



**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 is 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.

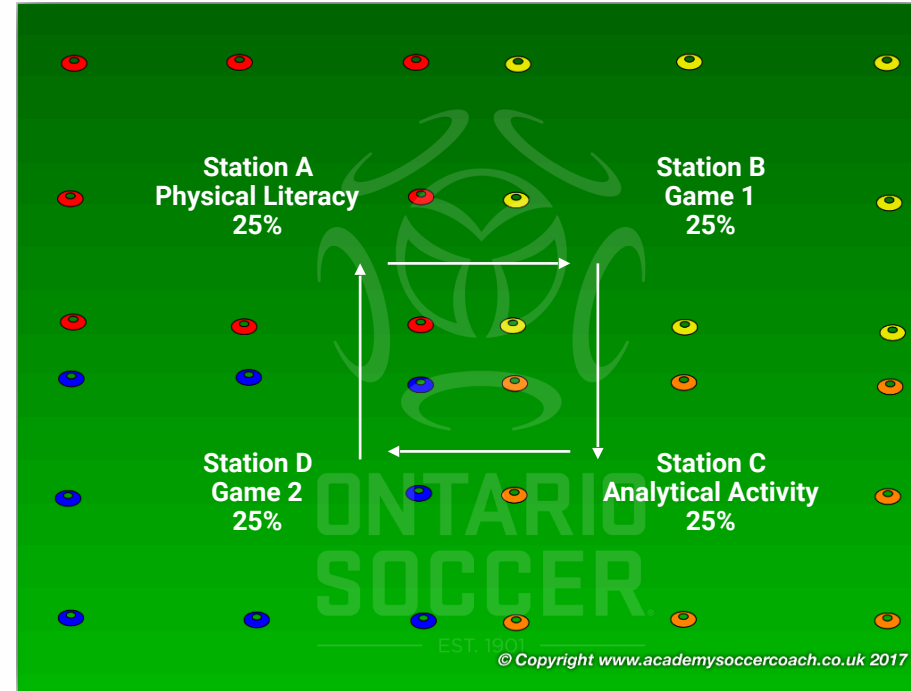
If working with a smaller group, simply move together through all 4 stations until all are complete.

## 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	20 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	<b>Priority Key</b> 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, 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

### Hungry Hippos



Organization
Players are placed in the area with a ball each. Cones are scattered randomly across the playing area.
Procedure
<p>Players move around the swamp. Avoiding the cones (rocks in the water) and other swamp animals (other players)</p> <p>2 designated players are hippos poke tackle the other players' soccer balls. Players are allowed to retrieve their soccer balls and continue.</p> <p>How many balls can the defenders touch in one minute? How many times can the other players avoid being eaten by the swamp.</p>
Emphasis
Imagination, safety and FUN!
Progression
<p>Players move around in various ways:</p> <p>Two footed hopping, skipping and jumping.</p>

Timing	Area
8 Minutes	20 x 20 m

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
<p>Ball mastery</p> <p>Running with the ball</p> <p>Dribbling</p>	<p>Fun</p> <p>Being safe</p> <p>Decision making</p>
Socio - Emotional	Physical
<p>Problem Solving</p> <p>Communicating</p> <p>Listening</p> <p>Celebrating</p> <p>Teamwork</p>	<p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Change of Direction</p> <p>Change of Speed</p>

Top Tip	Did you know that the key window for learning Physical Literacy is between the ages of 3-6 years old? The focus at the Active Start age groups is centred around the development of Fundamental Movement Skills rather than sports skills.
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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

<b>Top Tip</b>	Engage the parents throughout the session. This can help with the organization, but more importantly creates that backyard feeling between parent and child.
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# Active Start

## Activity

### Indy 500



#### Organization

Each player has a ball and starts in the garage, which is smaller area where red players are shown. Larger cone grid is 15x15, smaller cone grid 5x5 and garage 10x10

#### Procedure

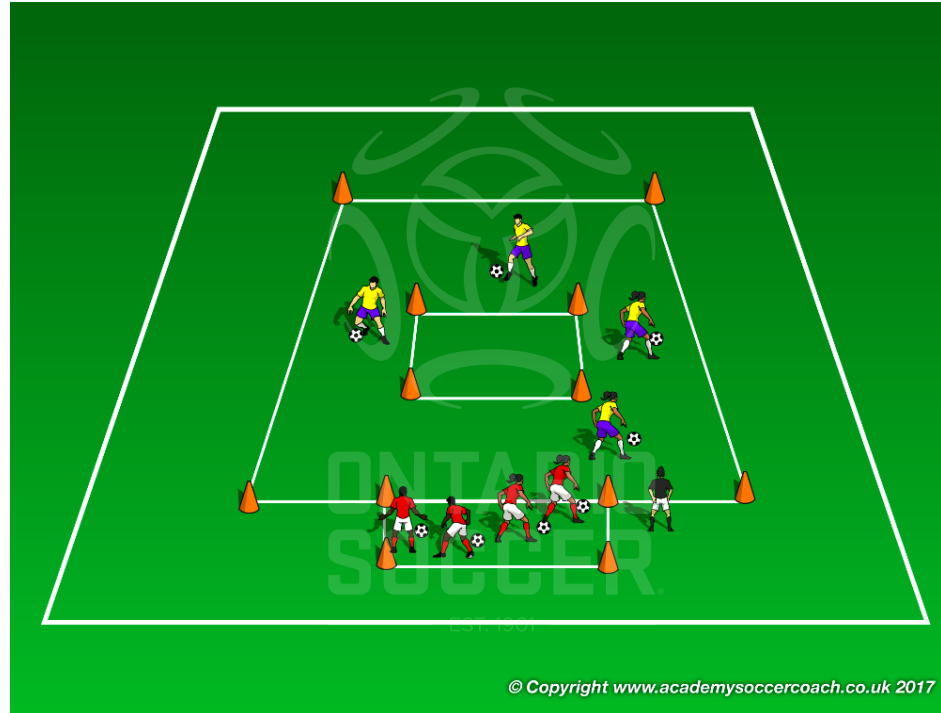
Players drive their ball around the soccer race track. Coach can ask for a change of speed, direction, stopping. Red light=stop, Yellow light=go slow, Green light= dribble the ball, avoid others=use a horn near others (beep, beep) Reverse=drag ball back (sole of foot on the top of the ball and push backwards), to fill up the gas tank, must go to garage and do box touches with the inside foot 6 times

#### Emphasis

FUN, creativity and celebrating!

#### Progression

N/A



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Timing	Area
8 Minutes	15 m x15 m outside grid 5 m x 5 m inside grid Garage 10 m x10 m

#### 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 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

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

### 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 Mom or Dad should challenge the child player, they should allow the child to “score” goals and “beat” the adult opponent.
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# Ontario Soccer Resources

## Coaches' Guides

- Game Organization Guide
- Field Organization 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

