



ACTIVE START

FOR COACHES OF U4-U5 YEAR OLDS



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.



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.

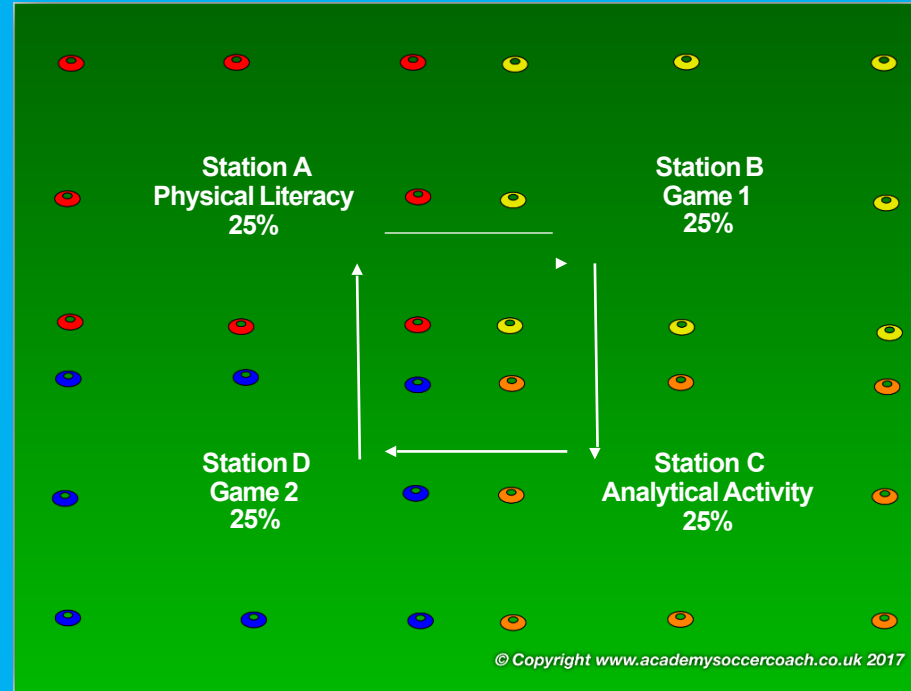
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	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 in case the ball rolls away.

Procedure

Coach presents different challenges to the players. e.g. "Show me you can....."

- * Bounce the ball and catch it
- * Do a figure 8 with the ball between your legs
- * Roll the ball through your legs
- * Throw and catch with two hands
- * Throw and catch with one hand
- * Run with the ball using your feet
- * Do a super hero stance on your ball

Emphasis

Creating a safe environment, Positive reinforcement

Allows players to be create and make 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

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
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

8 Minutes

Area

15m x 10m

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

Free Play

Socio - Emotional

Problem Solving
Celebrating
Listening

Psychological

Confidence
Awareness
Fun

Physical

Agility
Balance
Co-ordination
Change of Speed
Change of Direction

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.



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

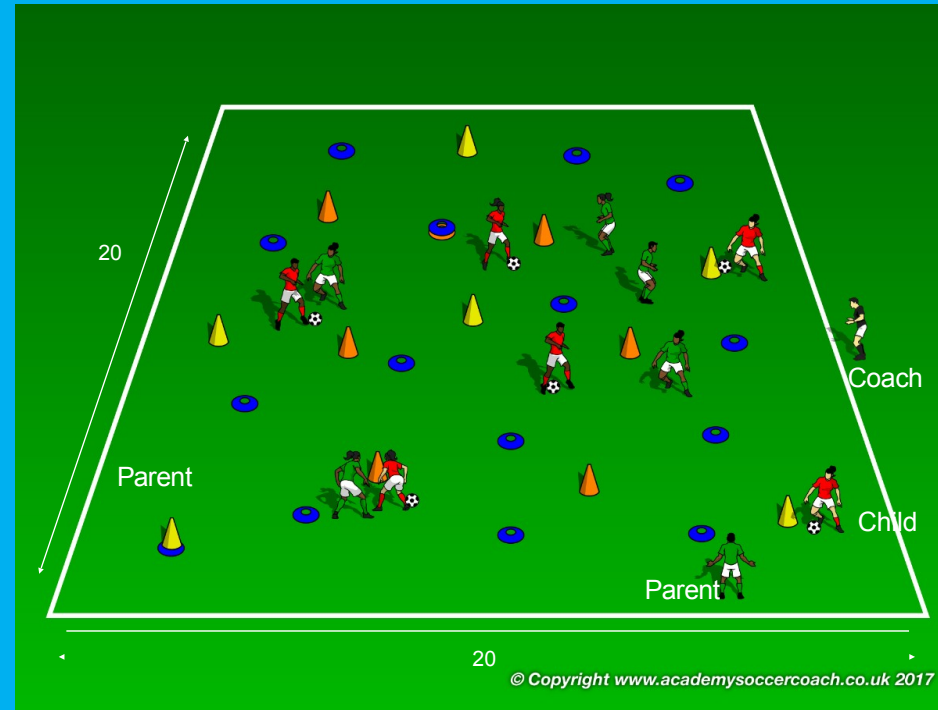
Players must swim round the ocean (dribbling their ball) and shout "Nemo, where are you?" Players look under the rocks (cones) on the sea bed. The first player to find Nemo under the cones wins. Ask players to do a different variation of a physical literacy move, toe taps, hopping etc Repeat with Dory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

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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

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 try 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

8 Minutes

Area

15m x 10m

Objective

Players are able to be confident, safe and participate in the activities

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All players - will be able to join in and try some of the movements and skills

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Technical / Tactical

Free Play

Socio - Emotional

Problem Solving
Celebrating
Listening

Psychological

Confidence
Awareness
Fun

Physical

Agility
Balance
Co-ordination
Change of Speed
Change of Direction

Top Tip

Check out the whole Active Start Grassroots Curriculum at: <http://www.ontariosoccer.net/grassroots>



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.



Active Start

Physical Literacy

Pirates

Organisation

Players are placed in the area with a ball each. Cones are scattered randomly across the playing area. Ask a player what noise a Pirate makes or if they know any famous Pirates (Captain Hook, Long John Silver, Jack Sparrow)

Procedure

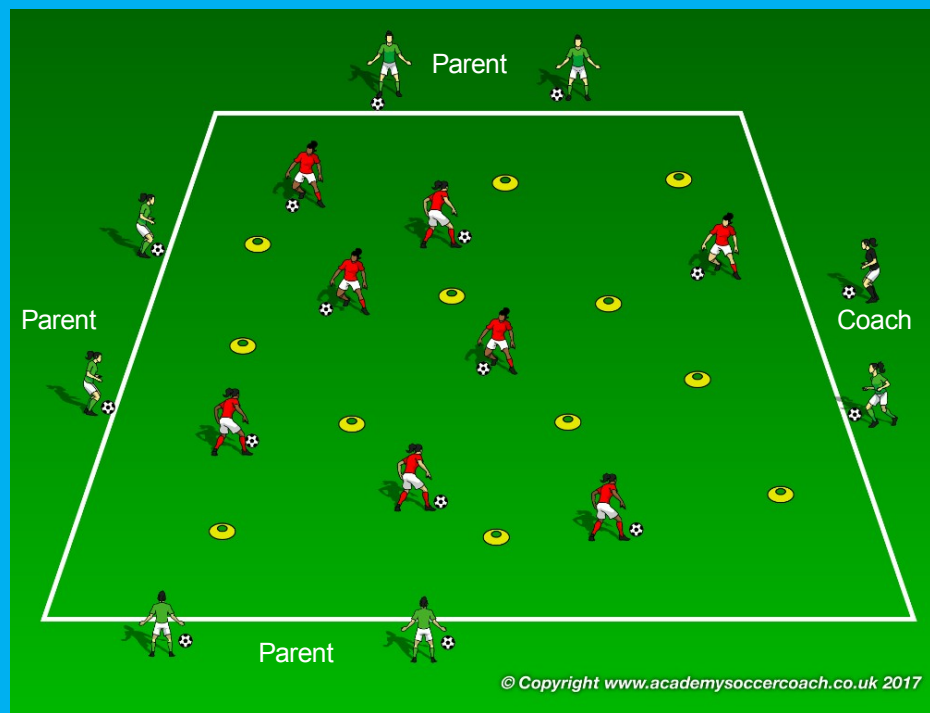
The Pirates steer their ship (ball) around the sea (playing area) Players do the following. Climb the mast (10 toe taps) Strong winds (boxes - touches of the ball with the inside of the feet. Walk the plank, hops and a jump. Reverse, drag back (sole of the foot on the top of the ball and push backwards) Scrub the deck - pass the ball forward and crawl to it.

Emphasis

Imagination, safety and FUN!

Progression

N/A



Timing	Area
8 Minutes	20 x 20 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

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Technical / Tactical	Psychological
Ball mastery Running with the ball Dribbling	Confidence Awareness Fun
Socio - Emotional	Physical
Problem Solving Celebrating Listening	Agility Balance Co-ordination Change of Speed Change of Direction

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.



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



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Timing

8 Minutes

Area

15m x 10m

Objective

Players are able to be confident, safe and participate in the activities

Outcome

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Technical / Tactical

Free Play

Socio - Emotional

Problem Solving
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Listening

Psychological

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Top Tip

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Active Start

Activity

Pirates and Lifeguards

Organisation

4 players are placed inside the circle without a ball.
4 players are placed 10 metres away from the circle with ball. Parents are on the outside and have a ball close.

Procedure

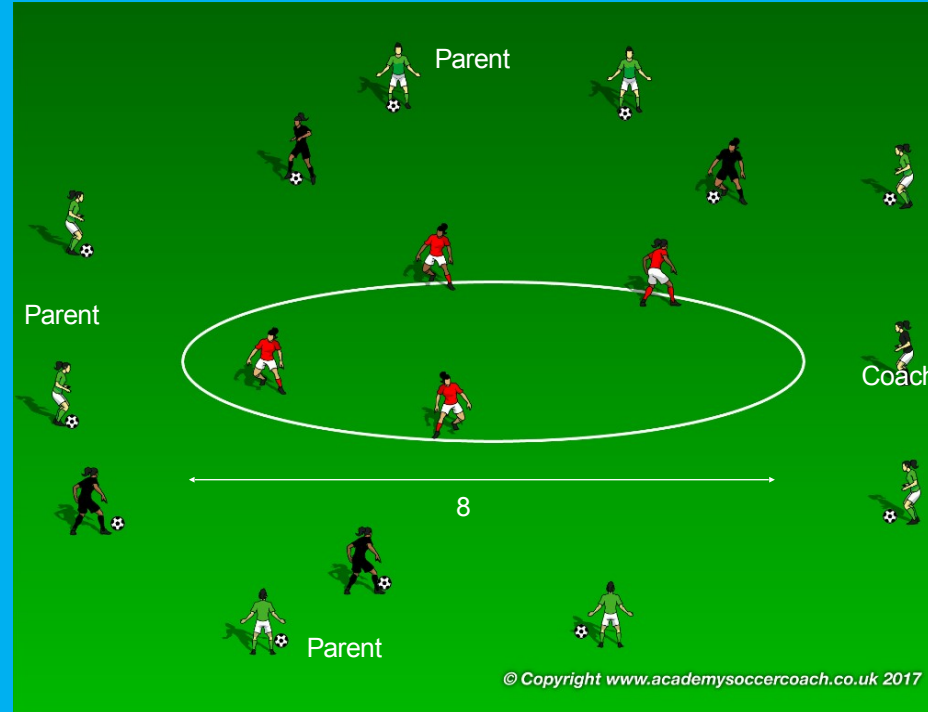
The Pirates (Black) must put their treasure (ball) on the beach by dribbling on to it. The lifeguards (Red) have to defend the beach. If a piece of treasure lands on the beach, the life guards must kick it away. Play for two minutes before swapping. Tell the players not to worry if their ball is kicked away, it's part of the game. Ask players and parents to count how many times the deliver/clear.

Emphasis

Imagination, creativity and celebrating!

Progression

N/A



Timing	Area
8 Minutes	8m diameter

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

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Technical / Tactical

Ball mastery
Running with the ball
Dribbling

Psychological

Confidence
Awareness
Fun

Socio - Emotional

Problem Solving
Celebrating

Physical

Agility
Balance
Co-ordination
Change of Speed
Change of Direction

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

Goal!

Organisation

Two teams of 3v3 are placed on to the field with 1 or 2 goals at each end. Each player starts with a soccer ball. Spare balls & parents are placed around the outside of the field. Once a player has scored, give them another ball to avoid being hit while collecting a ball from a goal.

Procedure

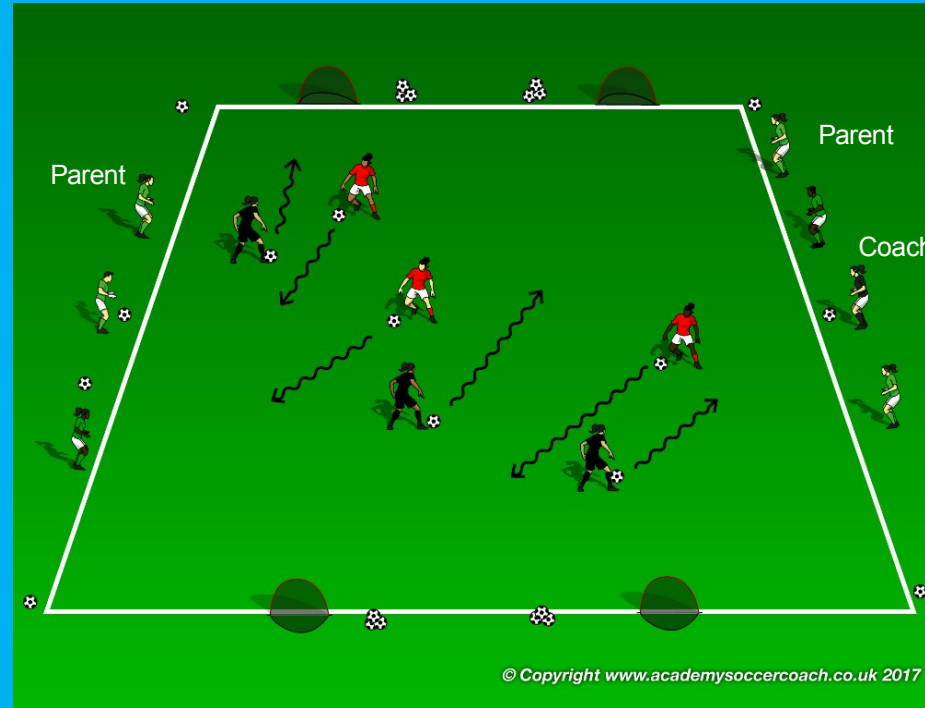
Each player plays as an individual and can score in any goal. Parents count the goals. Once a player scores they get another ball and score in another goal. If a player is dribbling towards the side line, a parent who is close can help them stay within the field. Encourage players to celebrate every time they score! High 5's, bow, power stance or to come up with their own!

Emphasis

Fun, creativity and celebrating!

Progression

Parents can walk round with the goals so they are moving and the players have to chase them and score.



Timing	Area
8 Minutes	15 m 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
Free Play	Confidence Awareness Fun
Socio - Emotional	Physical
Problem Solving Celebrating Listening	Agility Balance Co-ordination Change of Speed Change of Direction

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.



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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.

