



**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.

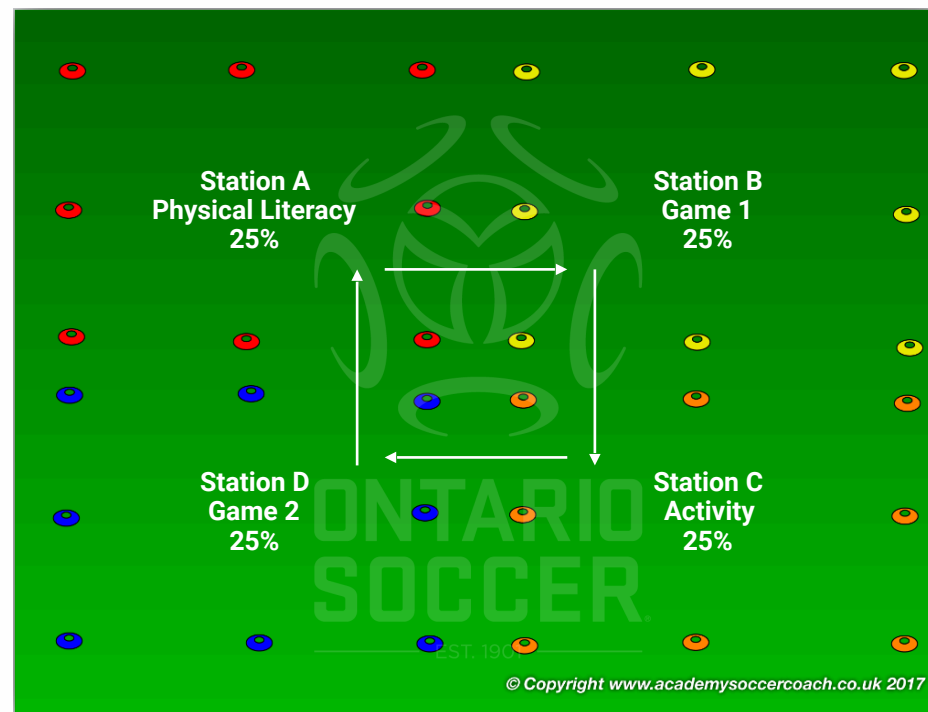
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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	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	<b>Priority Key</b>		
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.





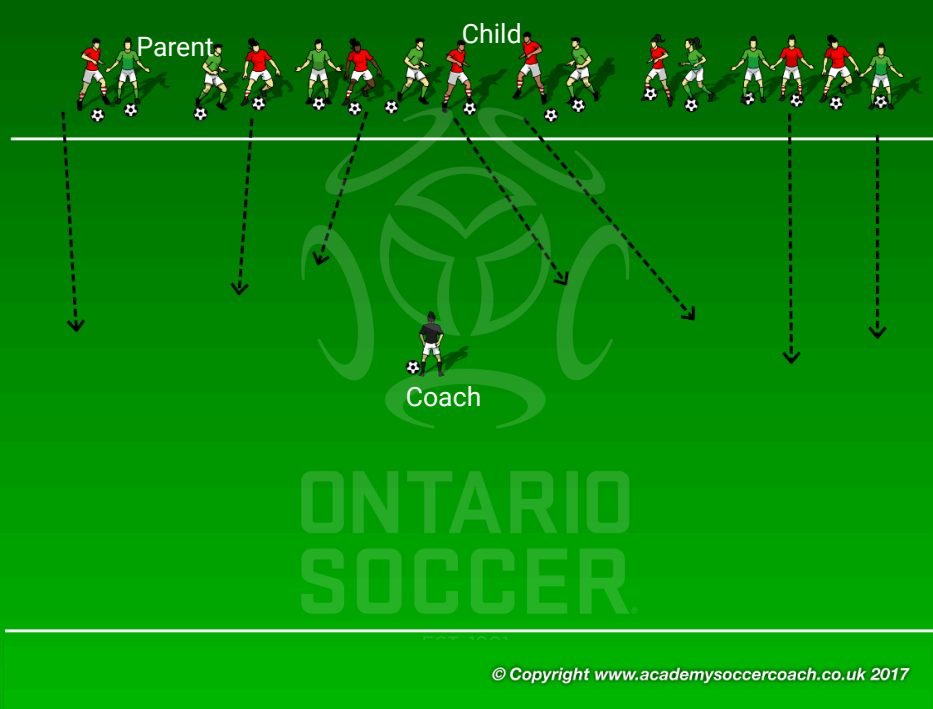
# Active Start

## Physical Literacy

### Paw Patrol



Organization
Players line up with their parents at one end of the area facing the coach.
Procedure
<p>The players are the Rescue Pups. They can chose which character they are Marshall, Chase, Zuma, Skye, Rocky or Rubble. When the coach ask players if they are ready, they respond with Paw Patrol sayings e.g. 'Chase is on the case!' (if not familiar, they can 'woof' like a dog!)</p> <p>Once they have got across by running or walking, challenge players to move across the areas by the following movements</p> <ul style="list-style-type: none"> <li>* Hopping / jumping (two feet)</li> <li>* Skipping</li> <li>* Running backwards</li> <li>* Crawling</li> <li>* Running while carrying a ball in their hands</li> <li>* Bouncing the ball</li> <li>* Dribbling the ball with their feet</li> </ul>
Emphasis
Creating a safe environment, decision making and positive reinforcement
Progression
Coach can Tag the players and they join the coach by tagging the other players when they are trying to get across.



