



**ONTARIO
SOCCER**

EST. 1901



Active Start Session Plan

For coaches of U4-U5 year-olds



Ontario Soccer Player Development Model: The Station Concept



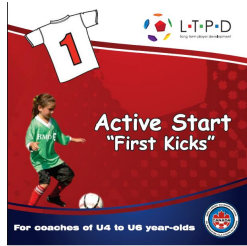
The activities provided illustrate how stations can be used during Grassroots practices.

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.

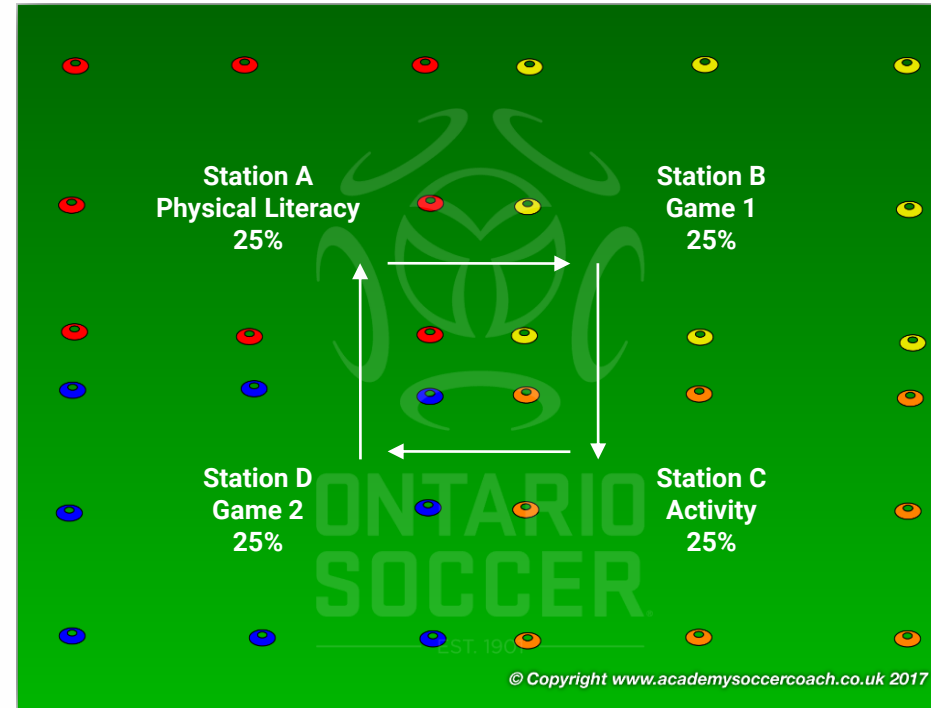
If working with a smaller group, simply move together through all 4 stations until all are complete.

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 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

Save the Trolls!



Organization

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

Procedure

Marshmallow the Snow Monster (coach) has captured all of the trolls (balls)! Luckily, he is asleep in the Ice Palace (grid). Players select a character: Anna, Kristoff, Olaf, and Sven the Reindeer who must save them. Players must sneak into the center of the palace doing a fundamental movement: skipping, hopping, crawling, etc. Once they have a troll in their hands, they can walk/jog/run to an ice cave (small goal) and place the troll inside (by shooting the ball). Players then repeat.

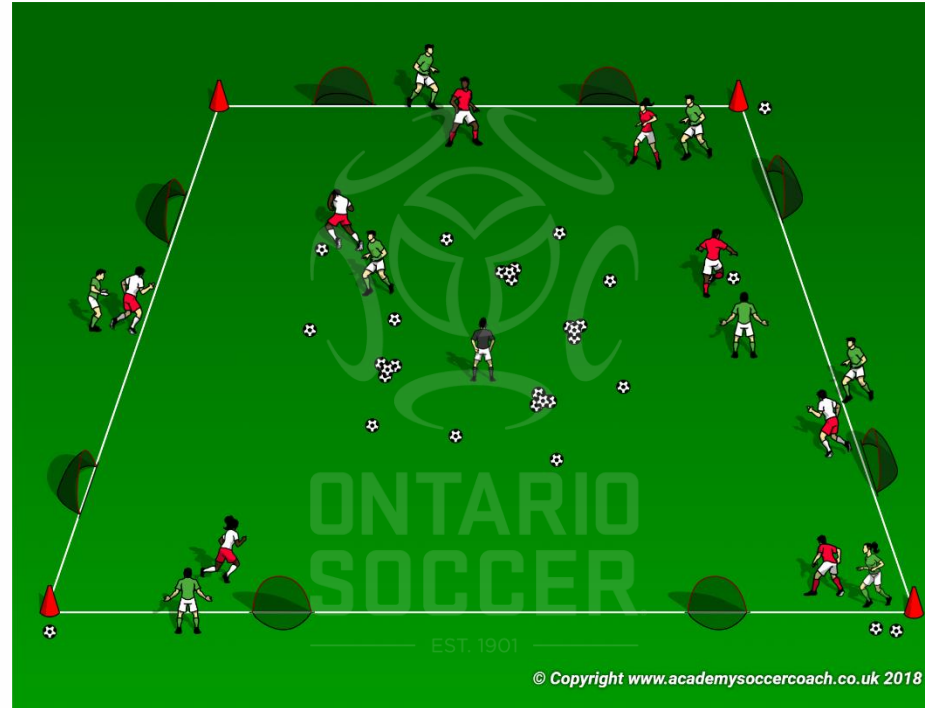
Marshmallow can only catch them if they have a ball. If caught, players leave the ball and must do a movement to the outside of the grid (i.e. hop on one foot) before trying again.

