



**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.

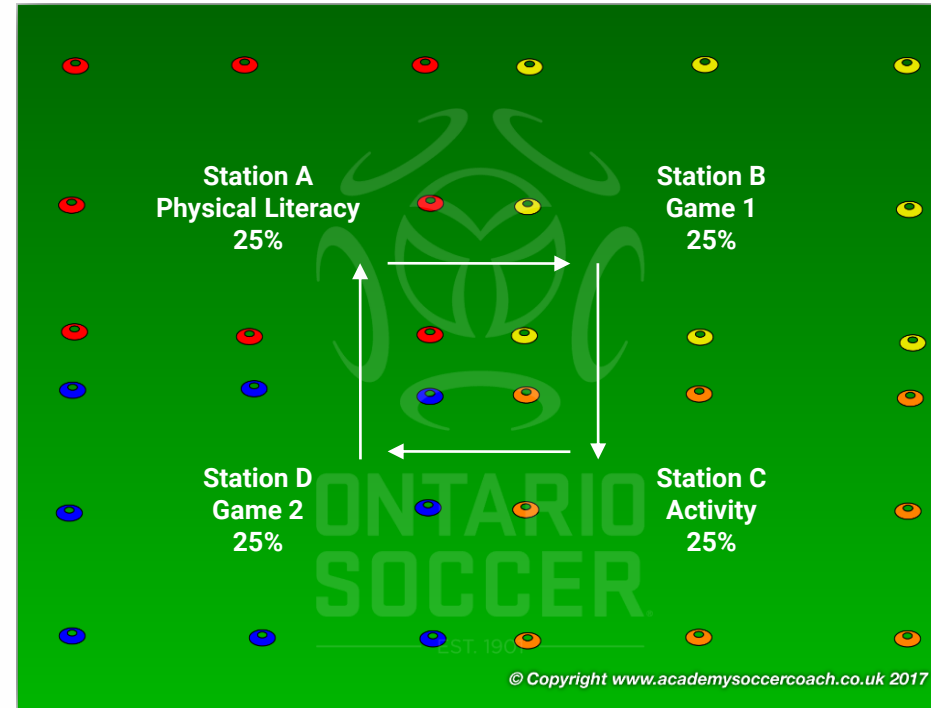
If working with a smaller group, simply move together through all 4 stations until all are complete.

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			
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

Wily Weasels!



Organization

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

Procedure

Weasels (parents) have stolen the eggs! (balls). It's up to the chickens (players) to save them. The eggs are hidden in the barn (red grid) and the chickens begin inside one of the four coups (coloured grids on the perimeter).

The game begins with players trying to "sneak" into the barn and take the balls (using their hands) back to any of the coups. The weasels will smell the "eggs" outside the barn and try to tag the chickens. If they are tagged they must execute a movement or exercise before continuing to the coups.

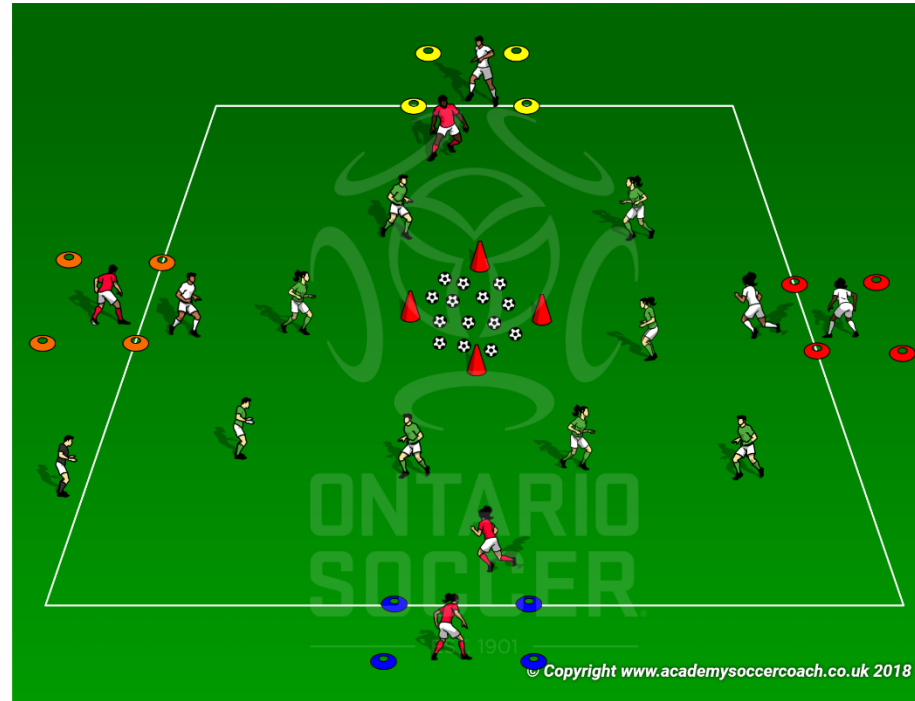
Movements can include: jumping, rolling, crawling, skipping, etc. Game ends once all the eggs are safely home.

Emphasis

Creating a safe environment with decision-making and positive reinforcement

Progression

Players can be asked to dribble it back.
Players become the weasels!



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

Socio - Emotional

Problem Solving
Communicating
Listening
Celebrating

Psychological

Fun
Being safe
Decision making

Physical

Crawling
Hopping
Skipping
Running
Reaction

Top Tip

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

Small Sided Game

Chicken Run!



