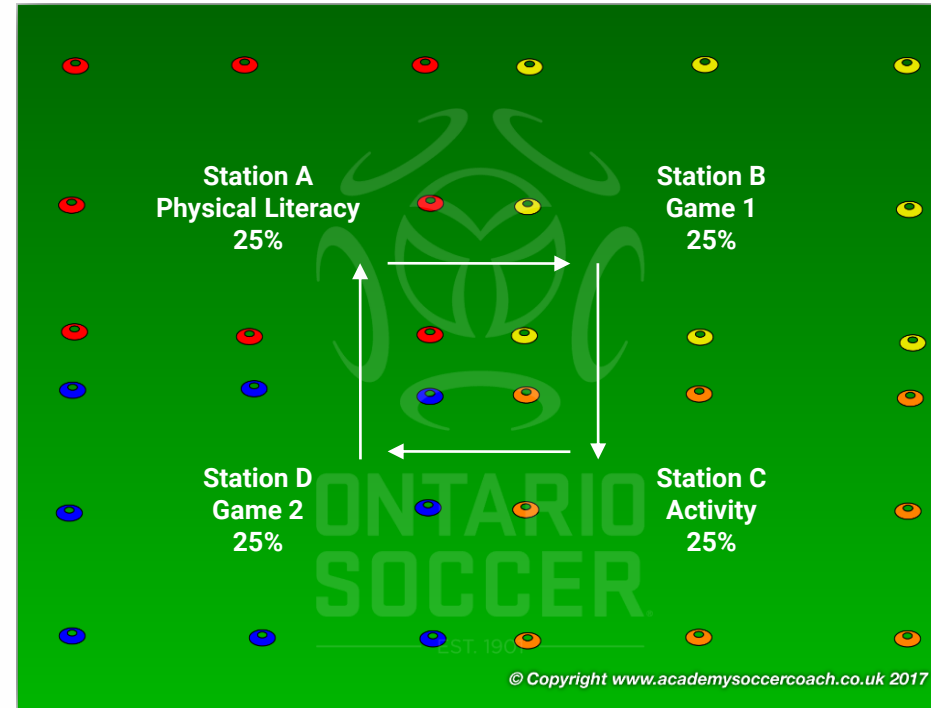
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	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	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, 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

It's the Bear Necessities!



Organization

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

Procedure

Baloo (coach) needs honey! (balls). Mowgli, Bagheera, Akela and Colonel Hathi have to find their way into the Giant Bee Hive (5mx5m; yellow grid) and steal the honey back home (red cone). The game ends when the Bee Hive is empty.

The players must execute a movement skill as they "sneak" into the hive. For example, crawl like Bagheera, March like Colonel Hathi, Sprint like Akela, Skip like Mowgli or Bear Crawl like Baloo!

Players start by grabbing the ball and carrying it back.

Emphasis

Creating a safe environment with decision-making and positive reinforcement

Progression

Players can be asked to dribble it back.
Time challenge (ex. 2min to get as many as out as possible)



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	Crawling Hopping Skipping Running Reaction

Top Tip

Don't be shy – sing the song or bring along a speaker/phone to set the tone with a bit of music. You can use this in any themed activity that the kids will relate to.



Active Start

Small Sided Game

Go Bananas!



Organization

Players start outside the grid. Goals are placed around the outside the area.

Procedure

Mowgli, Baloo and Bagheera are hungry! They must run into King Louie's temple (red grid) and steal his bananas. The monkeys (their parents) follow their child and follow cues from King Louie (coach) – walk, speed walk, jog after them.