Timing	Area
8 Minutes	20m x 20m

Objective	
Players are able to be confident, safe and participate in the activities	
Outcome	
<p><b>All players</b> - will be able to join in and try some of the movements and skills</p> <p><b>Most players</b> - will be able to do a variety of moves and skills</p> <p><b>Some players</b> - will be able to do a variety of moves and skills and come up with their own</p>	
Technical / Tactical	Psychological
Ball mastery Running with the ball Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Running backwards Crawling Hopping Skipping Running Reaction

Top Tip	It's essential at this age and stage that children are able to carry out a variety of fundamental movements skills. However, these skills need to be disguised during the activities and part of the games that children would like to play and have fun with. Try these activities in the back yard or on the park.
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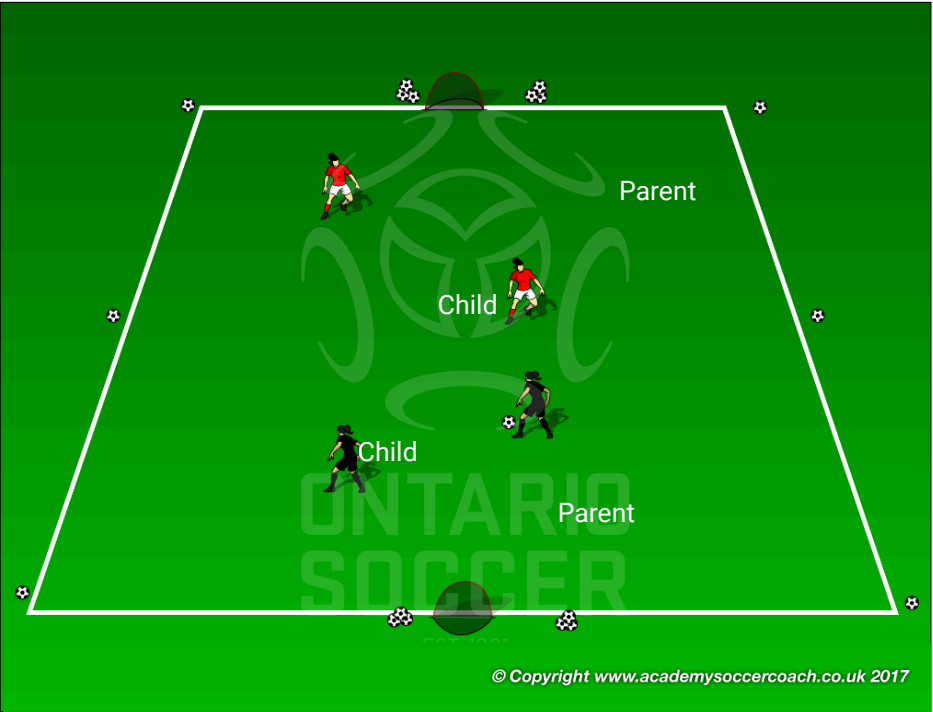
# Active Start

## 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 of the field, 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
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
Ball mastery Running with the ball Dribbling	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	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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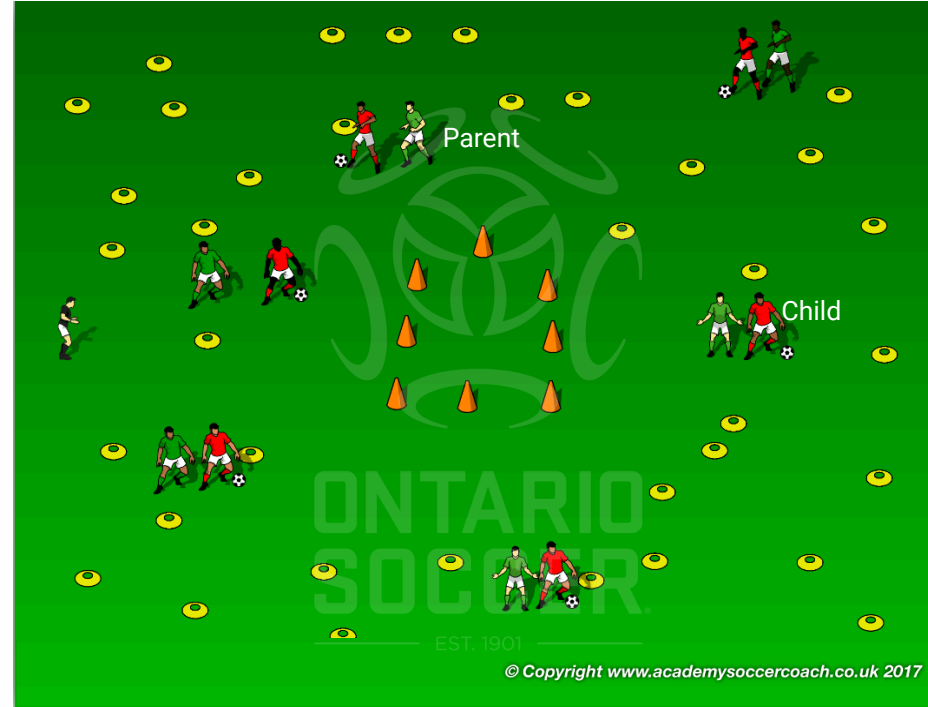
# Active Start

