



**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.

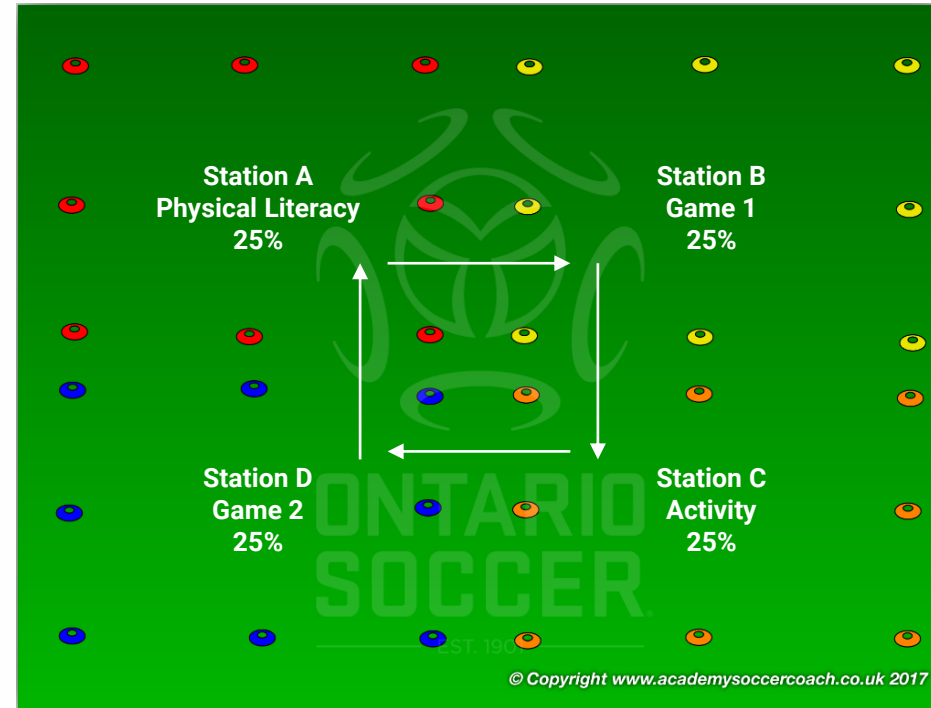
If working with a smaller group, simply move together through all 4 stations until all are complete.

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

Never Ever Stop World-Travelling



Organization

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

Procedure

World-Travellers (players) can travel North, East, South or West in order to gather as many souvenirs (balls) as they can. But the airlines (Coaches or Parents) are trying to delay their travel plans and keep sending their baggage with those souvenirs back to where they came from. Collect as many souvenirs as you can and bring them home!

The game begins with players trying to collect as many balls (with hands) in the centre as they can; faster than the coaches and parents who are sending the balls back to any square North, East, South or West from home. The game ends if the players have all the balls in the centre or if there are no balls in the centre. Coaches can ask players to perform different **movements** when collecting "souvenirs".

Movements can include: jumping, rolling, crawling, skipping, etc.

Emphasis

Creating a safe environment with a physical challenge and FUN!

Progression

Players can be asked to jump, roll, crawl, skip or hop to their destination. Players can be asked to dribble it back.



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 Running with the Ball	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating	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.
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Active Start

Small Sided Game

Puppy Run!



Organization

Players start outside the grid with their coach or parent immediately near them.

Procedure

"Puppies" (players) must score as many goals as they can on sides opposite from their starting point and stop as many goals from being scored as they can on their own side. Mom Pup and Dad Pup (Coaches and Parents) are trying to catch all the puppies and put them to bed, it's past their bedtime!

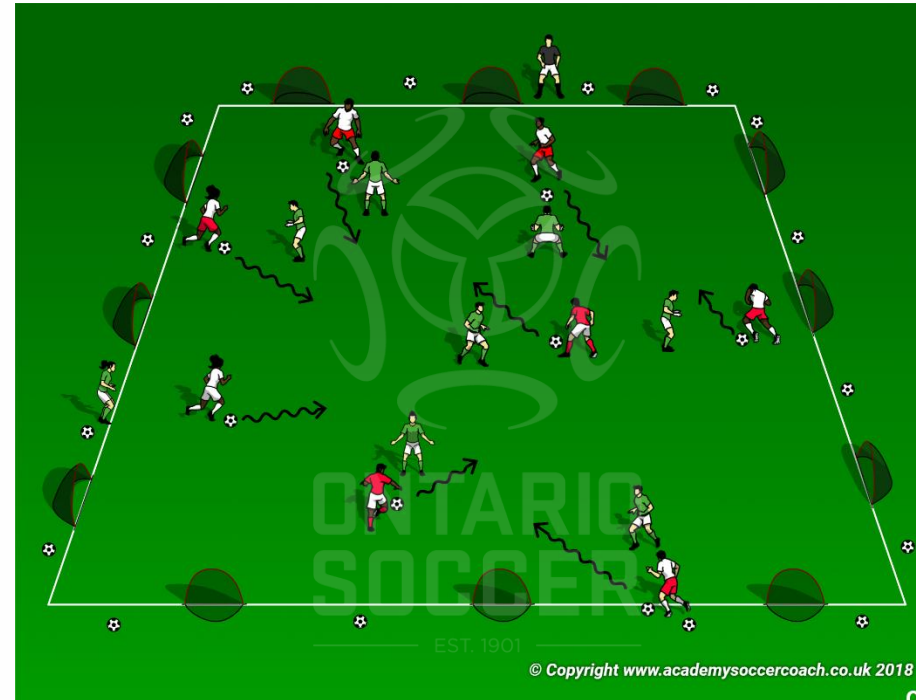
Players should try to score on a side away from their starting points (3 options). And protect / defend their own side from which they started.