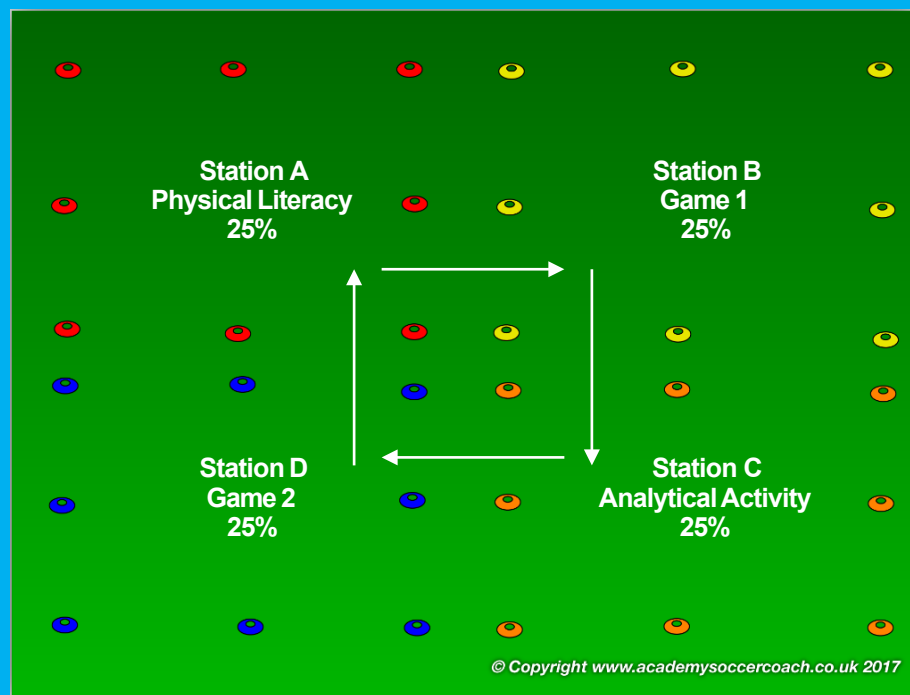
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	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

Pirates Collecting Treasure

Organization

20 x 20 m. 8 groups of 1 player (pirates). Treasures-10 balls (Golden Balls), 10 orange cones (Bracelets), 10 blue cones (necklace), 10 yellow cones (rings) Parent is in black, player in white.

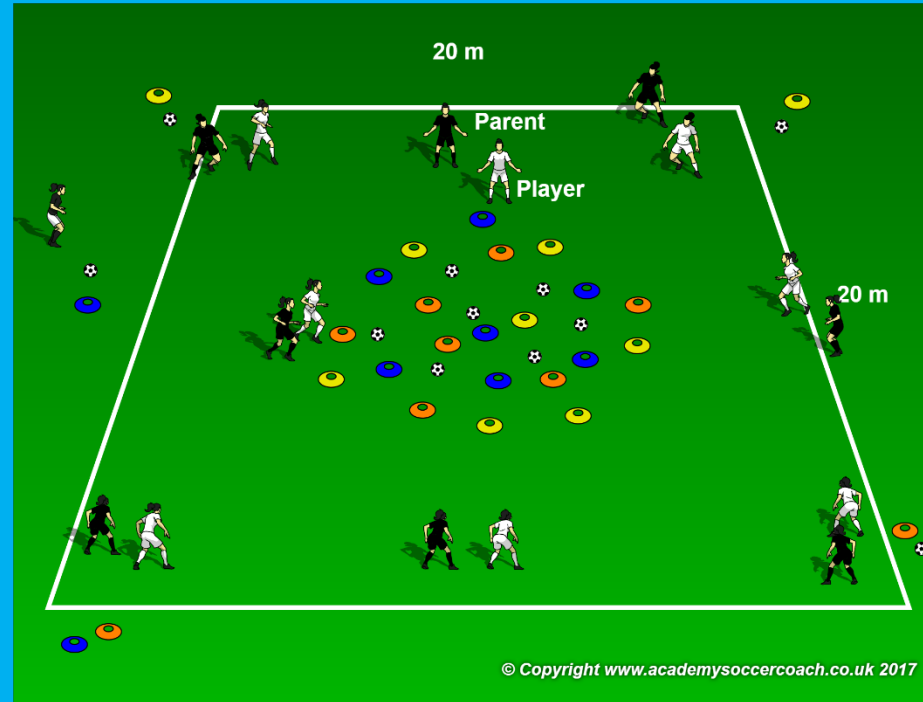
Procedure

Each pirate with parent assistance will collect one treasure item from the center and bring back to their own treasure case, then gather another treasure item from the center, however pirate may not collect the same consecutive treasure item. Once all treasure items are cleared off the center, each pirate will count how many Golden balls they collected, Bracelets, Necklace and Rings. Coach will encourage pirates to use different movements towards collecting the treasure e.g. hopping on right foot towards the center and back, run forwards, backwards, skipping etc.

Emphasis

Imagination, safety and FUN!

Progression



Timing	Area
8 Minutes	20 x 20 m

Technical	Psychological
	Confidence Awareness Decision Making
Social	Physical
Problem Solving Communicating FUN	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Provide stimulating activities that promote physical literacy.



Active Start

Small Sided Games

2v2 (Parent & Child v Parent & Child)

Organization
15 x 15 m. Organize players into 2v2 with 2 goals on each side, (1 player and a parent vs 1 player and a parent/guardian)
Procedure
Child and parent/guardian play a 2v2 game with 2 goals to score on. If the ball goes out of the field, use the closest ball to keep the game moving. Parents / guardian should help their children as much as possible.
Emphasis
Free Play and FUN!
Progression
N/A



Timing	Area
8 Minutes	15 x 15 m

Technical	Psychological
Dribbling Running with the ball Lots of touches Ball mastery	Confidence Being safe Reactions Decision Making
Social	Physical
Cooperation Communicating Social FUN	Agility Balance Co-ordination Change of Direction

Top Tip

Remember that children do not mean to make mistakes, we should make mistakes as a necessary part of learning.



Active Start

Activity Mouse Traps

Organization

20 x 20 m. 8 groups of 1 player. 12-15 cones place inside playing field. (1 player in white and 1 parent in red)

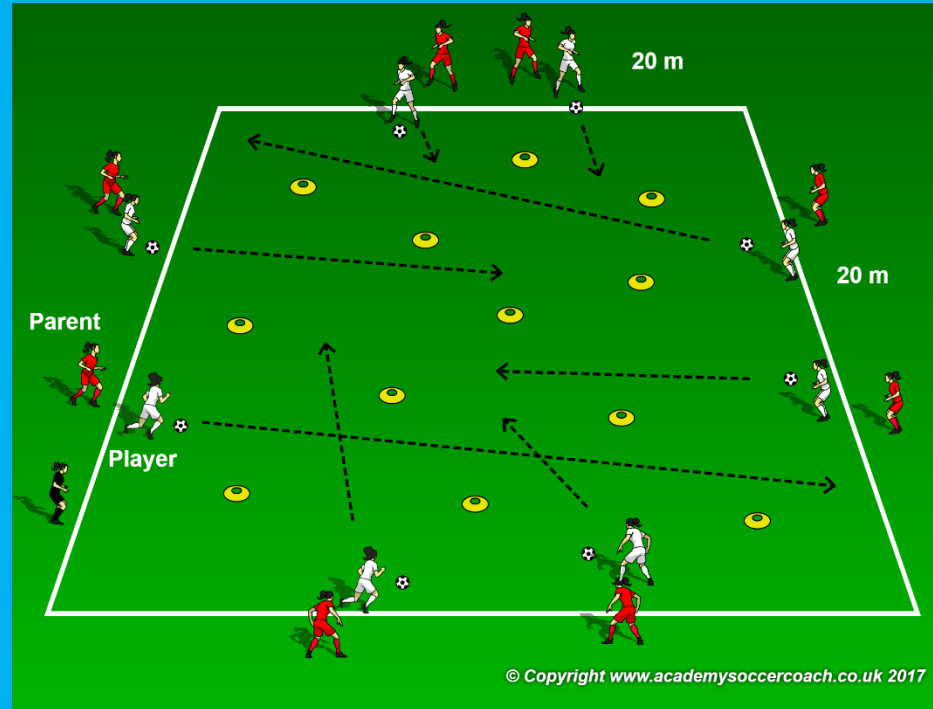
Procedure

Player (mouse) will dribble with the ball across the playing field. The cones are mouse traps, so player (mouse) must avoid touching the mouse trap with the ball while also avoiding the other mouse on the field. If mouse hits the cone, then mouse must do 3 jumping jacks on the spot then continue on.

Emphasis

FUN, creativity and celebrating!

Progression



Timing	Area
8 Minutes	20 x 20 m

Technical

Ball mastery
Running with the ball
Dribbling

Psychological

Confidence
Awareness
Decision Making

Social

Problem Solving
Communicating
FUN

Physical

Agility
Balance
Co-ordination
Change of Speed
Change of Direction

Top Tip

Organize your practice to have all the children active, all the time.



Active Start

Small Sided Game

Backyard Soccer

Organization

20 x 20 m. 1v1 (child vs parent) are placed on to a field with 1 goal on each end. Can adjust dimensions based on players available. Can have 5 players and 5 parents in 20 x 20 m

Procedure

Each player starts with a soccer ball. Once a player has scored, give player another ball to avoid being hit while collecting a ball from a goal. Each player plays as an individual.

Emphasis

Fun, creativity and celebrating!

Progression

N/A



Timing	Area
8 Minutes	20 m x 20 m

Technical	Psychological
Ball mastery Running with the ball Dribbling	Confidence Awareness Decision Making
Social	Physical
Problem Solving Communicating FUN	Agility Balance Co-ordination Change of Speed

Top Tip

A parent or guardian should join in to supervise and play with their child



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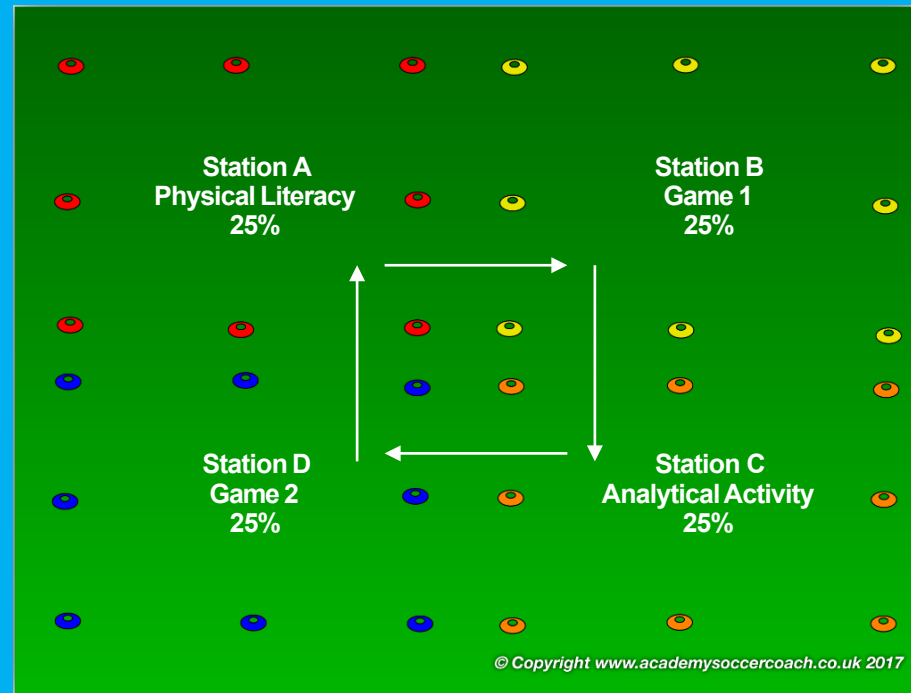
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Active Start

Physical Literacy

Finding Nemo & Dory

Organization

Player and parent/guardian have a ball each and are placed in a 20 m x 20 m grid with cones spread out randomly across the area. Tie a knot in an orange or blue pinnie. Ask players to name famous fishes. They will most likely come up with Nemo and Dory. Introduce the pinnies and Nemo or Dory and ask the players to close their eyes. Hide the pinnies in separate cones.

Procedure

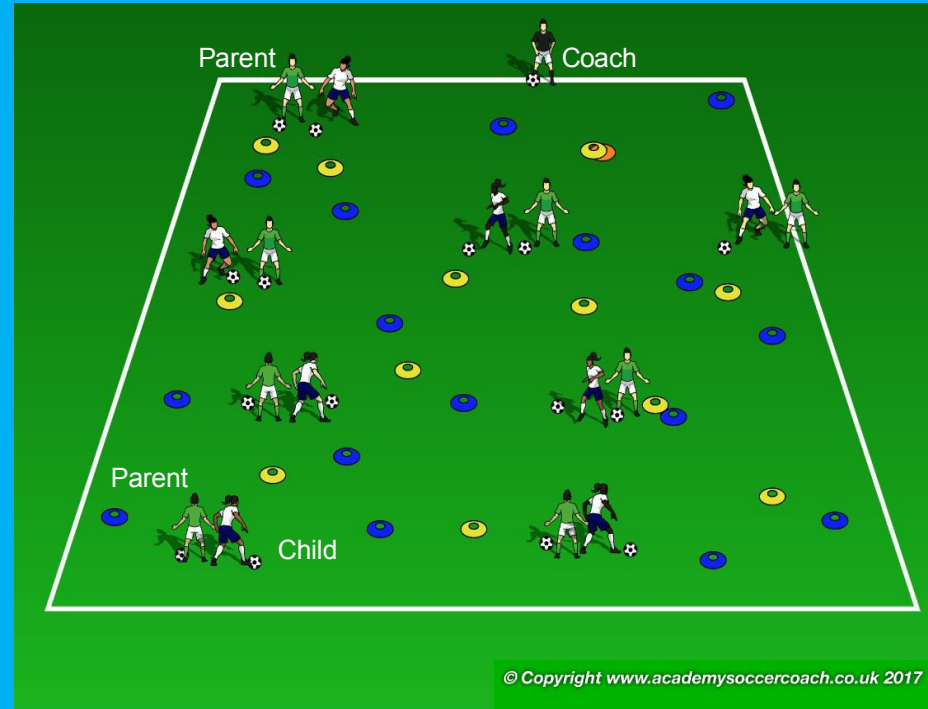
Players must swim around the ocean (dribbling their ball) and shout "Nemo, where are you?" Players look under the rocks (cones) in the sea. The first player to find Nemo under the cone wins. Ask players to do a different variation of a physical literacy move, toe taps, hopping etc. Repeat with Dory and 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	20 m x 20 m

Objective

Players to be able to move in a variety of different ways with confidence & competence

Outcome

All players- will be able to perform in a variety of movements
 Most players- will be able to perform a variety of movements in small spaces
 Some players- will be able to perform a variety of movements in small spaces & make decisions

Technical	Psychological
Ball mastery Running with the ball Dribbling	Confidence Awareness FUN
Social	Physical
Problem Solving Listening Celebrating	Agility Balance Co-ordination Change of Speed Change of Direction

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

2v2 & 2 Goals (Parent & Child v Parent & Child)

Organization

Organize players into 2v2 with 2 goals on each side, (1 player and a parent vs 1 player and a parent/guardian)

Procedure

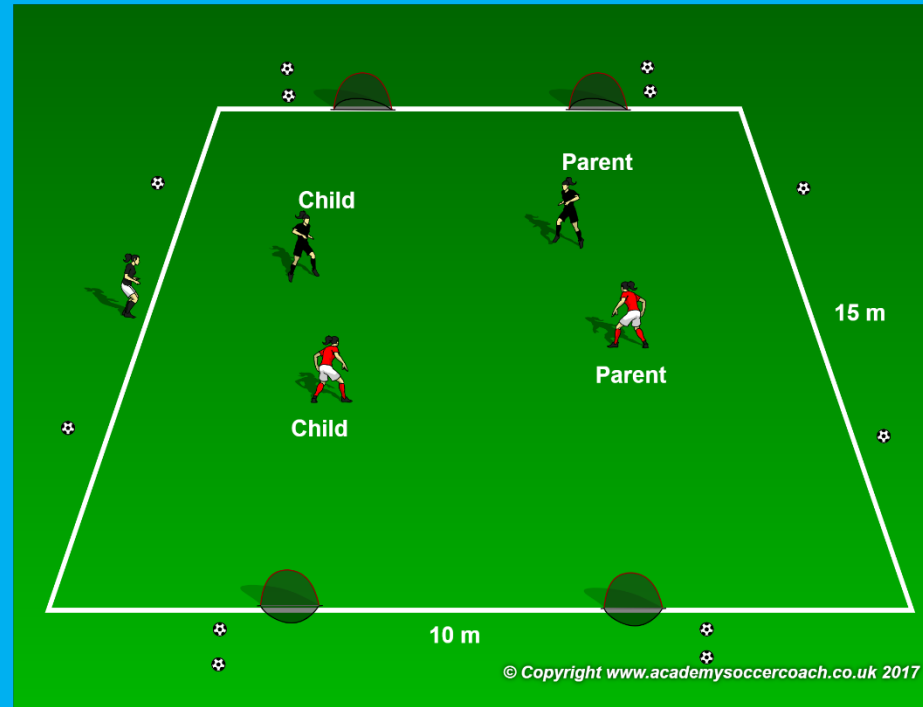
Child and parent/guardian play a 2v2 game with 2 goals to score on. If the ball goes out of the field, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Emphasis

Free Play and FUN!