Organization
Players start outside the grid with their parent immediately near them.
Procedure
“Chickens” (players) must run away or beat their “farmer” (parent) with their “egg” (ball) to freedom!
Players should try to score on a side away from their starting points (3 options).
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
<ol style="list-style-type: none"> 1. Change the starting position of the parent (infront-beside-behind) 2. Parents become the chickens and players are now the farmers



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 Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating	Agility Balance Co-Ordination Change of Direction Change of Speed

Top Tip Keep water bottles nearby to where they are playing to reduce amount of time between activities.



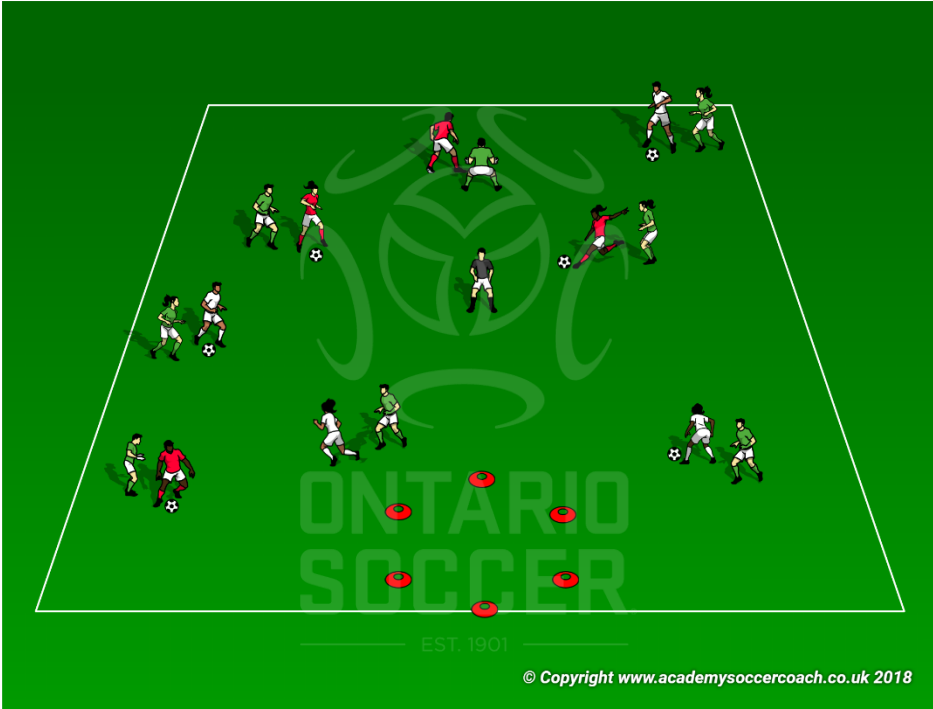
Active Start

Activity

Funky Chicken



Organization
Players and parents are in the area. Parents encourage their child to dribble their soccer ball towards the coach.
Procedure
Players try to kick their ball at a coach (below the knee) who is running around the field holding a bunch of pinnies ("feathers"). If a player hits a coach with their ball, the coach drops one "feather," which the player must pick up and dribble their ball to the "chicken coop" (red grid) to drop the "feather".
Players can then run back to the "Hen House" (yellow grid) and get a new ball.
Emphasis
Creating a safe environment, decision making and positive reinforcement
Progression
<ol style="list-style-type: none"> Parents become the funky chickens. Players become the funky chickens.



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 Awareness
Socio - Emotional	Physical
Problem Solving Communicating Listening	Agility Balance Co-Ordination Change of Direction Change of Speed

Top Tip

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.



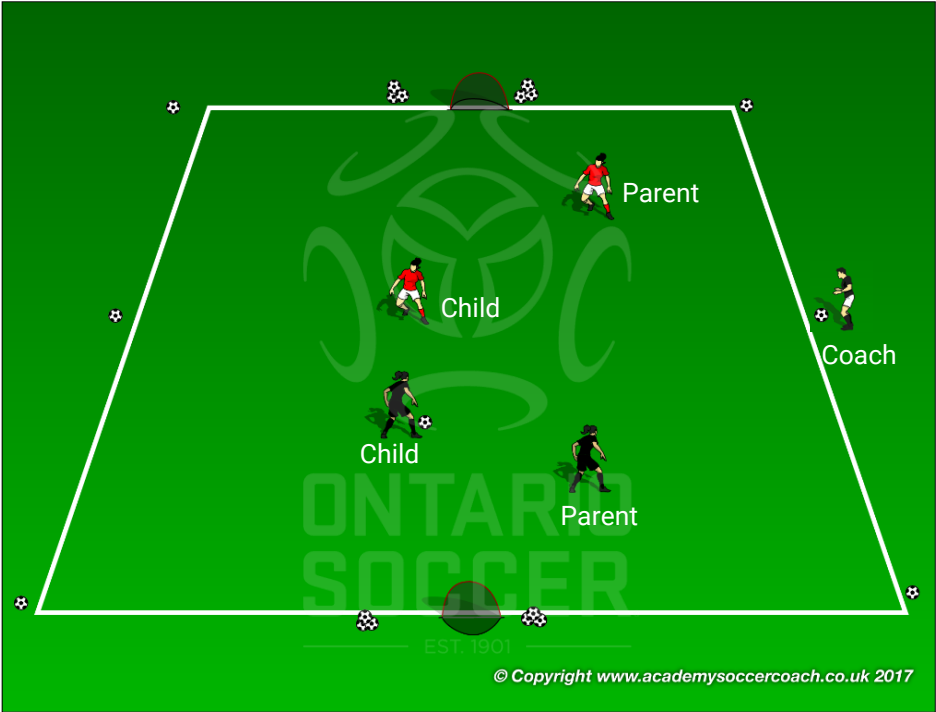
Active Start

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

Encourage players by providing positive feedback for the specific things they do well. This will help to develop & improve their self confidence.



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