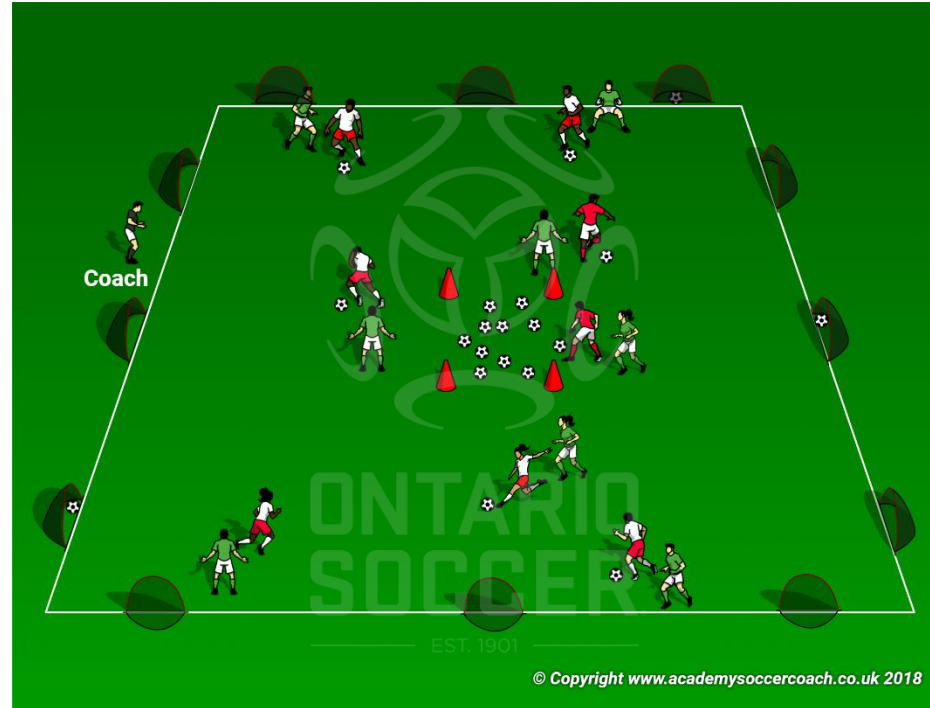
Once they have a ball, they must hide the bananas in the stashes (goals). Every time a child scores, they do a celebration (either on their own or with their parent). Try the following celebrations: 1) Dab, 2) Power Stance, 3) Mask, 4) Create your own!

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 a goal twice in a row
Players must try a different celebration with each 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

The parent/guardian is an integral part of the Active Start session. Try and engage them as well – let them try things with their child, give them specific tasks/targets so they feel valued and are encouraged to participate.



Active Start

Activity

Red Flower!



Organization
Players and their parents take up 3 positions throughout the grid.
Procedure
Shere Khan is terrified of fire; the Red Flower! Several children, Mowgli's, are given the Red Flower (red/orange/yellow pinnie). Standing in the center of the forest (red cones) they wait to spook (tag) the tigers (other children) who start on either side of the forest and attempt to cross it.
Players can begin by carrying the ball or dribbling it across. If they are tagged, they become a Mowgli and now wield the Red Flower.
Emphasis
Imagination, creativity and celebrating!
Progression
Introduce physical literacy components after they are tagged (ex. 2 rolls, etc.).



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	Make sure every child has an opportunity to undertake every role within an activity. A child being stuck in a single role for the entire exercise could effect their enjoyment!
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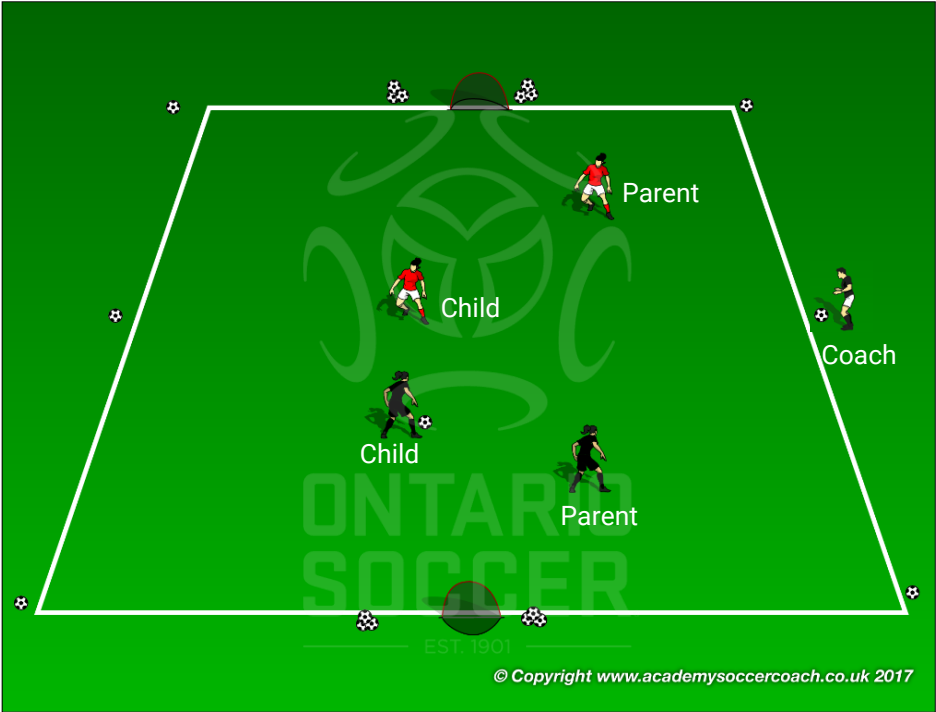
Active Start

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, 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	Area
8 Minutes	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	Psychological
Ball Mastery Dribbling Shooting	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 Structure the games and activities within the session to highlight key factors; players don't need structured, technical feedback. Let them play!



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