Progression

N/A



Timing

8 Minutes

Area

10 m x 15 m

Objective

Players to be able to move in a variety of different ways with confidence & competence

Outcome

All players- will be able to perform in a variety of movements

Most players- will be able to perform a variety of movements in small spaces

Some players- will be able to perform a variety of movements in small spaces & make decisions

Technical

Dribbling
Running with the Ball
Ball mastery

Psychological

Confidence
Being safe
Reactions
FUN

Social

Cooperation
Communicating
Social

Physical

Agility
Balance
Co-ordination
Change of Direction

Top Tip

Parent/Guardian involvement can improve the child's engagement in the activity and creates a backyard feeling between parent and child.



Active Start

Activity Goal Scorer

Organization

6 goals are placed on the outside of the area with a parent in front of each goal. A set of balls placed in the centre so player can collect new ball after they shoot.

Procedure

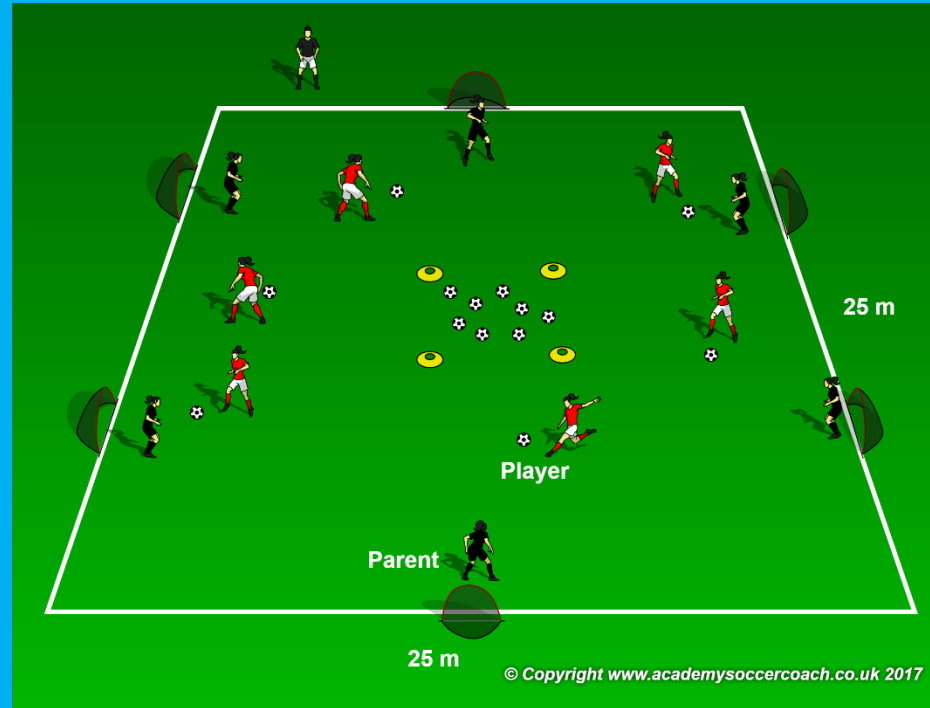
Players have 90 seconds to score as many goals as possible. Once they score in one goal, they must look to score in a different goal. Play the game several times and encourage the children to use both feet.

Emphasis

FUN, creativity and celebrating!

Progression

N/A



Timing	Area
8 Minutes	25 m x 25 m

Objective

Players to be able to move in a variety of different ways with confidence & competence

Outcome

All players- will be able to perform in a variety of movements
 Most players- will be able to perform a variety of movements in small spaces
 Some players- will be able to perform a variety of movements in small spaces & make decisions

Technical	Psychological
Dribbling Running with the ball Shooting	Confidence Being Safe FUN
Social	Physical
Listening Communicating Celebrating	Agility Balance Co-ordination Change of Speed Change of Direction

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

Backyard Soccer

Organization

20 m x 20 m. 1v1 (child vs parent) are placed on to a field with 1 goal on each end. Can adjust dimensions based on players available. Can have 5 players and 5 parents in 20 x 20 m

Procedure

Each player starts with a soccer ball. Once a player has scored, give player another ball to avoid being hit while collecting a ball from a goal. Each player plays as an individual.

Emphasis

Fun, creativity and celebrating!

Progression



Timing	Area
8 Minutes	20 m x 20 m

Objective

Players to be able to move in a variety of different ways with confidence & competence

Outcome

All players- will be able to perform in a variety of movements
 Most players- will be able to perform a variety of movements in small spaces
 Some players- will be able to perform a variety of movements in small spaces & make decisions

Technical	Psychological
Ball mastery Running with the ball Dribbling	Confidence Awareness Decision Making
Social	Physical
Problem Solving Communicating FUN	Agility Balance Co-ordination Change of Speed

Top Tip

Remember that children do not mean to make mistakes, we should make mistakes as a necessary part of learning.



Player Development Model: 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.



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.

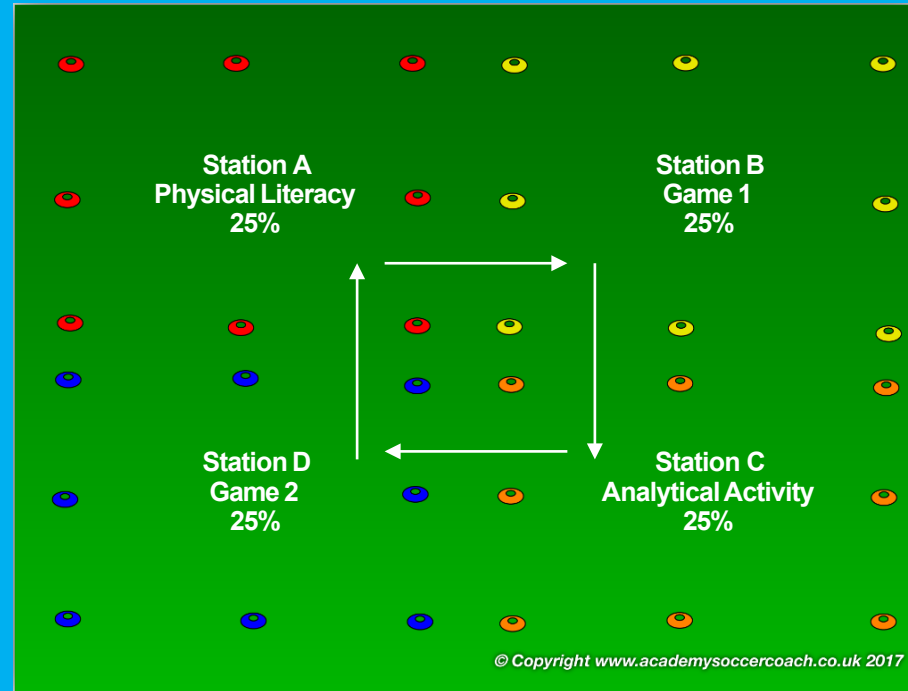
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	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

Simon Says

Organization

20 m x 20 m. Each player and parent will have a ball. Please note that up to 10 players can play in this dimension. If more players are involved in the session, then coach will have to increase the size of the playing field.

Procedure

The coach is Simon. When the coach (Simon) says the following:

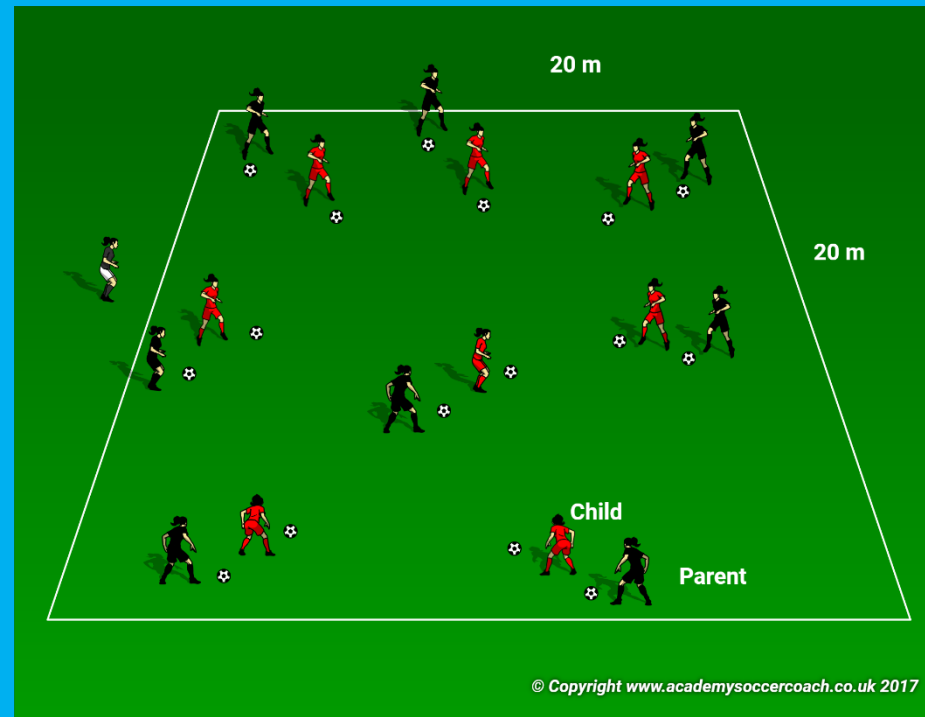
- Bounce the ball, (player and parent will bounce the ball)
- Without the ball, jumping jacks
- Hopping of the right/left foot
- Dribbling

Emphasis

Creating a Safe Environment
Positive Reinforcement
Allow the Players to Make
Decisions Demonstration of the
Activity

Progression

Each player will become Simon and each parent will follow their child's direction on the field



Timing	Area
8 Minutes	20 m x 20 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	Psychological
Ball Mastery Running with the ball Dribbling	Confidence Awareness Decision Making FUN
Social	Physical
Problem Solving Listening Communicating	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

In physical activities, the coach can encourage the child to run, hop, skip, and change speed and direction.



Active Start

Small Sided Game

Backyard Soccer

Organization

15 m x 15 m. Organize players into 2v2 with 2 goals on each side, (1 player and 1 parent vs 1 player and 1 parent). Coach will set up multiple playing fields based on number of players available. For example, if 8 players are involved in the session, then the coach will set up 4 playing areas.

Procedure

The child and parent will play a 2v2 game with two goals to score on. If the ball goes out of the field, the child or parent will use the closest ball to keep the game moving. The parent should help the children as much as possible.

Emphasis

Creating a Safe Environment
Positive Reinforcement
Allow the Players to Make Decisions
Demonstration of the Activity

Progression



Timing

8 Minutes

Area

15 m x 15 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

Dribbling
Running with the ball
Ball mastery

Psychological

Confidence
Awareness
Decision Making
FUN

Social

Problem Solving
Listening
Celebrating

Physical

Agility
Balance
Co-ordination
Change of Direction
Change of Speed

Top Tip

When a Parent/Guardian is involved in activities, this can improve the child's engagement and creates that backyard environment.



Active Start

Activity

Mouse Traps

Organization

20 m x 20 m. 8 groups of 1 player. 12-15 cones place inside playing field. player (mice) in white and 1 parent (chaser) in red

Procedure

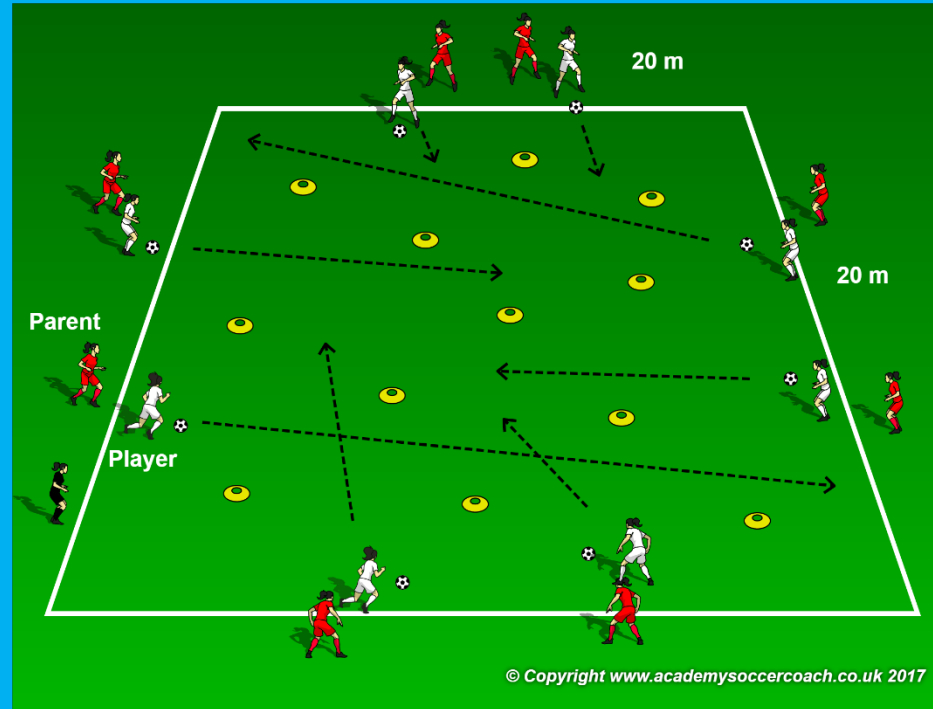
Players (mice) will dribble the ball across the playing field while the parent (cats) chase. The cones represent mouse traps which the players must avoid touching. If any of the players touch a mouse trap then they must do 3 jumping jacks before switching roles with the parent to become the cat (chaser)

Emphasis

Creating a Safe Environment
Positive Reinforcement
Allow the Players to Make Decisions
Demonstration of the Activity

Progression

When the coach calls "Attack" the child with the ball will try to dribble through the gates. The parent is the defender. If the defender wins the ball parent will become the attacker and vice versa.



Timing	Area
8 Minutes	20 m x 20 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	Psychological
Ball mastery Running with the ball Dribbling	Confidence Awareness Decision Making FUN
Social	Physical
Problem Solving Communicating	Agility Balance Co-ordination Change of Speed Change of Direction

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

1 v 1 (Disney World Game)

Organization

20 m x 20 m. 1v1 (player vs parent) are placed on to a field with 1 goal on each end. Can adjust dimensions based on players available

Procedure

Coach will have a player and parent pick their own Disney Character. Each goal is named, Magic Kingdom Park, Epcot, Disney's Animal Kingdom and Hollywood Studios. Each player will start with a soccer ball and the parent will be their opponent. The coach should encourage all the players to score (travel) on every goal (park) in Disney World. Once a player has scored, the parent can give the player another ball and the player will look to score (travel) to another goal (park). Each player plays as an individual vs the parent.

