



**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.

## Organisation

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.

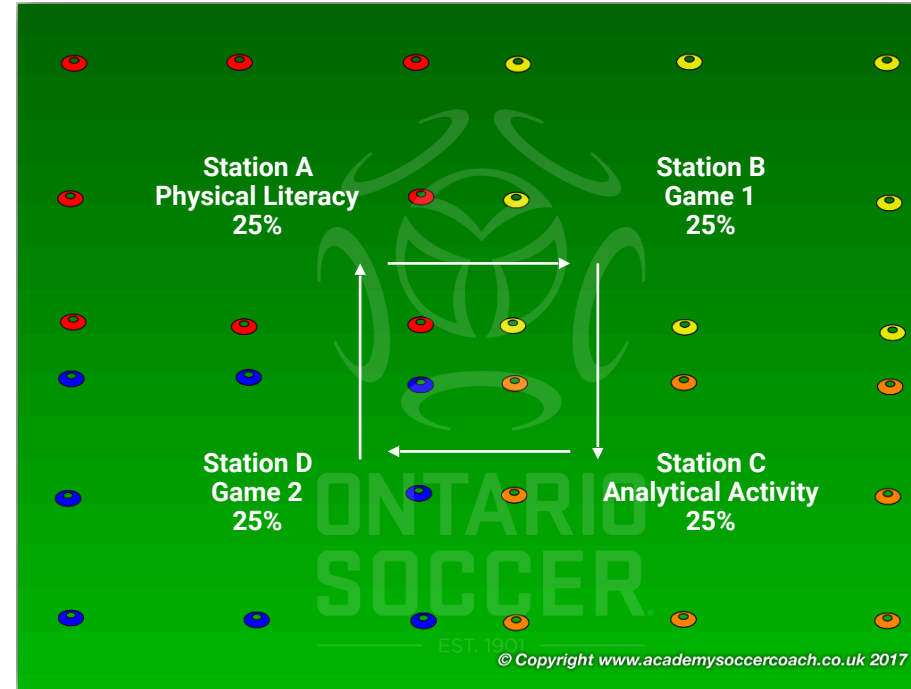
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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	High	1	
Respect / discipline	2	2	Medium	2	
Fair play / honesty	3	2	Low	3	
			Not Applicable	4	

## Top Tip

Encourage the players to make decisions and have fun. When talking to the players, crouch down so you are at eye level with them rather than towering above them. This can be intimidating for young children. Speaking to the players at eye level allows you to better connect with them.





# Active Start

## Activity

### Show me you can!



Organization
Every player has a ball. Parents are on the outside of the area with a ball to allow their child to keep playing with a new ball incase the ball rolls away.
Procedure
Coach presents different challenges to the players. e.g. "Show me you can....." <ul style="list-style-type: none"> <li>* Bounce the ball and catch it</li> <li>* Do a figure 8 with the ball between your legs</li> <li>* Roll the ball through your legs</li> <li>* Throw and catch with two hands</li> <li>* Throw and catch with one hand</li> <li>* Run with the ball using your feet</li> <li>* Do a super hero stance on your ball</li> </ul>
Emphasis
Creating a safe environment, Positive reinforcement Allows players to be create and make decisions decisions Asking questions Allowing the players to demonstrate
Progression
N/A

Timing	Area
8 Minutes	20x20m diameter

Objective	
Players are able to be confident, safe and participate in the activities	
Outcome	
<b>All players</b> - will be able to join in and try some of the movements and skills <b>Most players</b> - will be able to do a variety of moves and skills <b>Some players</b> - will be able to do a variety of moves and skills and come up with their own	
Technical / Tactical	Psychological
Ball mastery	Confidence Awareness Creativity Fun
Socio - Emotional	Physical
Problem Solving Listening Communication	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip

Active Start players are very egocentric and working with others is an abstract concept. Don't ask them to share the ball, give them a 'toy' each.



# Active Start

## Small Sided Game

### Backyard Soccer



Organization
Organize players into 2v2. (1 player and a parent vs 1 player and a parent/guardian)
Procedure
Child and parent/guardian play a 2v2 game. If the ball goes behind the goal, take the closest ball to keep the game moving. If it goes off the side, encourage players to keep playing or play from a new ball from the coach. Parents / guardian should help the children as much as possible.
Emphasis
Creating a safe environment, positive reinforcement, allowing the players to be creative and make decisions, creating free play and an environment involving the parents.
Progression
N/A

Timing	Area
8 Minutes	15m x 10m

Objective	
Players are able to be confident, safe and participate in the activities	
Outcome	
<b>All players</b> - will be able to join in and try some of the movements and skills <b>Most players</b> - will be able to do a variety of moves and skills <b>Some players</b> - will be able to do a variety of moves and skills and come up with their own	
Technical / Tactical	Psychological
Free Play	Confidence Awareness Fun
Socio - Emotional	Physical
Problem Solving Celebrating Listening	Agility Balance Co-ordination Change of Speed Change of Direction

<b>Top Tip</b>	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. 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

## Activity

### Finding Nemo & Dory



#### Organization

Players and parent/guardian have a ball each and are placed in the grid with cones spread out randomly across the area.

Tie a knot in an orange or blue bib.

Ask players to name famous fishes. They will most likely come up with Nemo and Dory. Introduce the bibs as Nemo or Dory and ask the players to close their eyes. Hide the bibs under separate cones.