## Activity

### Paw Patrol: Rescue the Bunnies!



Organisation
Every player has a ball and every adult does not. A small area is set up with orange cones that represents a rocket car. Yellow cones represent bunnies that have escaped.
Procedure
The players are the Rescue Pups. They can choose which character they are Marshall, Chase, Zuma, Skye, Rocky or Rubble. The Coach (Ryder) starts with all players at base (orange area) then gets a call from Mayor Goodway. The Mayor needs their help to rescue all the bunnies (cones) that have escaped. Players capture the bunnies and return them to base. They count how many bunnies they have rescued. Variation with less cones: They can only rescue one bunny at a time.
Emphasis
Imagination, creativity and celebrating!
Progression



Timing	Area
8 Minutes	6m rectangle in the middle 20m x 20m grid

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 Running with the ball Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip	Inspire and engage the players in a world that is familiar to them. Use the story, make it fun. Let them use their imagination and Keep the activities short, 1 or 2 minute duration, at this stage of development the players attention span is very short!
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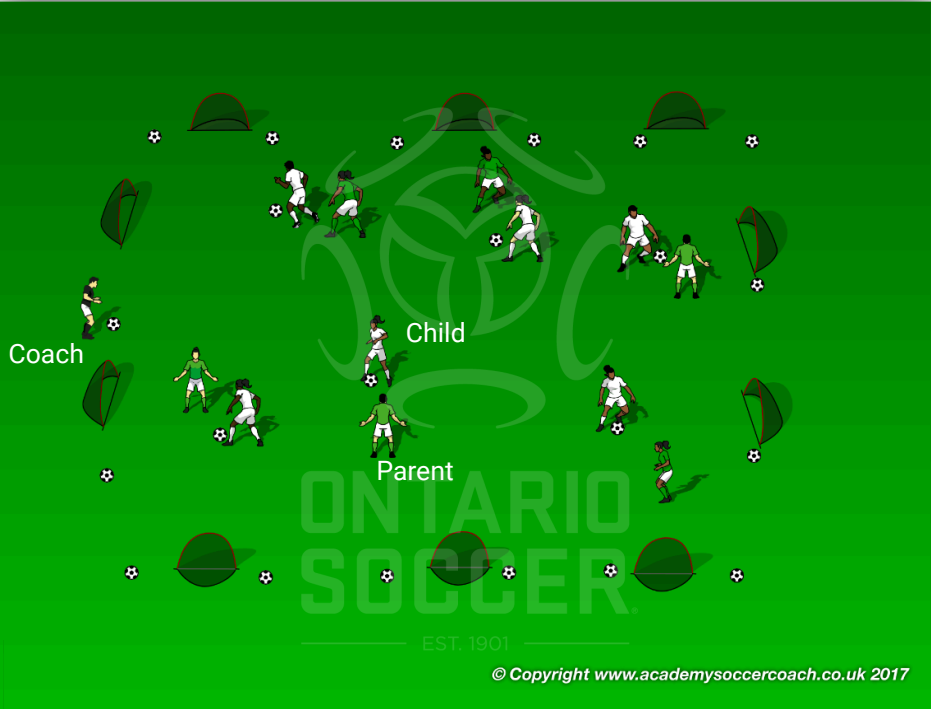
# Active Start

## Small Sided Game

### Beat the grown up!



Organization
Players (in white) have a ball each. Goals are placed around the outside the area.
Procedure
Every time a child scores, they do a celebration. The parent then takes a ball to try and score on a goal. Try the following celebrations: 1) High 5. 2)Aeroplane 3) bib over the head. 4) Power Stance 5) Ask the player to come up with their own celebration
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	20m x 20m

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 Dirbbling Shooting	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip	Player success is encouraged. While the adults should challenge the child player, they should allow the child to “score” goals and “beat” the adult opponent. Encourage and demonstrate goal celebrations when the players score a goal!
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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