Emphasis

Creating a Safe Environment
Positive Reinforcement
Allow the Players to Make
Decisions Demonstration of the
Activity

Progression



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Timing	Area
8 Minutes	20 m x 20 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	Psychological
Ball mastery Running with the ball Dribbling	Confidence Awareness Decision Making FUN
Social	Physical
Problem Solving Communicating Listening	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Children do not mean to make mistakes, we should make mistakes as a necessary part of learning by allowing trial and error to occur in the practice session. This will give the child an opportunity to correct own mistakes and make own decisions, without the coach and parent always correcting the child.



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.



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.

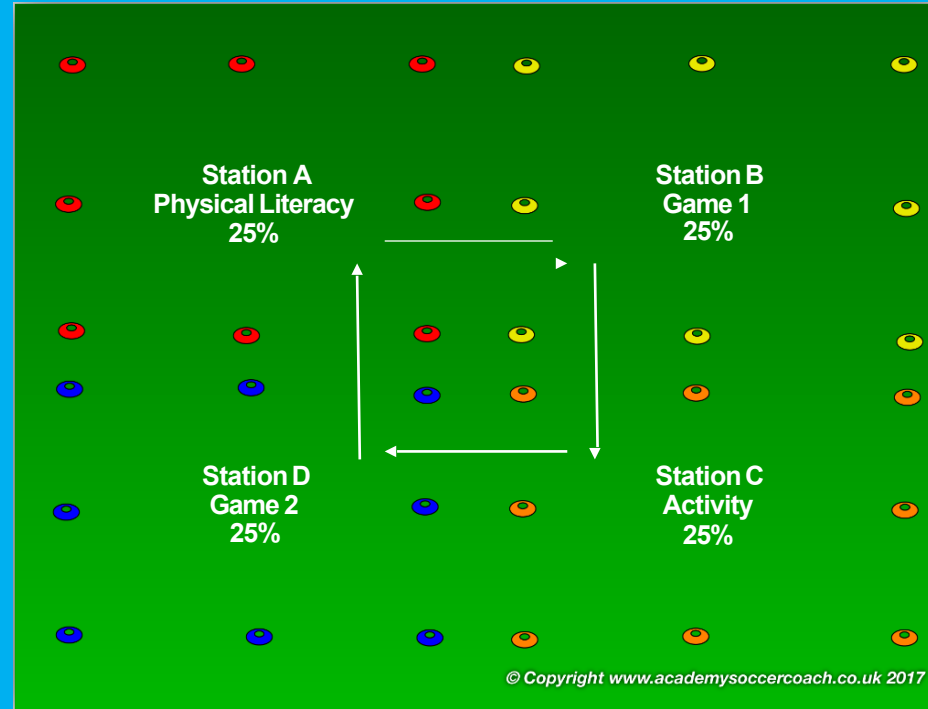
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	Priority Key		
Patience	3	2	High	1	
Respect / discipline	2	2	Medium	2	
			Low	3	
Fair play / honesty	3	2	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

The players are the Rescue Pups. They can choose which character they are Marshall, Chase, Zuma, Skye, Rocky or Rubble. When the coach asks 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!)

Once they have got across by running or walking, challenge players to move across the areas by the following movements

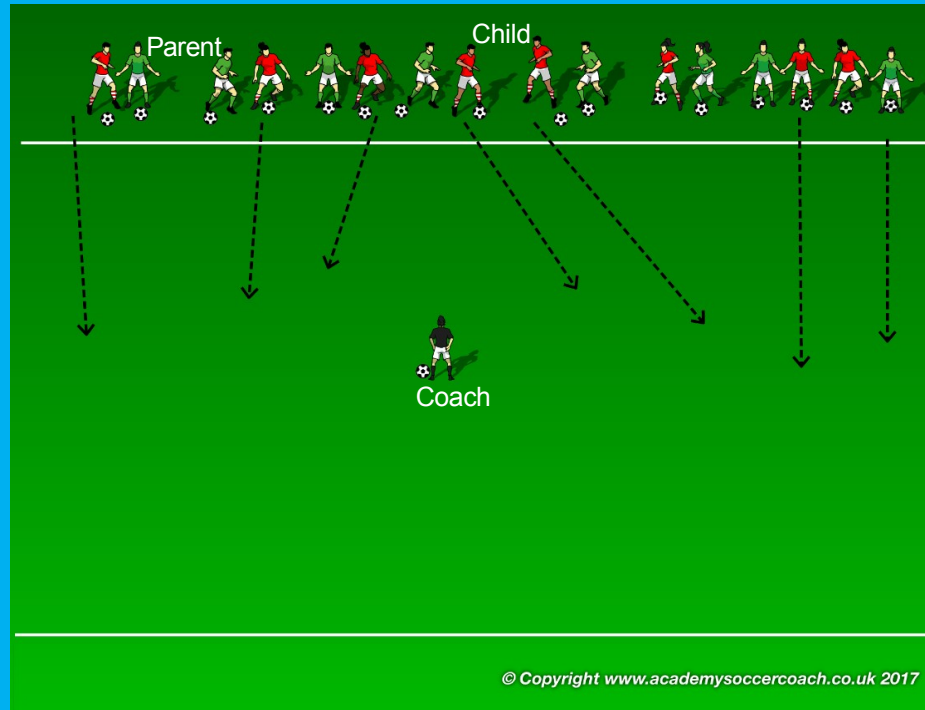
- * Hopping / jumping (two feet)
- * Skipping
- * Running backwards
- * Crawling
- * Running while carrying a ball in their hands
- * Bouncing the ball
- * Dribbling the ball with their feet

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

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	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.

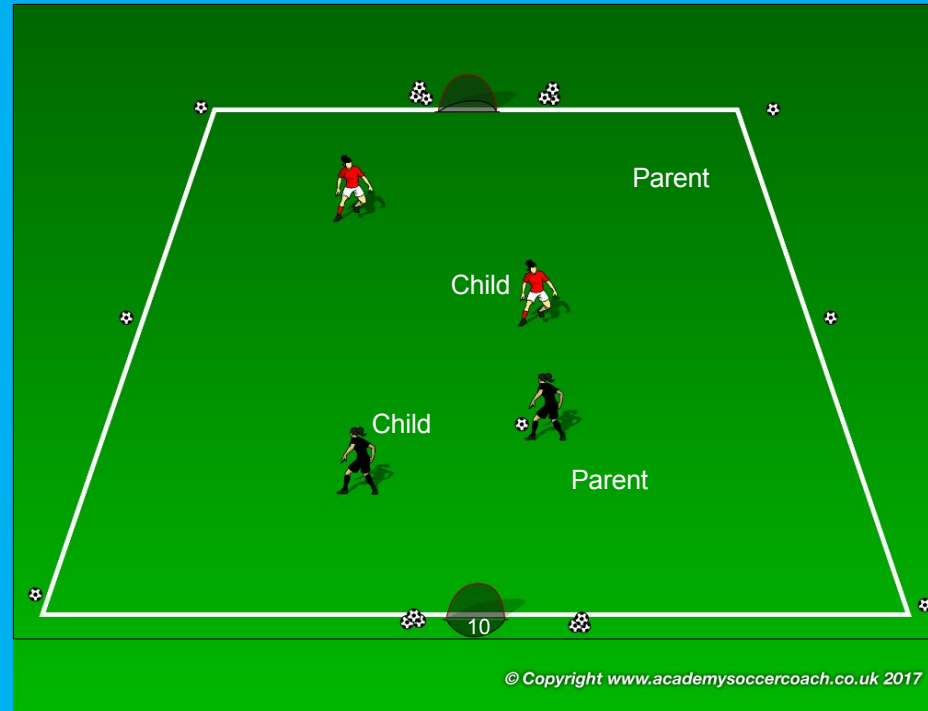


Active Start

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	
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 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.



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

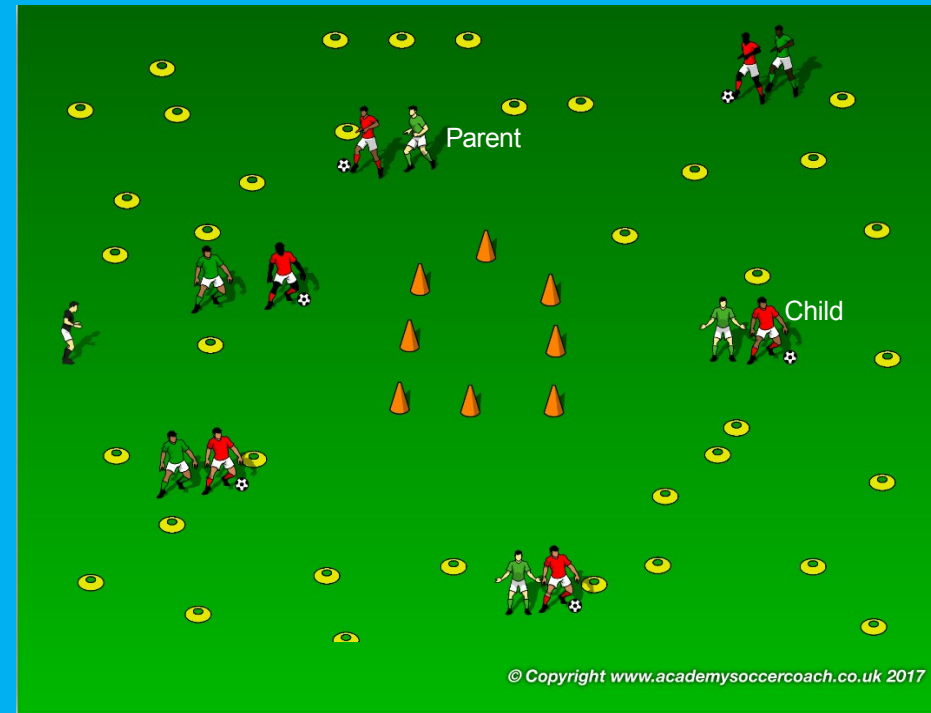
The players are the Rescue Pups. They can choose which character they are Marshall, Chase, Zuma, Skye, Rocky or Rubble.

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

8 Minutes

Area

6m rectangle in the middle 20m x 20m grid

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

Ball mastery
Running with the ball
Dribbling

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening

Physical

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!



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

8 Minutes

Area

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

Ball mastery
Dribbling
Shooting

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Celebrating
Problem Solving
Communicating

Physical

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!



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.



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.

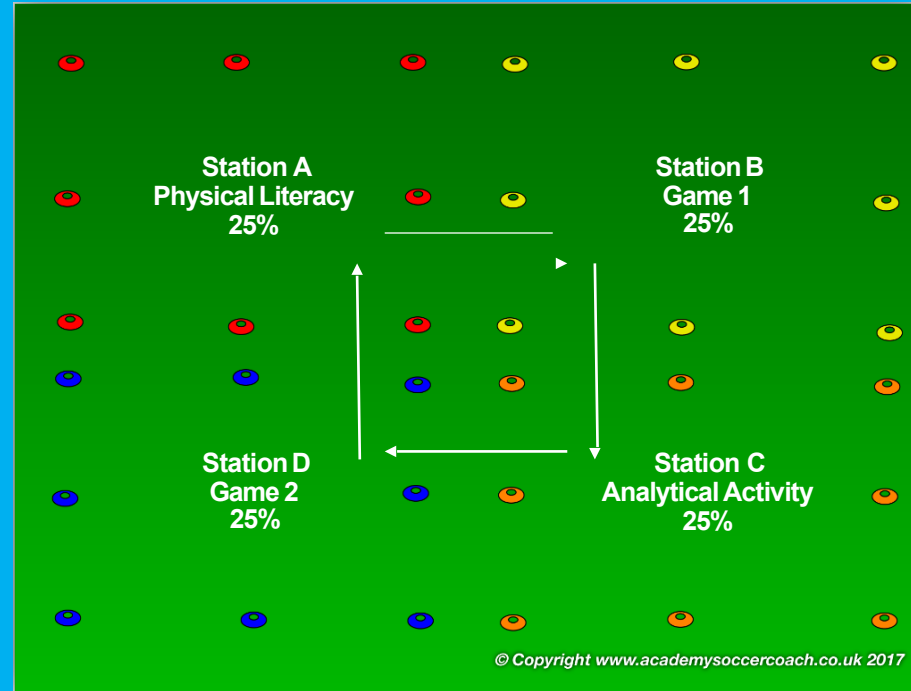
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	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

Hungry Hippos

Organization

Players are placed in the area with a ball each. Cones are scattered randomly across the playing area.

Procedure

Players move around the swamp. Avoiding the cones (rocks in the water) and other swamp animals (other players)

2 designated players are hippos poke tackle the other players' soccer balls. Players are allowed to retrieve their soccer balls and continue.

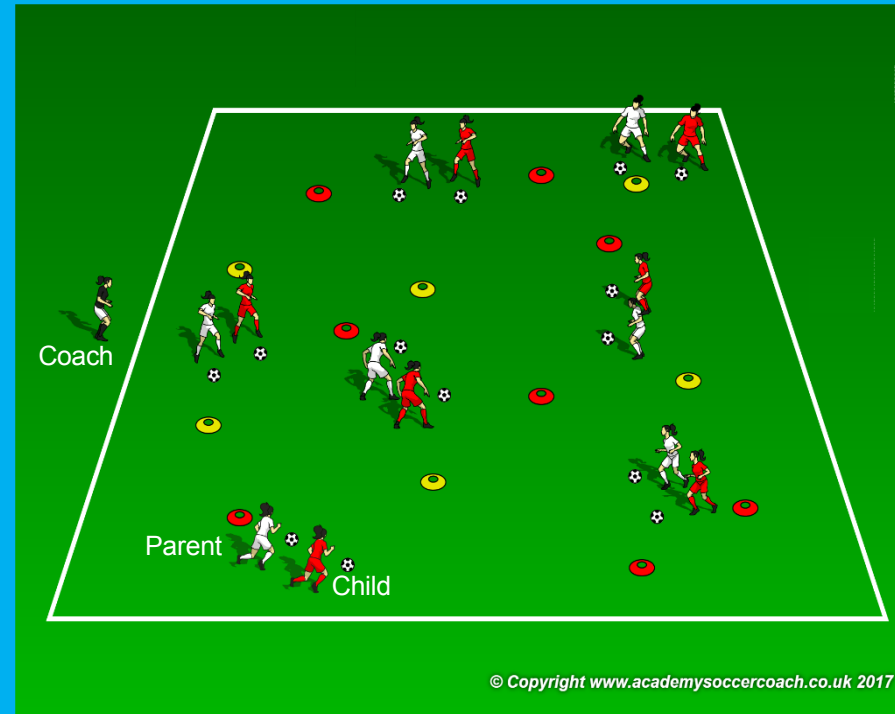
How many balls can the defenders touch in one minute? How many times can the other players avoid being eaten by the swamp.

Emphasis

Imagination, safety and FUN!

Progression

Players move around in various ways:
Two footed hopping, skipping and jumping.



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Timing	Area
8 Minutes	20 x 20 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

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.