#### Procedure

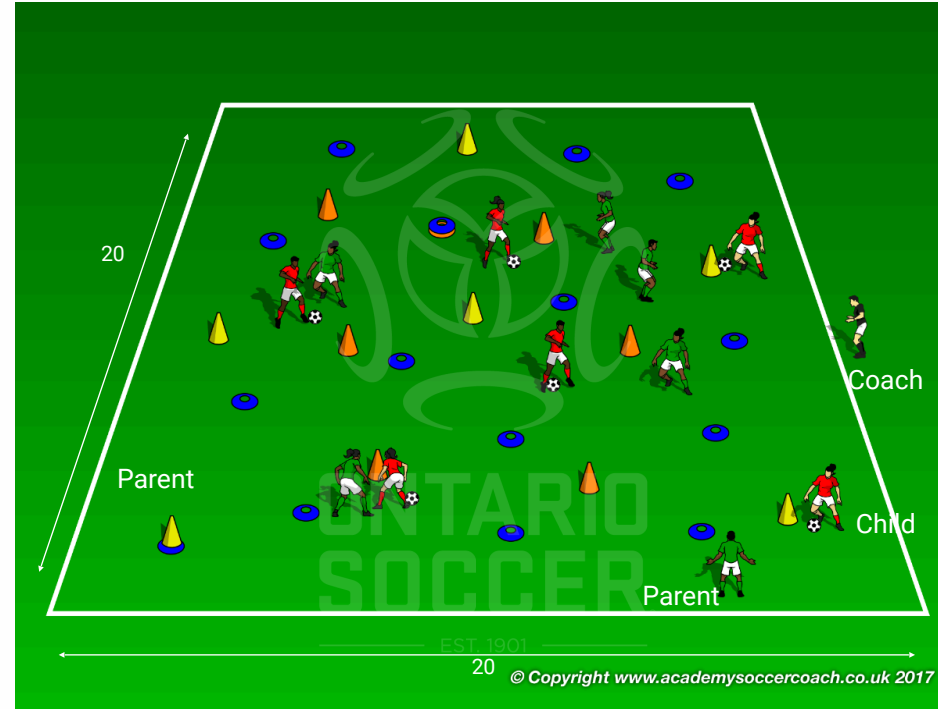
Players must swim round the ocean (dribbling their ball) and shout "Nemo, where are you?" Players look under the rocks (cones) on the sea bed. The first player to find Nemo under the cones wins. Ask players to do a different variation of a physical literacy move, toe taps, hopping etc Repeat with Dory and then search for both at the same time.

#### Emphasis

Imagination, creativity and celebrating!

#### Progression

Introduce a player as a defender called Bruce the Shark who has to chase the fish away.



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	Confidence Awareness Creativity Fun
Socio - Emotional	Physical
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#### Top Tip

U4-U5 players have a short attention span therefore it's important we tailor our practices accordingly. Shorter activities lasting 6-8 minutes are recommended.



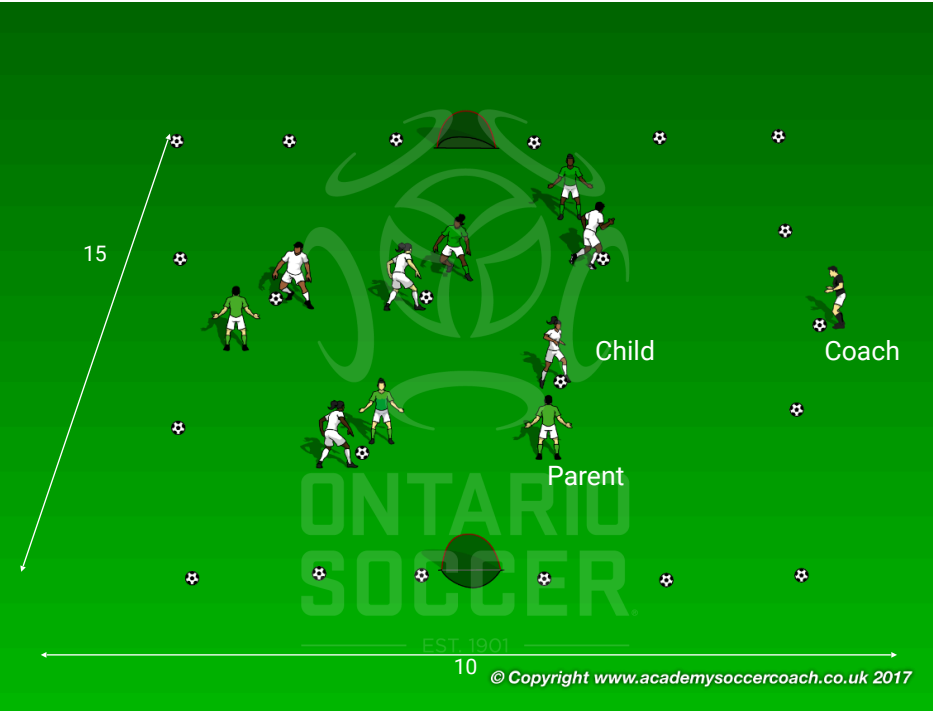
# Active Start

## Small Sided Game

### Tom & Jerry



Organization
Players (in white) have a ball and start in front of the goal they are defending. Parents/guardians start in front of the opposite end without a ball.
Procedure
Jerry will get the cheese and put it in the hole (the goal) and Tom (the parent) will trying to steal the ball and put it back in Jerry's house. The game is continuous.
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
N/A



Timing	Area
8 Minutes	15m x 10m

Objective	
Players are able to be confident, safe and participate in the activities	
Outcome	
<b>All players</b> - will be able to join in and try some of the movements and skills <b>Most players</b> - will be able to do a variety of moves and skills <b>Some players</b> - will be able to do a variety of moves and skills and come up with their own	
Technical / Tactical	Psychological
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# 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