Emphasis

Creating a safe environment with decision-making and positive reinforcement

Progression

Players can be asked to dribble it back.
Allow parents to be a 2nd/3rd Marshmallow.



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 Shooting	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating	Crawling Hopping Skipping Running Reaction

Top Tip

Allow to children to fall in love with the game though enjoyment – if they're laughing and excitable we are right on track!



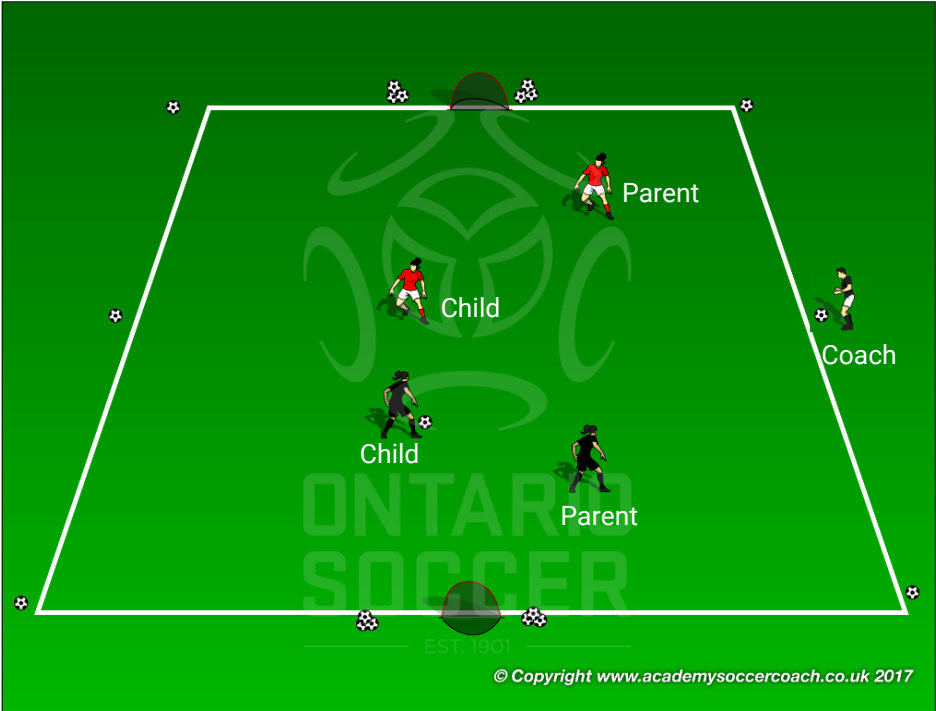
Active Start

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

Top Tip

Allow children in games to pick their favourite teams/players even in small-sided games. This can get them engaged at a different level as well as trying things they've seen in the past.





Active Start

Activity

Do you want to Build a Snowman!?



Organization

Players and parents are in the area. Parents encourage their child to dribble their soccer ball towards the coach.

Procedure

Olaf needs help! Players select a character: Anna, Elsa, Kristoff or Sven and need to collect snow (balls). They do this by taking a ball from the edge of the courtyard (grid), dribbling into the field, and shooting into a goal.

Once all the snow is collected (no balls left), players can then try to build a snowman (stacking at least 4 balls) and yelling out "I built a snowman".

