



2025 ACTIVE START

U3 (Born 2022) / U4 (Born 2021) / U5 (Born 2020)

1975 Clements Rd
 Pickering, Ontario
 905-831-9803
 www.pickeringfc.ca

In most cases, The Active Start program will be a child and parent’s first exposure to organized soccer. The emphasis at this level is to introduce the ball to the player, provide a stress free group environment for 45 to 60 minutes of fun each week.

THESE ARE NOT MLS or EPL SOCCER GAMES – this is about fun and physical literacy!

Under 3 Coed	Under 4 Coed	Under 5
<ul style="list-style-type: none"> • Players born in 2022 – turning 3 years of age during 2025 • Registration Fee includes: <ul style="list-style-type: none"> ○ Jersey, shorts, socks, shin guards, participation medal and all activities ○ All players will receive a Size 3 soccer ball – players bring the ball every week ○ Uniforms and balls are distributed by the coach • Players are assigned to a “team” of no more than 10 players with a Game Leader. • PFC has staff on site to set the fields up and to assist the coaches when necessary • Each team has an assigned area which is listed on the team schedule <ul style="list-style-type: none"> ○ Schedule is available from the coach, PFC website, and the team app • Parents are encouraged to participate with their child in the weekly sessions • Activities for each session are created by the PFC’s Grassroots Program Director <ul style="list-style-type: none"> ○ The activities are age related and involve touches of the ball, physical literacy and fun ○ The activities follow the guidelines of Canada/Ontario Soccer for this age group ○ Coaches are provided with the weekly activities via email in the week leading up to the session 	<ul style="list-style-type: none"> • Players born in 2021 – turning 4 years of age during 2025 • Registration fee includes: <ul style="list-style-type: none"> ○ Jersey, shorts, socks, shin guards, participation medal and all activities ○ All players will receive a Size 3 soccer ball – players bring ball every week ○ Uniforms and balls are distributed by the coach • Players are assigned to a “team” of no more than 10 players with a Game Leader. • PFC has staff on site to set the fields up and to assist the coaches when necessary. • Each team has an assigned area which is listed on the team schedule <ul style="list-style-type: none"> ○ Schedule is available from the coach, PFC website, and the team app • Parents are encouraged to participate in the session with their child • Activities for each session are created by the PFC’s Grassroots Program Director <ul style="list-style-type: none"> ○ The activities are age related and involve touches of the ball, physical literacy and fun drills ○ The activities follow the guidelines of Canada/Ontario Soccer for this age group ○ Coaches are provided with the weekly activities via email in the week leading up to the session. 	<ul style="list-style-type: none"> • Players born in 2020 – turning 5 years of age during 2025 • Registration fee includes: <ul style="list-style-type: none"> ○ Jersey, shorts, socks, shin guards and participation medal ○ All players will receive a Size 3 soccer ball – players bring ball every week ○ Uniforms and balls are distributed by the coach • Two divisions – Boys Division and Girls Division. • Players are assigned to a “team” of no more than 10 players with a coach. • Each team has an assigned area which is listed on the team schedule <ul style="list-style-type: none"> ○ Schedule is available from the coach, the PFC website, and the team app. • Coaches are either parent volunteers or a high school/university student who participated in an information session • PFC has staff on site to set the fields up and to assist the coaches when necessary. • Activities for each session are created by the PFC’s Grassroots Program Director. <ul style="list-style-type: none"> ○ The activities are age related and involved touches of the ball, physical literacy and fun drills ○ The activities follow the guidelines of Canada/Ontario Soccer for this age group ○ Coaches are provided with the weekly activities via email in the week leading up to each session