Active Start “First Kicks”

For coaches of U4 to U6 year-olds

Ontario Soccer Association Grassroots Development
Active Start practice plan
Preferred training model – The Station concept

The activities provided illustrate how stations can be used during Grassroots practices. 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 that they are continually challenged.

In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

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, physiological and also technical.

Total Practice time 40 minutes as per the Recreational and Development Matrix.
Active Start practice plan
How the preferred training model works

If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.
Active Start practice plan – Week 4

Station A
General movement - Race track

Time frame. 8 minutes

Emphasis:
Awareness
Basic movements
Dribbling/races
FUN!

Psychological
Confidence

Technical
Repetition in ball touches

Physical
A,B,C’s
Eye-foot coordination

Social
Listening
Communicating
Fun

Race Track
Organization: 30 mx25 mfield, cones, everyone has a ball.
Procedure: Players dribble around the "race track", and imitates a car on the track: 1st gear = slow, 4th gear = fast, breaks=stop, encourage players to be as animated as they can be, and make car noise.
Active Start practice plan – Week 4  
Station B  
Soccer Technique -Tidy up your room

Time frame. 8 minutes  
Emphasis:  
Coordination  
Spatial awareness  
FUN!

Technical  
Kicking the ball

Psychological  
Confidence  
Basic decision making

Physical  
Eye-foot coordination  
General movements

Social  
Listening  
Communicating  
Fun with friends

Tidy up your room:  
Organization: Two boxes 15 mx15 m field and a 5 m neutral zone between them, cones, everyone has a ball.  
Procedure: Players shoot the ball out of their room into friends room. When coach stops the game in 6-8 minutes, the team with most balls in their room, has to make funny faces.
Active Start practice plan – Week 4
Station C
Soccer Technique – Ball swap

Time frame. 8 minutes

Emphasis
Ball familiarity
Fun
Basic movements

Psychological
Confidence
Feeling safe

Technical
Running with the ball

Physical
A,B,C’s
Change of Direction

Social
Listening
Peer interaction
Fun with friends

Ball swap:
Organization: 25mx25m field, cones, everyone has a ball.
Procedure: Players dribble around the field, on coach’s call, players pick up their balls, and run to the cone, leave their ball, and go to take another ball and continue to dribble.
Progression: Player ask to touch the cone or jumping on the spot, before running to get the ball.
Active Start practice plan – Week 4
Station D
Small sided game – 1v1 (Player vs Parent)

Time frame. 8 minutes

Emphasis:
Running with the ball
Dribbling
Agility, Balance, Coordination
FUN!

Psychological
Confidence
Being safe

Technical
Running with the ball
Dribbling

Physical
A,B,C’s
Change of Direction

Social
Listening
Peer interaction
Fun with friends

Organization: A 15 mx15 m field divided to 4 equal fields.
Procedure: 1v1 game, players vs parents.