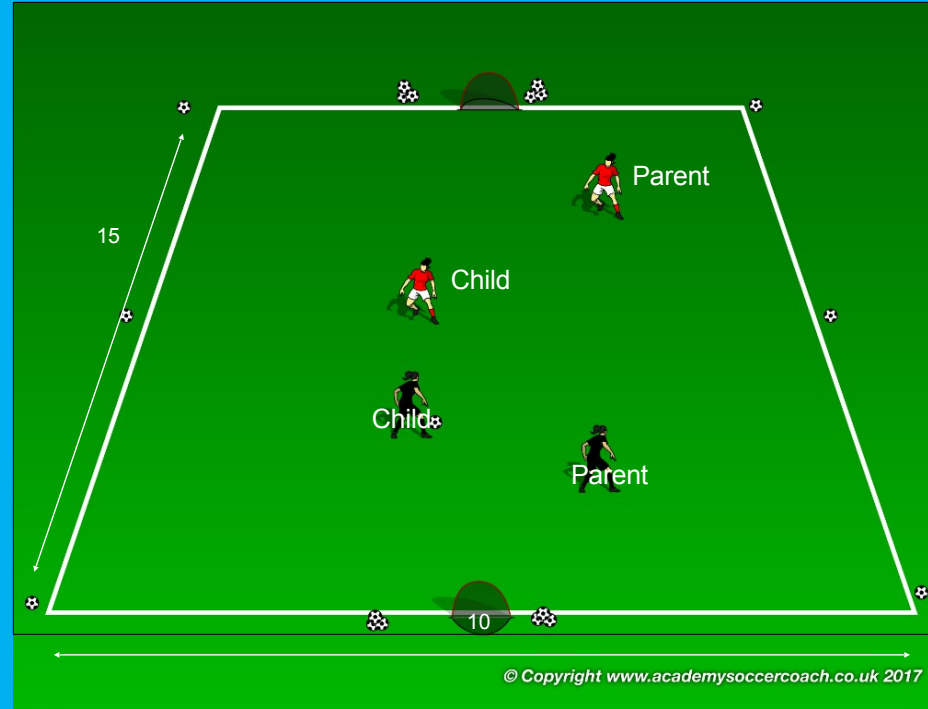


Active Start

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	
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 Engage the parents throughout the session. This can help with the organization, but more importantly creates that backyard feeling between parent and child.



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

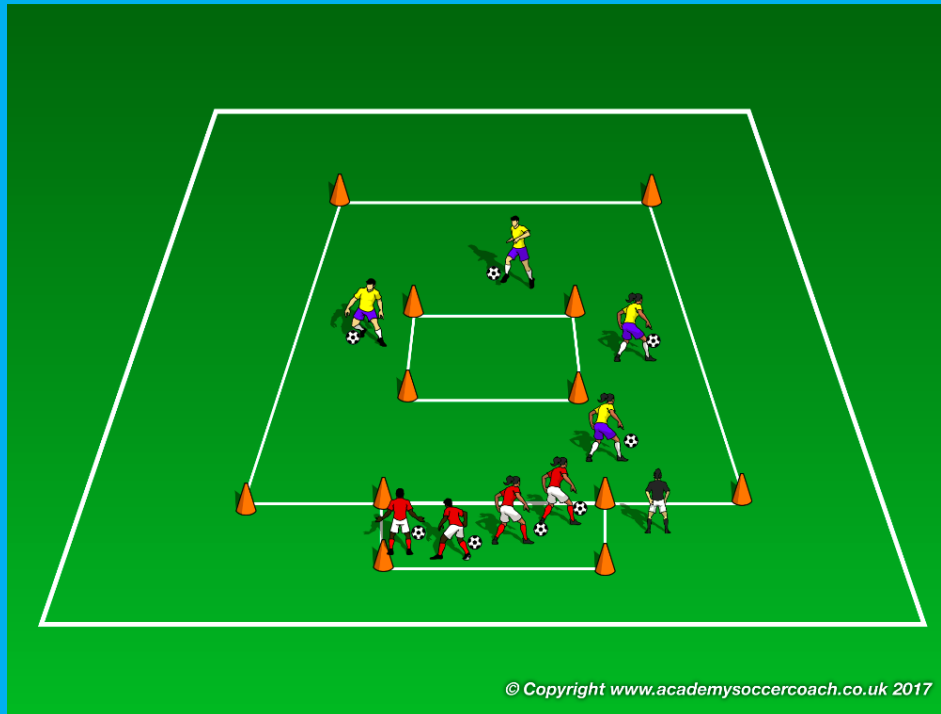
Players drive their ball around the soccer race track. Coach can ask for a change of speed, direction, stopping. Red light=stop, Yellow light=go slow, Green light= dribble the ball, avoid others=use a horn near others (beep, beep) Reverse=drag ball back (sole of foot on the top of the ball and push backwards), 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 x10m

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

8 Minutes

Area

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

Ball mastery
Dribbling
Shooting

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Celebrating
Problem Solving
Communicating

Physical

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.



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.



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.

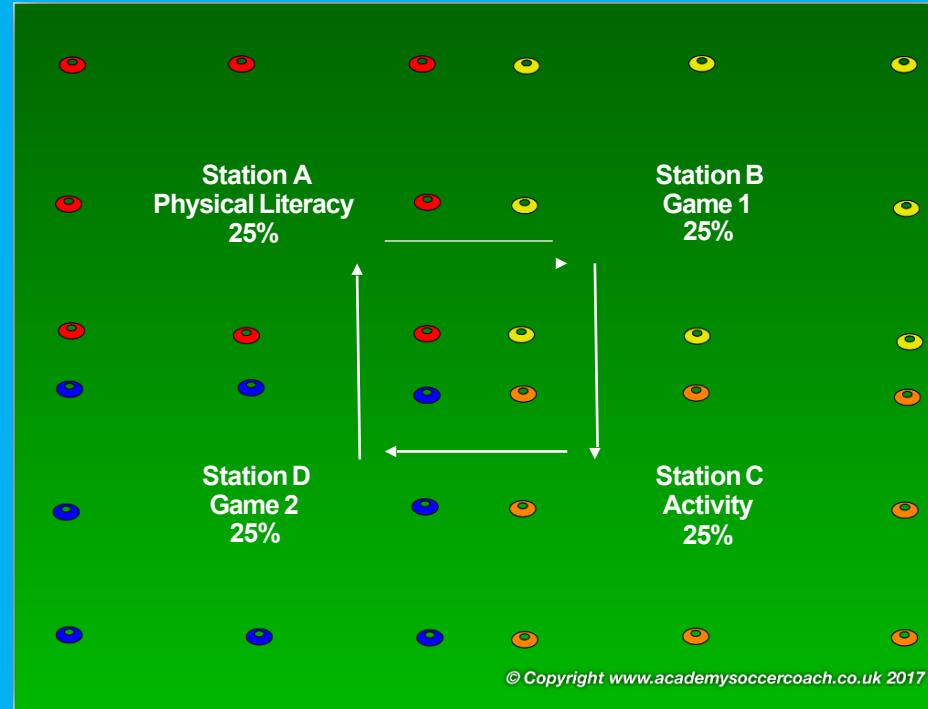
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	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

Minions

Organization

Players line up with their parents at one end of the area facing the coach.

Procedure

The players are Minions. They have to get from one side to the other without Vector or Gru (coach) tagging them.

If Vector / Gru gets tags the players they become vector or Gru too! When the coach ask players if they are ready, they respond with loud Minion noises!

Once they have got across by running or walking, challenge players to move across the areas by the following movements

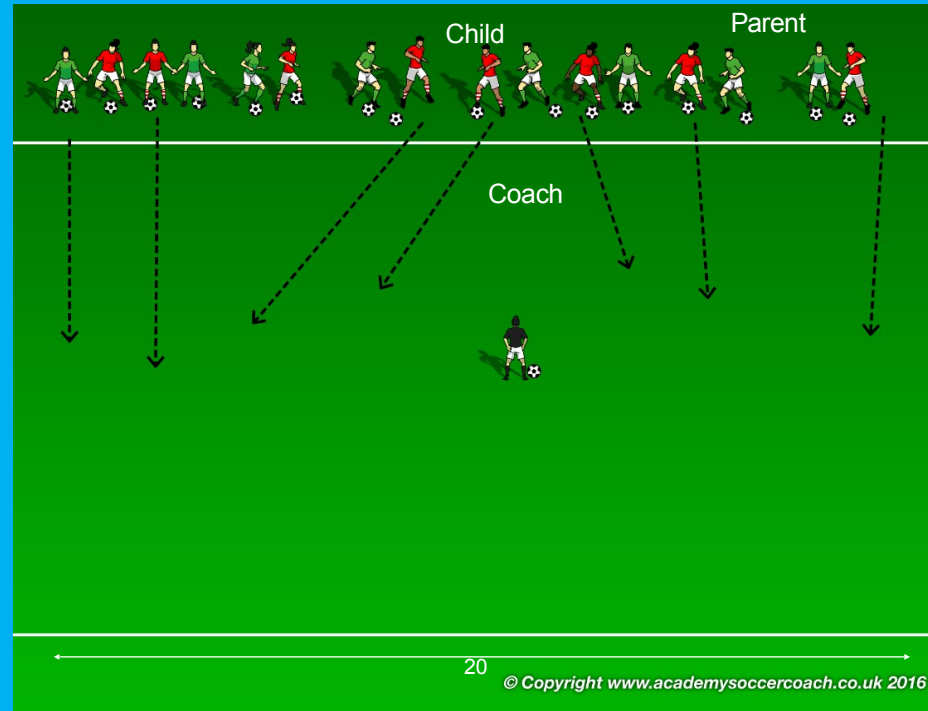
- * Hopping / jumping (two feet)
- * Skipping
- * Running backwards
- * Crawling
- * Running while carrying a ball in their hands
- * Bouncing the ball
- * Dribbling the ball with their feet

Emphasis

Creating a safe environment, decision making and positive reinforcement

Progression

See above challenge



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 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

Use one soccer ball per child. Children at this age are very egocentric and they don't like sharing their toy. Also, Remove/reduce distractions around the playing area, e.g. swings, pools, dogs, etc.

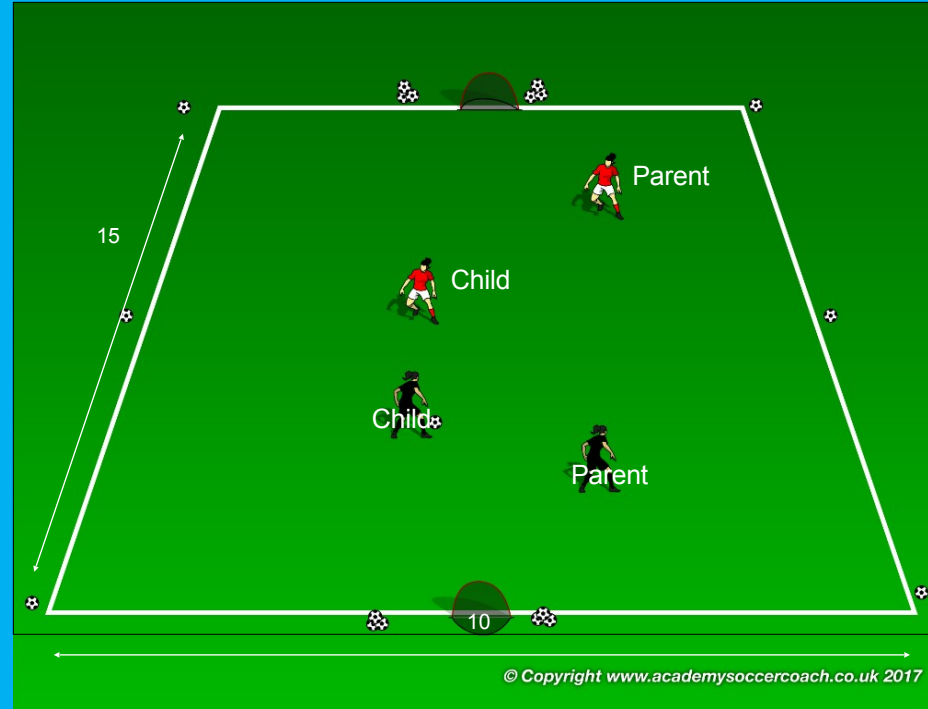


Active Start

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	
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 Engage the parents throughout the session. This can help with the organization, but more importantly creates that backyard feeling between parent and child.



Active Start

Activity Despicable Me

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 Minions.

Procedure

The Players are Gru (Red) are they are in Vector's lair. They have 1 minute while dribbling the ball to rescue as many Minions (yellow cones) before getting back in to Gru's Rocket Car to blast off and escape.

Players count how many minions they have rescued. Variation with less cones: They can only rescue one Minion at a time.

Emphasis

Imagination, creativity and celebrating!

Progression

Vector (adults) must replace the minions as they are rescued. Alternatively, have two players who act as Vector.

Top Tip

Keep the activities short, 1 or 2 minute duration, at this stage of development the players attention span is very short!



Timing

8 Minutes

Area

6m rocket car
shape 25m x 25m grid

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

Ball mastery
Running with the ball
Dribbling

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening

Physical

Agility
Balance
Co-ordination
Change of Direction
Change of Speed



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



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Timing

8 Minutes

Area

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

Ball
mastery
Dribbling
Shooting

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Celebrating
Problem Solving
Communicating

Physical

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.



Player Development Model: 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.



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.

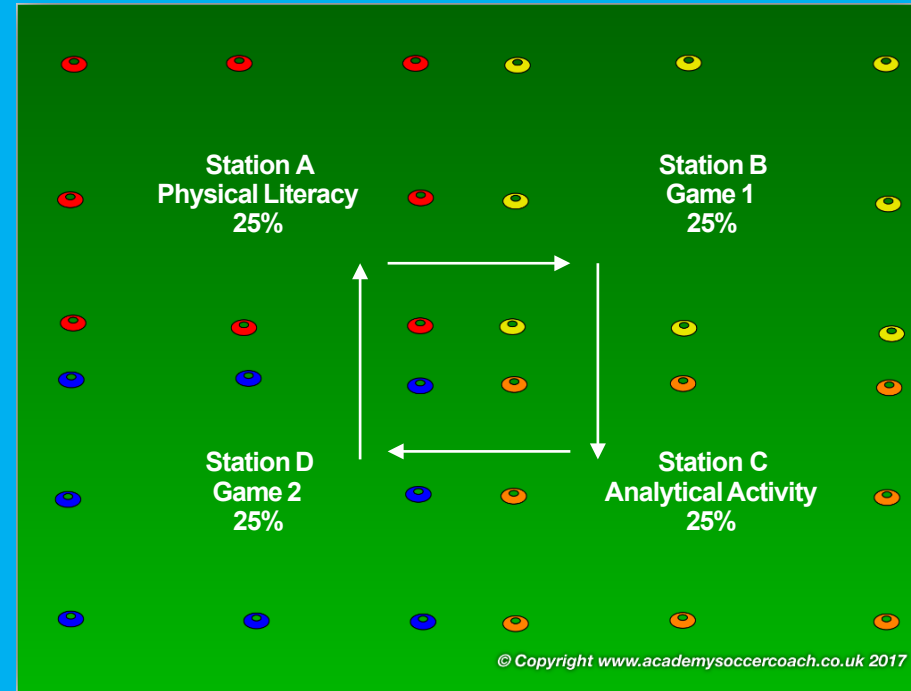
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	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

Station A - Physical Literacy

Grocery Store

Organization

Each player has a soccer ball with a parent

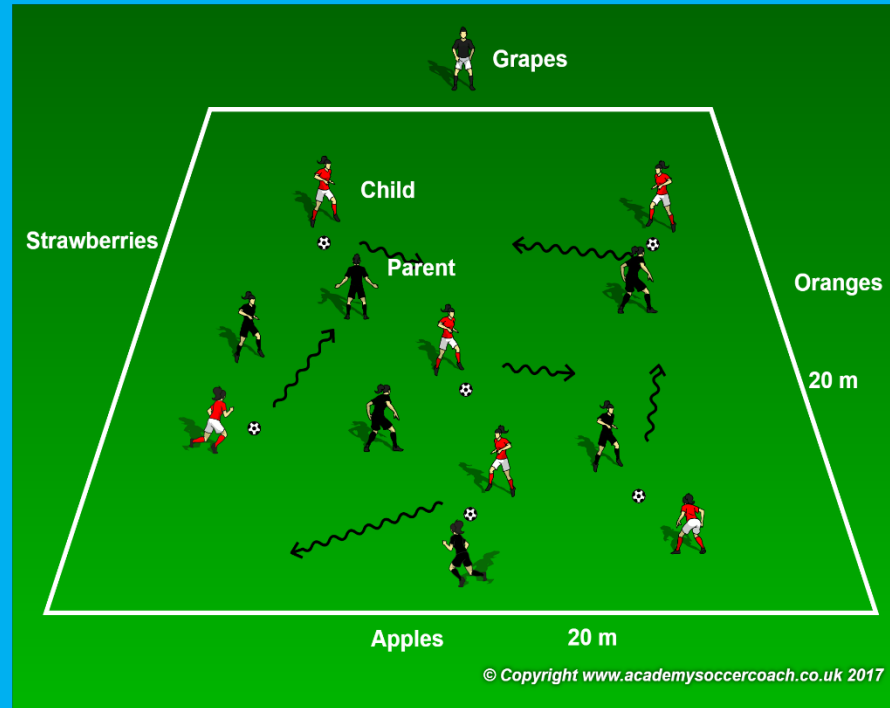
Procedure

All players dribble inside the Grocery store. The players can explore by shouting out their favorite fruits. The Coach names each side of the area after a different fruit and when the coach calls out that specific fruit the players will look to dribble to the correct side while parents try to defend them and perform a specific challenge. Ex. Toe taps, using different parts of their foot, can also use the ball in hands and bounce the ball

Emphasis

Creativity, FUN

Progression



Timing	Area
8 Minutes	20 x 20 m

Objective

Players to be able to dribble in a variety of different ways with confidence & competence

Outcome

All players- will be able to perform in a variety of movements on the ball
 Most players- will be able to perform a variety of movements on the ball in small spaces
 Some players- will be able to perform a variety of movements in small spaces & make decisions

Technical	Psychological
Ball mastery Running with the ball Dribbling	Confidence Concentration FUN
Social	Physical
Problem Solving Communicating Listening Cooperation	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

People who are physically literate have the competence, confidence and motivation to enjoy a variety of sports and physical activities throughout their life.