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

Ask players to circle around or dribble around the goal (pug) before scoring.
Players can take a ball scored on their goal to score on another side.



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 Running with the Ball	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

The Fox Duckie Run



Organization

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

Procedure

Parents and coaches (Foxes) try to tag players (Duckies) and take Duckies ball before getting to Home Base (grid). If a Duckie gets the ball to Home Base, then he / she lets out a pick QUACK calling all other Duckies. A Fox can steal the ball back by running a full circle around home base. If a player is tagged he / she needs to ask for help from a teammate by QUACKING. To unfreeze a teammate crawl between their shoulder-width apart feet.

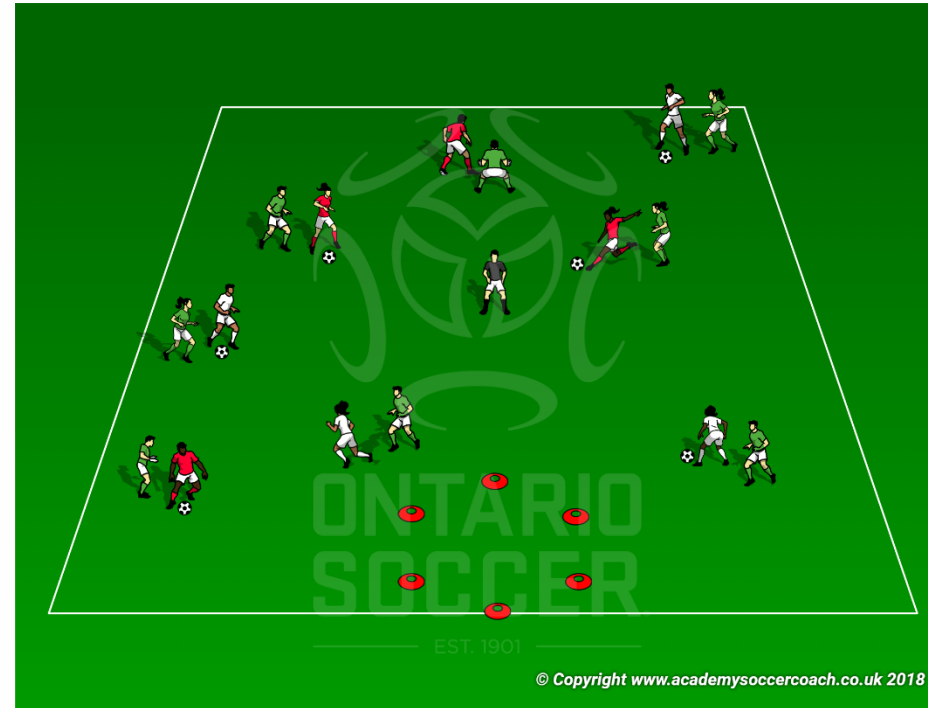
Players can then run back to the "Hen House" (yellow grid) and get a new ball.

Emphasis

Creating a safe environment, decision making and positive reinforcement

Progression

Coaches / Parents become the Duckies.



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 Running with the Ball	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

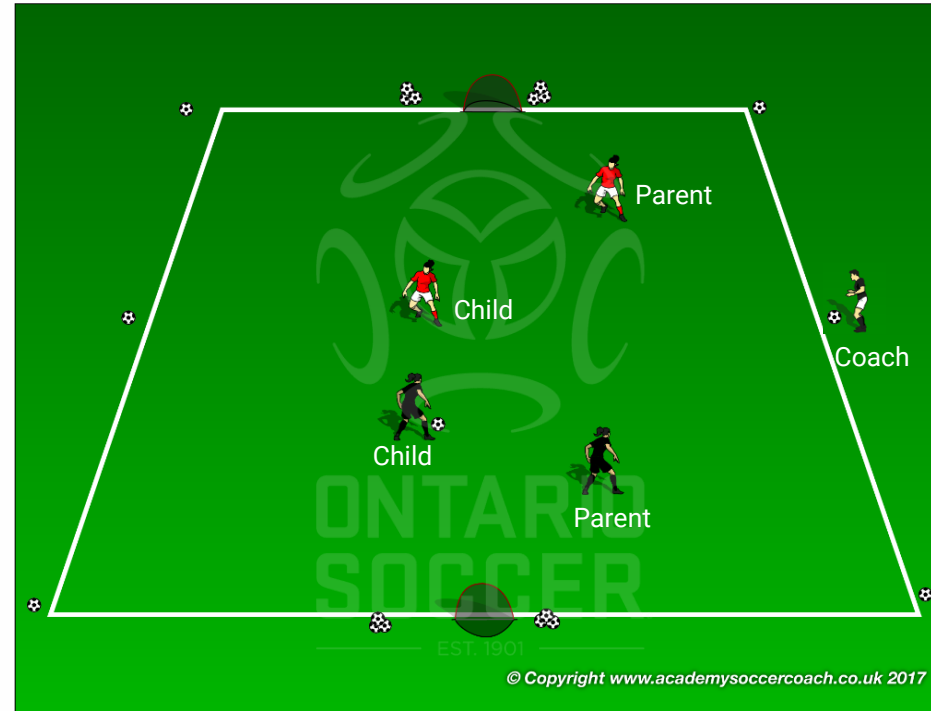
Child and parent/guardian play a 2v2 game. If the ball goes out, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Emphasis

Free Play and FUN!

Progression

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



Timing

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

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