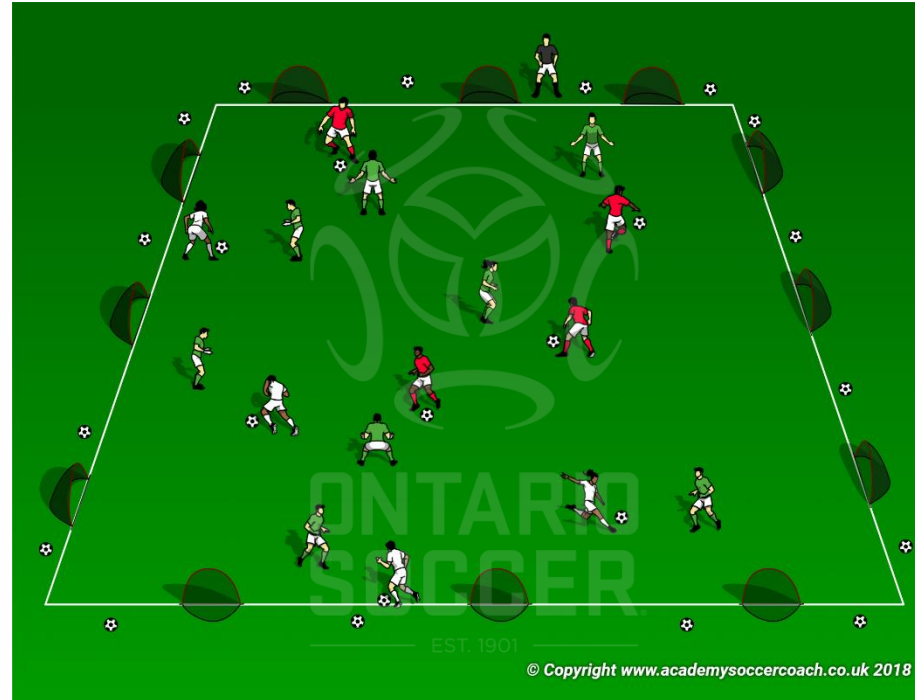
Players then take the balls back outside the grid and start again.

Emphasis

Creating a safe environment, decision making and positive reinforcement

Progression

1. Parents can become defenders/goalkeepers.
2. Have children play in pairs



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
Being safe
Decision making
Awareness

Socio - Emotional

Problem Solving
Communicating
Listening

Physical

Agility
Balance
Co-Ordination

Top Tip

Engage the parents throughout the session so that they are encouraged to try some of these activities outside of our environment. Families playing together is a focal point of life-long participation.



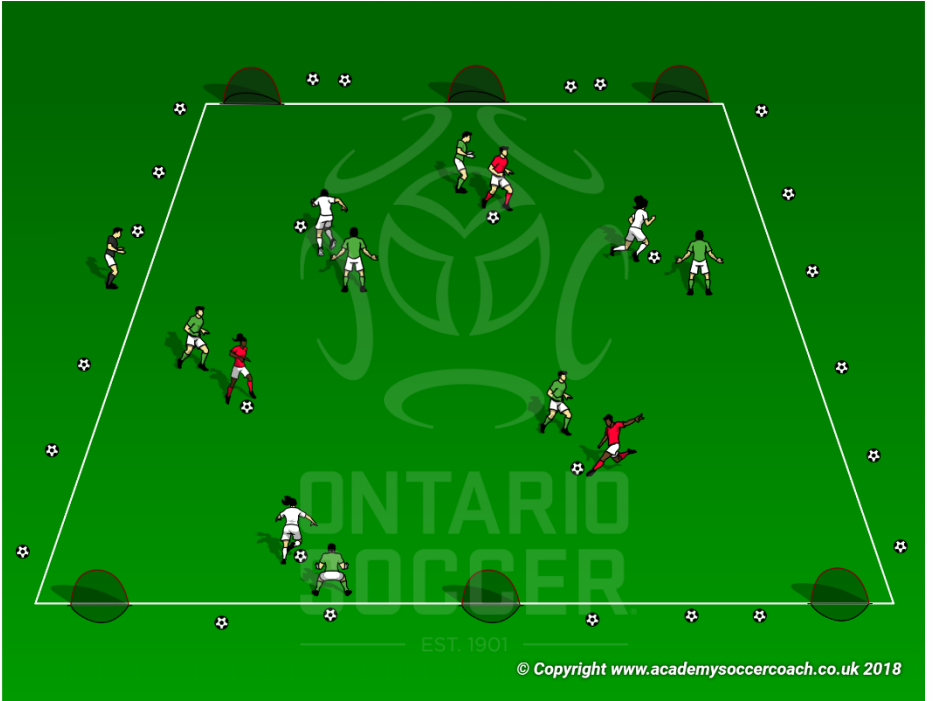
Active Start

Small Sided Game

Reindeer Games!



Organization
Players start outside the grid with their parent immediately near them.
Procedure
Sven is having a party. All the reindeer (players) are invited.
Everyone gets a ball and tries to score in any of the 3 goals on the opposite side of their start position. Once players have run out of balls, parents can grab them out of the goals for players.
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"> Parents can be defenders/goalkeepers. Allow players to “interfere” with eachother (kicking their ball at someone else’s or kicking someone else’s ball away). Most goals wins! Count who has scored the most when balls run out.



Timing	Area
8 Minutes	25m 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 Shooting	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating	Agility Balance Co-Ordination

Top Tip

Although there are multiple activities, minimize players moving across several areas as this can take up a lot of time at Active Start. Try and plan sessions around simple setups with minimal adjustments required between activities/games.



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