Active Start

Station B - Small Sided Game

Goal Scorer

Organization

6 goals are placed on the outside of the area with a parent in front of each goal. A set of balls placed in the centre so player can collect new ball after they shoot.

Procedure

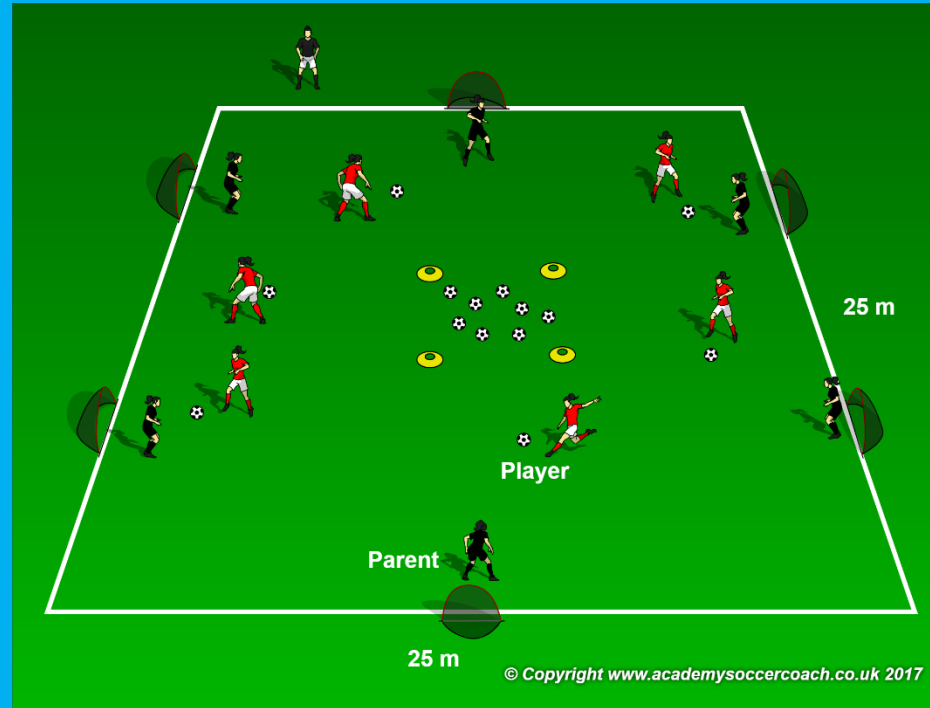
Players have 90 seconds to score as many goals as possible. Once they score in one goal, they must look to score in a different goal. Play the game several times and encourage the children to use both feet.

Emphasis

FUN, creativity and celebrating!

Progression

N/A



Timing	Area
8 Minutes	25 m x 25 m

Objective

Players to be able to dribble in a variety of different ways with confidence & competence

Outcome

All players- will be able to perform in a variety of movements on the ball
 Most players- will be able to perform a variety of movements on the ball in small spaces
 Some players- will be able to perform a variety of movements in small spaces & make decisions

Technical	Psychological
Dribbling Running with the ball Shooting	Confidence Being Safe FUN
Social	Physical
Listening Communicating Celebrating	Agility Balance Co-ordination Change of Speed Change of Direction

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

Station C

Tom and Jerry

Organization

Players pretend to be the mice (Jerry) and the vs parents are the Cats (Tom).

Procedure

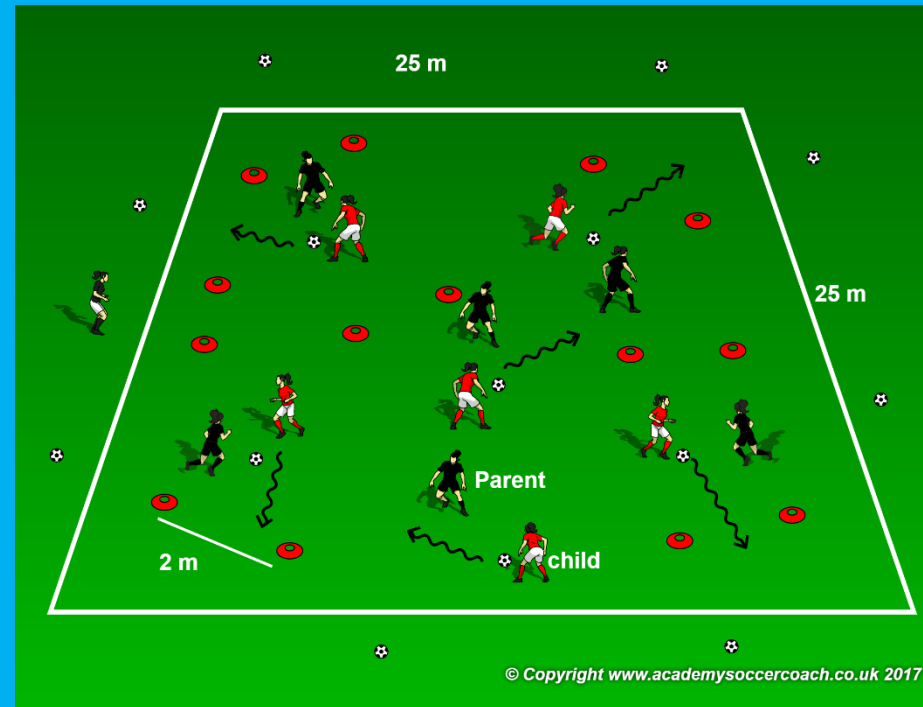
The mice will look to dribble through the gates (mice holes) while the Cat looks to stop them by standing in the way of the gates. If the Cats (parent) wins the ball he/she then becomes the mice and players become the cats. Players count every time they run through a hole aka gate)

Emphasis

FUN

Progression

N/A



Timing	Area
8 Minutes	25 m x 25 m 2 m Gates

Objective

Players to be able to dribble in a variety of different ways with confidence & competence

Outcome

All players- will be able to perform in a variety of movements on the ball
 Most players- will be able to perform a variety of movements on the ball in small spaces
 Some players- will be able to perform a variety of movements in small spaces & make decisions

Technical	Psychological
Dribbling Running with the Ball Ball mastery	Confidence Being safe FUN
Social	Physical
Celebrating Decision Making Cooperation	Agility Balance Co-ordination Change of Direction

Top Tip Today's children are much less active than in the past. In the interests of their long-term health and wellness, we need to help them become more active and stay active. The first step is to help them become physically literate.



Active Start

Small Sided Game

Backyard Soccer

Organization

20 x 20 m. 1v1 (child vs parent) are placed on to a field with 1 goal on each end. Can adjust dimensions based on players available. Can have 5 players and 5 parents in 20 x 20 m

Procedure

Each player starts with a soccer ball. Once a player has scored, give player another ball to avoid being hit while collecting a ball from a goal. Each player plays as an individual.

Emphasis

Fun, creativity and celebrating!

Progression

N/A



Timing	Area
8 Minutes	20 m x 20 m

Objective

Players to be able to dribble in a variety of different ways with confidence & competence

Outcome

All players- will be able to perform in a variety of movements on the ball
 Most players- will be able to perform a variety of movements on the ball in small spaces
 Some players- will be able to perform a variety of movements in small spaces & make decisions

Technical	Psychological
Ball mastery Running with the ball Dribbling	Confidence Awareness Decision Making
Social	Physical
Problem Solving Communicating FUN	Agility Balance Co-ordination Change of Speed

Top Tip

More touches and time on the ball equals improved skill development which are benefits to the players.



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.



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.

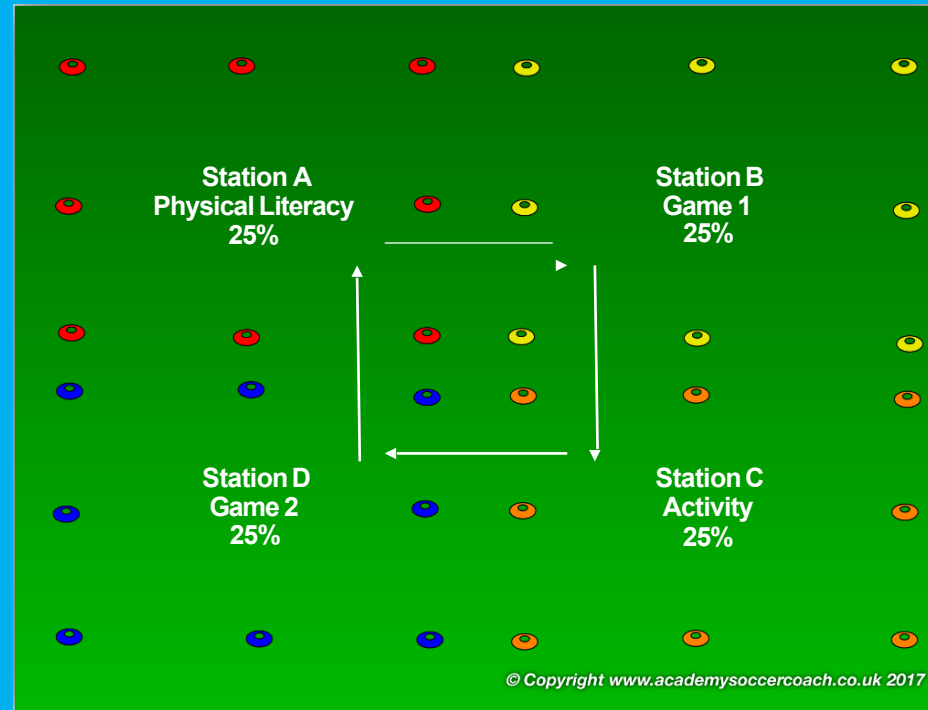
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	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

Gaston is here!

Organization

Players and parents are in the area. Parents encourage their child to try the various movements.

Procedure

The players imagine they are the enchanted staff in the Beast's castle. Let them pick which character they want to be. Encourage the players to make the noise or say the catch phrase of their favourite character Lumiere, Cogsworth, Mrs. Potts, Chip or Feather duster or Sultan

When the Coach says "Gaston is coming" the players must do their best to freeze and stand still. Coach pretends they can't see the players while they are frozen.

They must move round the area doing

various movements:

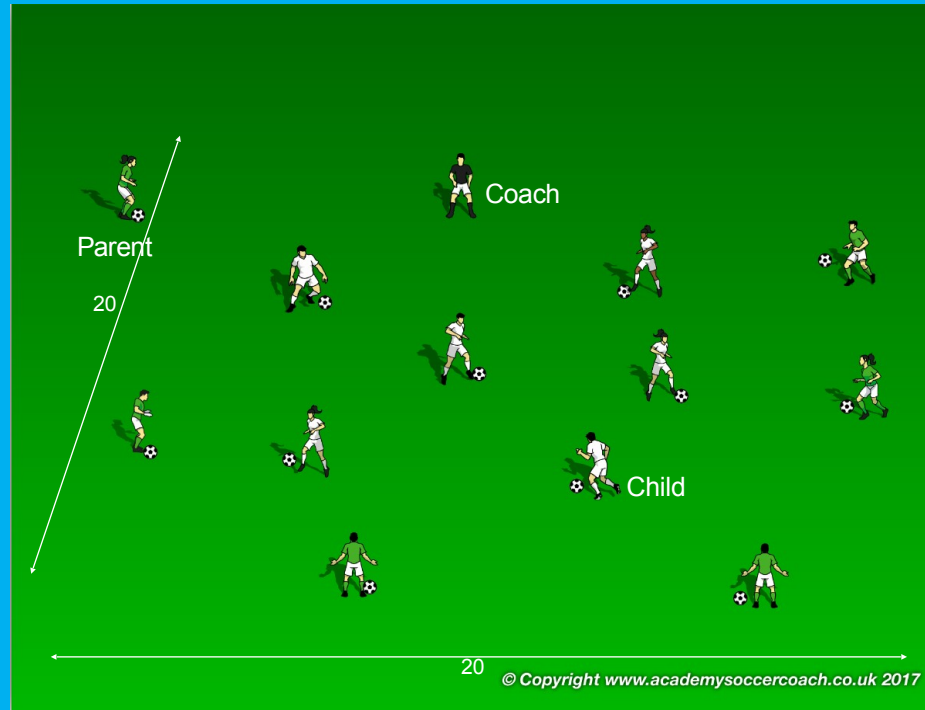
- * Running backwards
- * Crawling
- * Hopping (two feet)
- * Running while carrying a ball in their hands
- * Throwing a ball up and catching it
- * Bouncing the ball

Emphasis

Creating a safe environment, decision making and positive reinforcement

Progression

Players can put the ball on the floor and dribble.



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 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

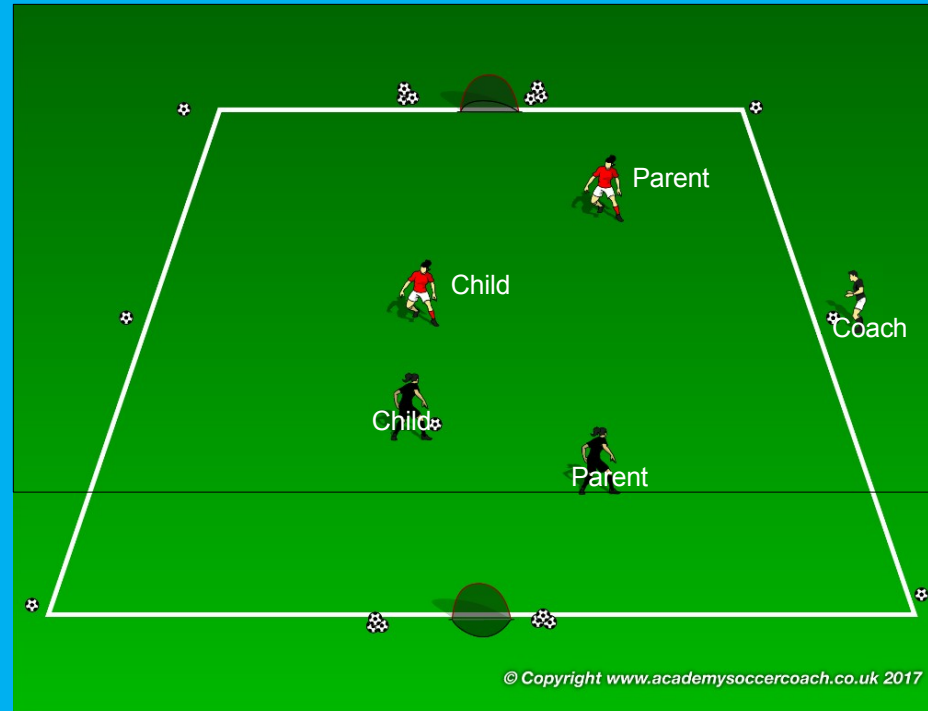
The technical requirements are not about teaching the techniques of soccer and are nothing more than encouraging children to enjoy becoming friends with the ball and experiencing the following through fun and imaginative games.



Active Start

Small Sided Game

Backyard Soccer



Timing	Area
8 Minutes	15m x 10m

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

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 Engage the parents throughout the session. This can help with the organization, but more importantly creates that backyard feeling between parent and child.



Active Start

Activity Beauty and the Beast

Organization

Setup as shown, 4 mini goals on the outside of the square set back from the line.

Procedure

Players are Belle or the Beast. They must run through the forest carrying one of the enchanted staff e.g. Lumiere, Cogsworth, Mrs. Potts, (as their ball) and they must put them in back safety in the castle (mini goals). Coaches are Gaston or the Forest Wolves and they are trying to stop them or tag them. If a player is tagged, they become a Forest Wolf or Gaston.

Start with the players carrying the ball in their hands and then play to them running or dribbling the ball and shooting in the goal.

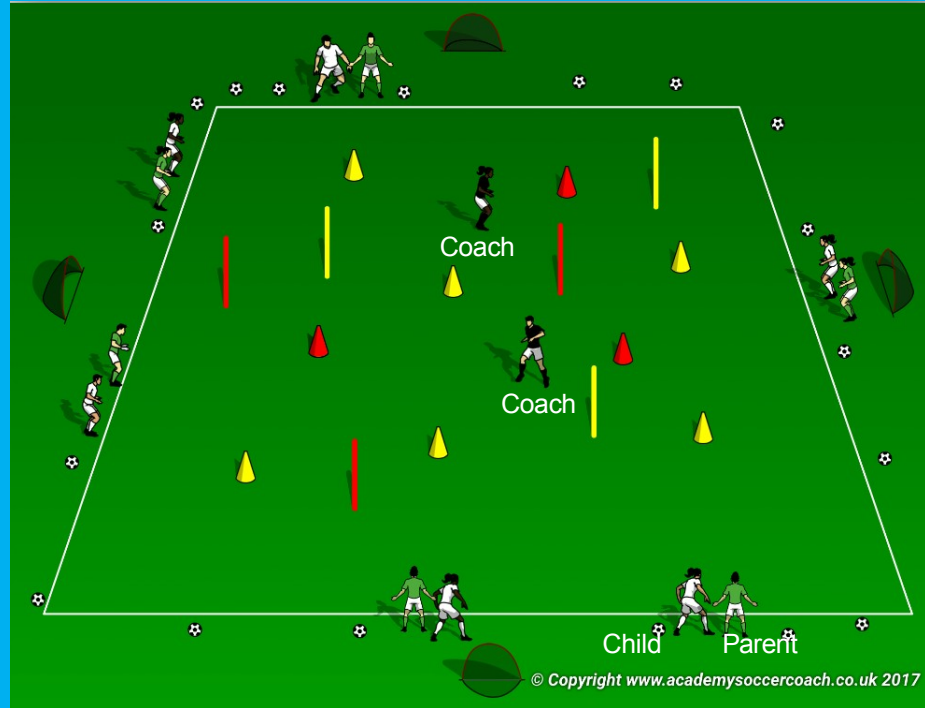
Be dynamic, ask if the players are ready and get them to make noises. e.g. 'ROAR' if they are The Beast, shout 'No Gaston!' if they are Belle. 'Howl' if they are a Wolf or do the "Gaston stomp and bicep tense" if they are Gaston.

Emphasis

Imagination, creativity and celebrating!

Progression

Play as a continuous game where if the players are tagged, they freeze and wait for a high 5 to come be alive again.



Timing	Area
8 Minutes	15m x 15m

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	Running Forward Crawling Jumping Turning Falling / diving Twisting Rolling

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 total are recommended. Allow each part to last, 1 or 2 minute duration, then change the dynamics. New roles, new progression.



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



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Timing

8 Minutes

Area

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

Ball
mastery
Dribbling
Shooting

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Celebrating
Problem Solving
Communicating

Physical

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.



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.



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.

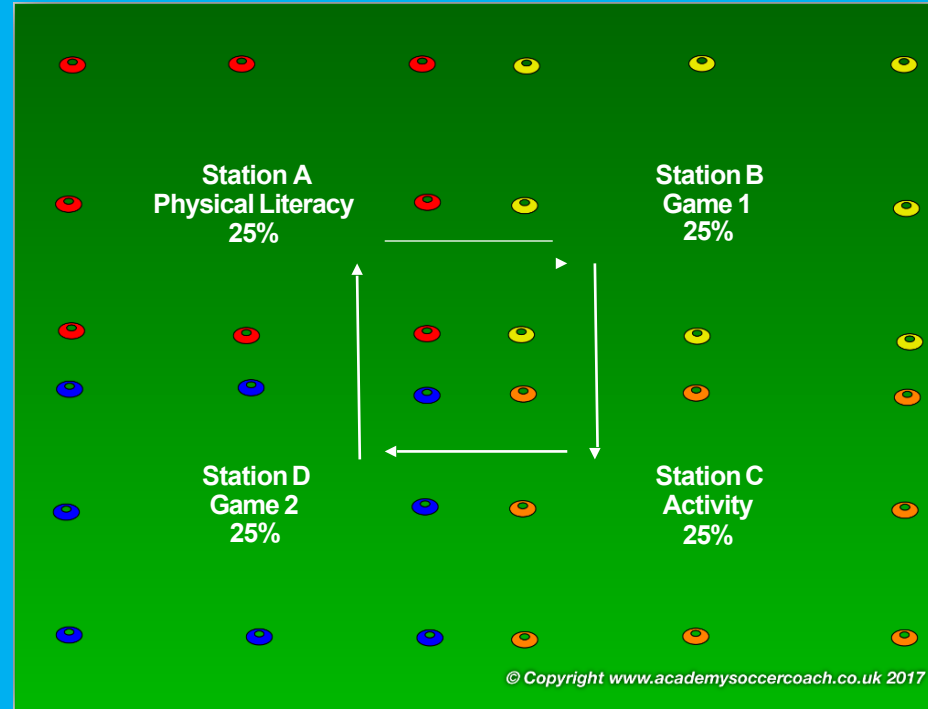
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	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 Toy Story

Organization

Players and parents are in the area. Parents encourage their child to try the various movements.

Procedure

The players imagine they are the toys in Andy's room.

Let them pick which toy they want to be. Encourage the players to make the noise or say the catch phrase of their favourite toy.

When the Coach says "Andy is coming" the players must do their best to freeze and stand still. Coach pretends they can't see the players while they are frozen.

They must move round the area doing various movements:

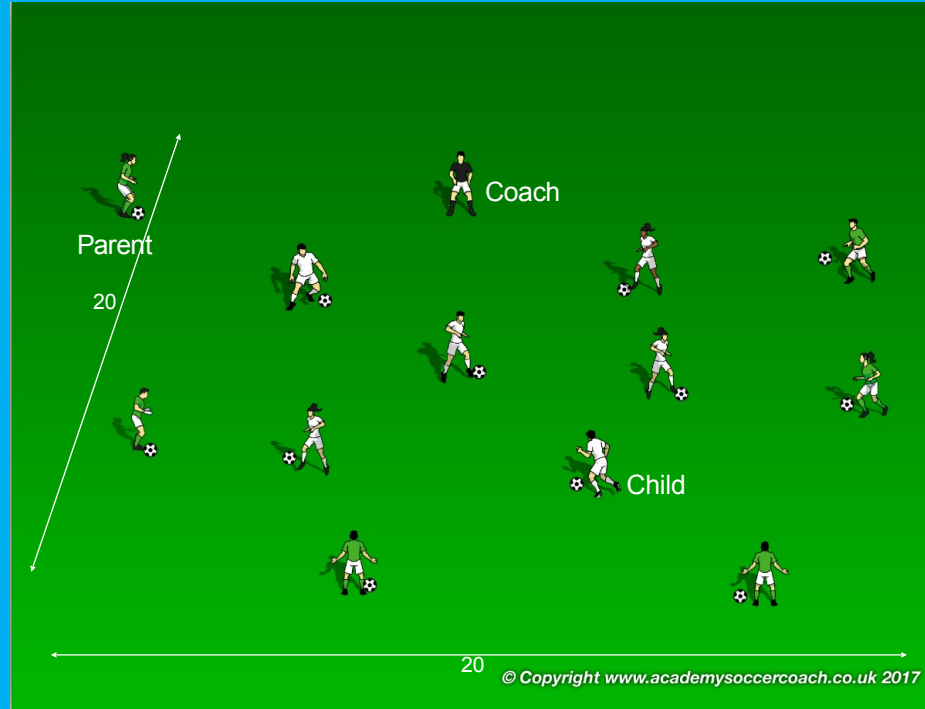
- * Pretending to fly
- * Running backwards
- * Crawling
- * Hopping (two feet)
- * Running while carrying a ball in their hands
- * Throwing a ball up and catching it
- * Bouncing the ball

Emphasis

Creating a safe environment, decision making and positive reinforcement

Progression

Players can put the ball on the floor and dribble.



Timing	Area
8 Minutes	20m x 20m

Objective

Players are be able to 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	Running backwards Crawling Hopping Skipping Running Reaction

Top Tip

The technical requirements are not about teaching the techniques of soccer and are nothing more than encouraging children to enjoy becoming friends with the ball and experiencing the following through fun and imaginative games.



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

8 Minutes

Area

15m x 10m

Objective

Players are be able to 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

Ball mastery
Running with the ball
Dribbling

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening
Celebrating
Teamwork

Physical

Agility
Balance
Co-ordination
Change of Direction
Change of Speed

Top Tip

Engage the parents throughout the session. This can help with the organization, but more importantly creates that backyard feeling between parent and child.



Active Start

Activity

Toy Story 2: Rescue the Toys!

Organization

Setup as shown. If none of the equipment is available, improvise with cones. On the first run through, encourage parents to go alongside the child to remind and stimulate them.

Procedure

- Players must rescue the toys (cones or bibs) from AI's Toy Barn! (Flagged area)
- All players start in Andy's room (yellow area)
1. They go down the stairs (through the ladders)
 2. They crawl round Buster the Dog (use cones or bibs)
 3. Through the dog flap (crawl under the pugg goal)
 4. Jump over the fence (hurdle)
 5. Get in the car (they can carry the ball or dribble it down the road, avoiding obstacles in the road)
 6. At the end of the road they park the car (ball) in a parking space.
 7. They crawl past the humans (mannequins)
 8. They wait for AI (volunteer parent or assistant coach) to turn away and they rescue a toy (cone or bib)
 9. They run the short cut back to Andy's room

Emphasis

Imagination, creativity and celebrating!

Progression

Dribble the ball with their feet at 5 and 9.



Timing	Area
8 Minutes	20m x 20m

Objective

Players are be able to 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	Running Forward Crawling Jumping Turning Falling / diving Twisting Rolling

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 total are recommended. Allow each part to last, 1 or 2 minute duration, then change the dynamics. New roles, new progression.



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

8 Minutes

Area

20m x 20m

Objective

Players are be able to 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

Ball mastery
Dribbling
Shooting

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Celebrating
Problem Solving
Communicating

Physical

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.



Player Development Model: The Station Concept

The activities provided illustrate how stations can be used during Grassroots practices.

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Total practice time 40 minutes as per the Recreational and Development Matrix.



Player Development Model

How it works

Introduction

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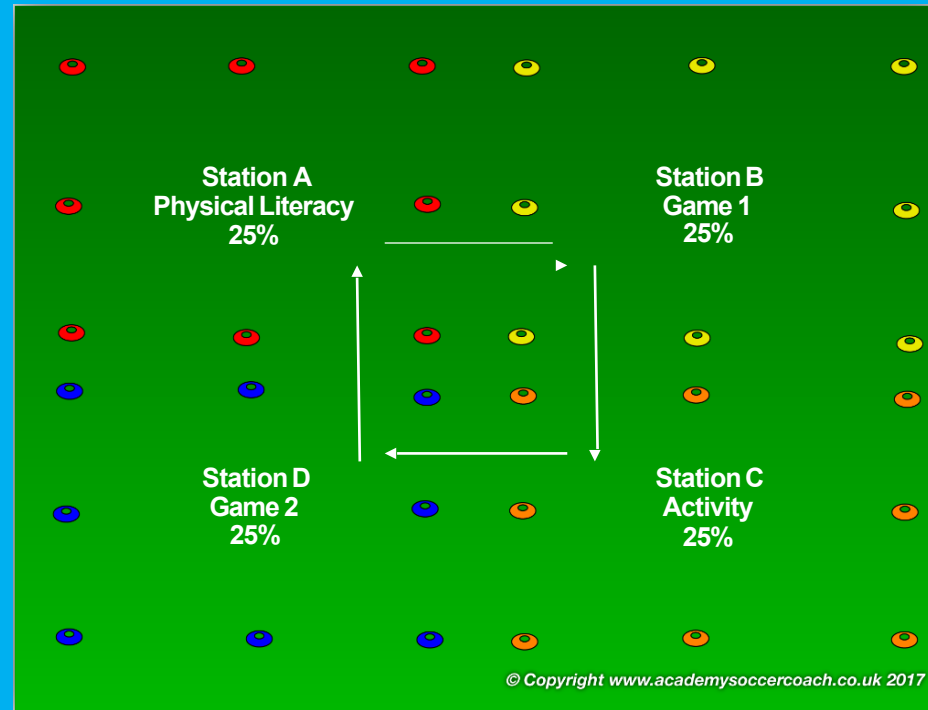
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	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

The players are the Rescue Pups. They can choose which character they are Marshall, Chase, Zuma, Skye, Rocky or Rubble. When the coach asks 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!)

Once they have got across by running or walking, challenge players to move across the areas by the following movements

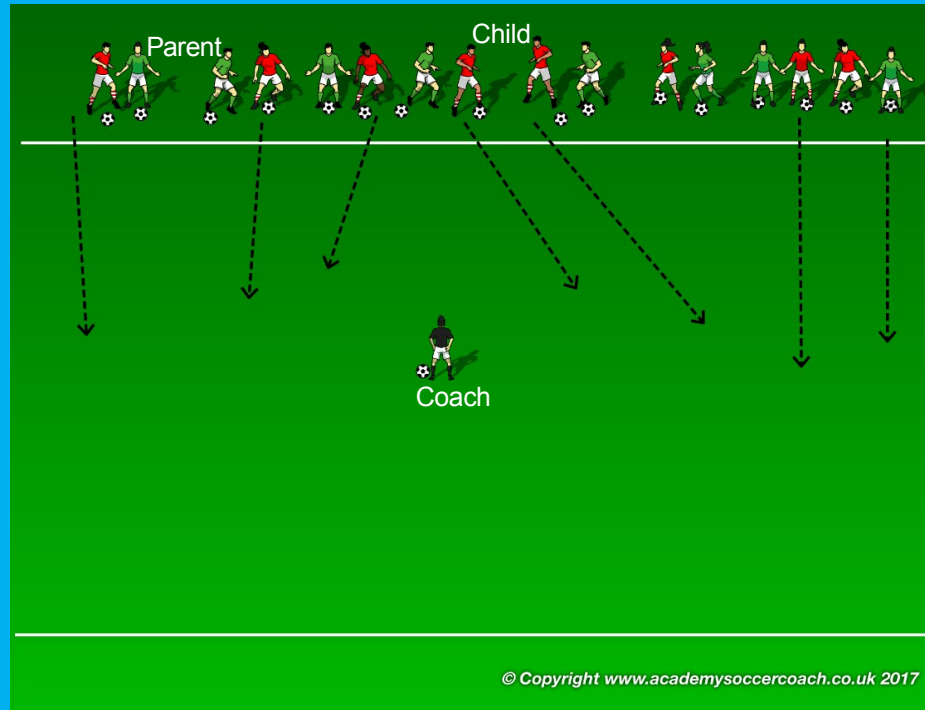
- * Crawling (like a dog/ Pup)
- * Hopping / jumping (two feet)
- * Skipping
- * Running backwards
- * Running while carrying a ball in their hands
- * Bouncing the ball
- * Dribbling the ball with their feet

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 15m

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	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.

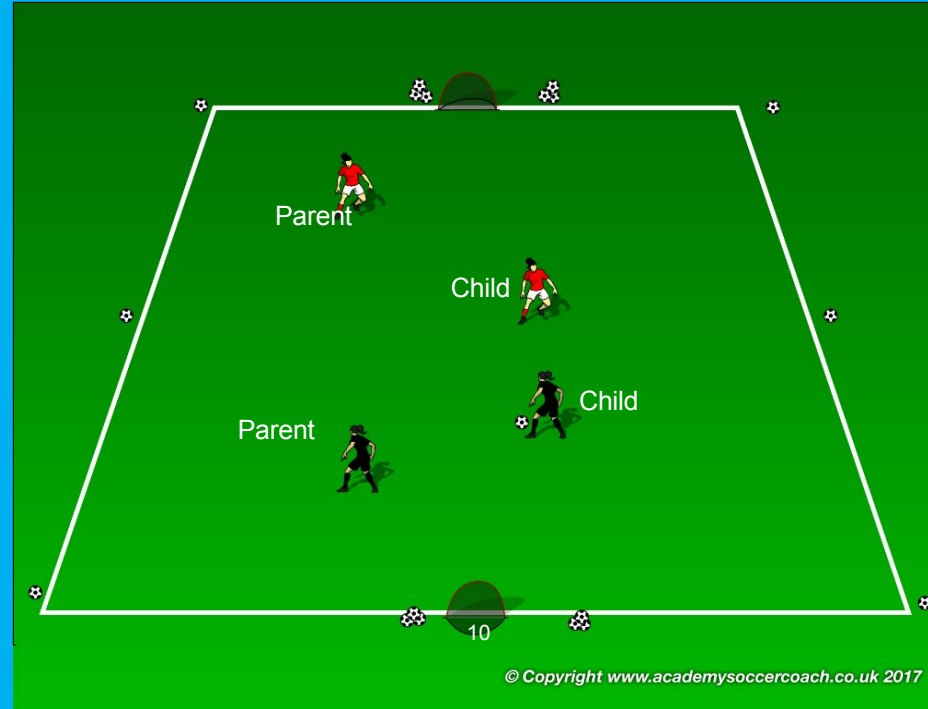


Active Start

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	
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 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.



Active Start

Activity

Paw Patrol: Return the Soccer Balls!

Organisation

All balls are scattered around the playing area. 4 mini goals are placed on each side of the area.

Procedure

The players are the Rescue Pups. They can choose which character they are Marshall, Chase, Zuma, Skye, Rocky or Rubble.

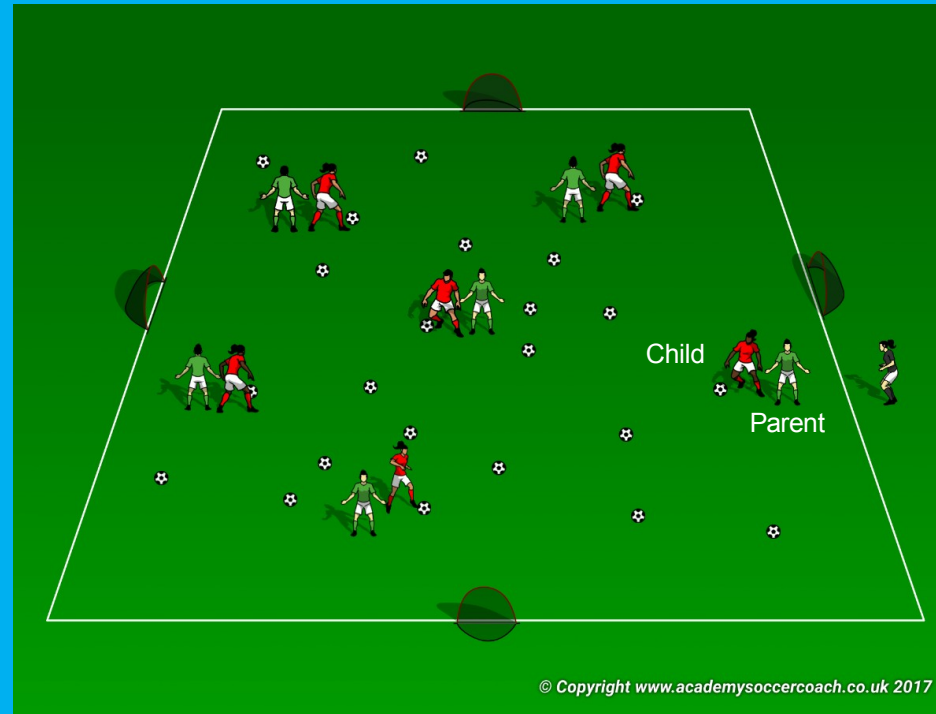
The Coach (Ryder) starts with all players at base (orange area) then gets a call from Mayor Goodway. The Mayor needs their help to collect all the soccer balls that have been blown all over the town after strong winds. Players return the balls back to the four goals. They count how balls they've retrieved.

Variation with less balls: They can only rescue one bunny at a time.

Emphasis

Imagination, creativity and celebrating!

Progression



Timing

8 Minutes

Area

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

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Technical / Tactical

Ball mastery
Running with the ball
Dribbling

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening

Physical

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!



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

8 Minutes

Area

20m x 20m

Objective

Players are able to be confident, safe and participate in the activities

Outcome

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Technical / Tactical

Ball mastery
Dribbling
Shooting

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Celebrating
Problem Solving
Communicating

Physical

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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The activities provided illustrate how stations can be used during Grassroots practices.

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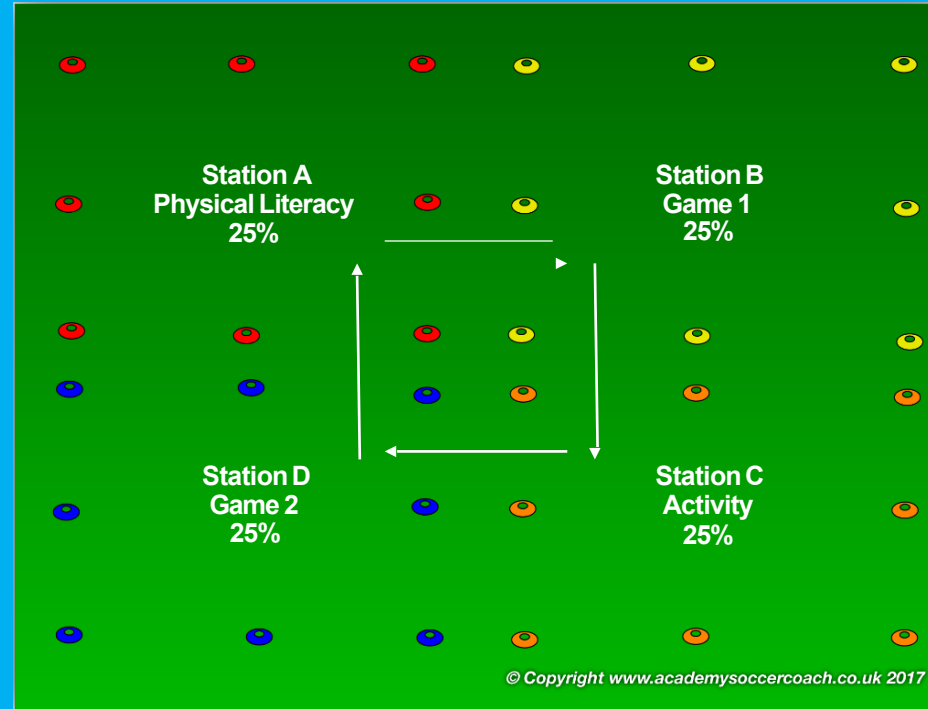
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Emphasis

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.



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Total Time: 40 4 x 8 minute Stations	20m x 20 m (x4)

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	U4	U5		U4	U5
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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
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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
			Low		3
Fair play / honesty	3	2	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

Shrek

Organization

Players and parents are in the area. Parents encourage their child to try the various movements.

Procedure

Coach or parent pretends to be asleep. In their swamp (corner with cones) villagers or fairy tail creatures have to steal his clothes to wash them. Diagram shows cones but works better with bibs. If Shrek wakes up, players must drop and lie down and hide behind the ball. Once the fairytale creatures gets close they can enter the swamp, steal the clothes and take them back to their village.

After each go, vary the way players approach Shrek's Swamp by asking the players to do the following movements:

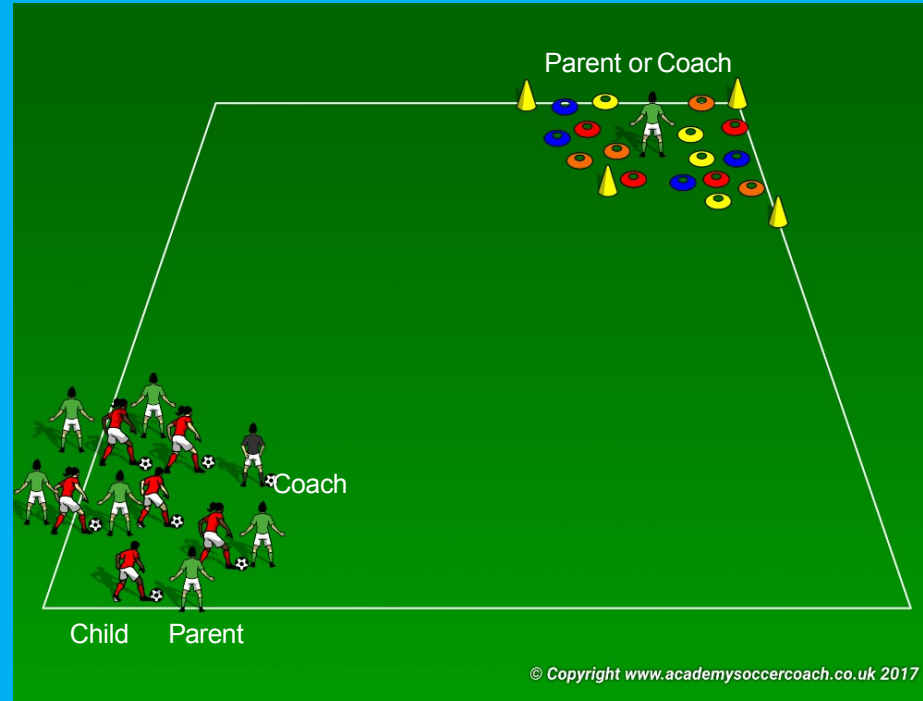
- * Crawling
- * Hopping (two feet)
- * Running while carrying a ball in their hands
- * Throwing a ball up and catching it
- * Bouncing the ball

Emphasis

Creating a safe environment, decision making and positive reinforcement

Progression

Players can put the ball on the floor and dribble.



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 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

The technical requirements are not about teaching the techniques of soccer and are nothing more than encouraging children to enjoy becoming friends with the ball and experiencing the following through fun and imaginative games.



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

8 Minutes

Area

15m x 10m

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

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Technical / Tactical

Ball mastery
Running with the ball
Dribbling

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening
Celebrating
Teamwork

Physical

Agility
Balance
Co-ordination
Change of Direction
Change of Speed

Top Tip

Engage the parents throughout the session. This can help with the organization, but more importantly creates that backyard feeling between parent and child.



Active Start

Activity

Get out of my Swamp!

Organization

Setup as shown with cones scattered across the area and large cones that signify Lord Farquaad's Castle.

Procedure

Players are Shrek, Fiona or Donkey.

All the cones are fairy tail creatures and they are in Shrek's Swamp. The players (Shrek, Fiona or Donkey) must clear the Swamp. The Coach or Parents can be Lord Farquaad who returns the fairy tail creatures back in the Swamp.

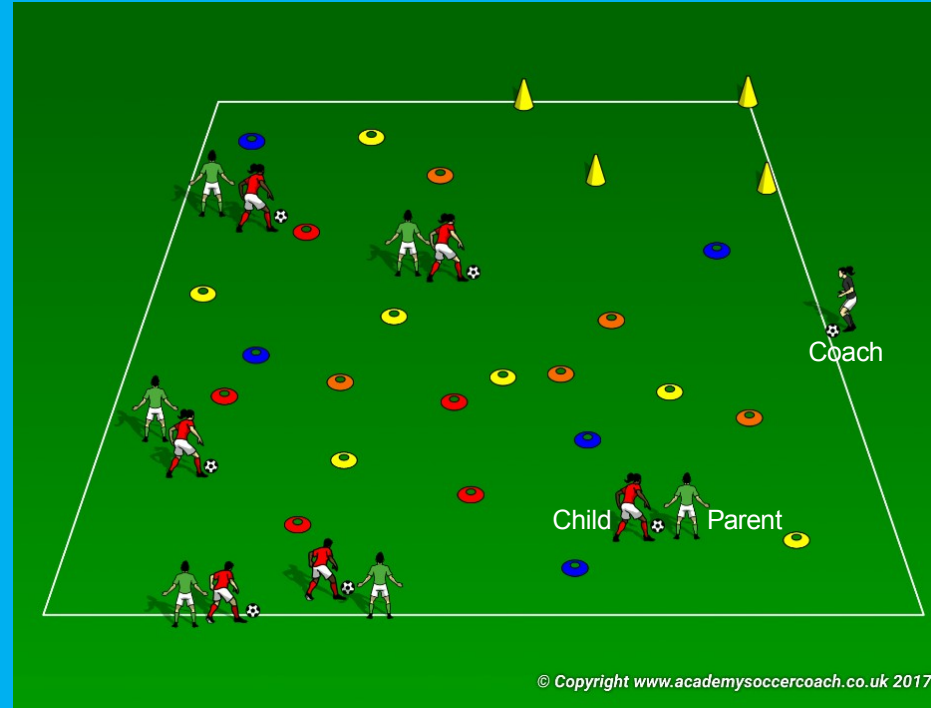
Be dynamic, ask if the players are ready and get them to make noises. e.g. 'ROAR' if they are The Shrek or Fiona, shout 'Get out of my Swamp!' If they are Donkey, get them to make a Donkey noise or laugh.

Emphasis

Imagination, creativity and celebrating!

Progression

Play as a continuous game where if the players are tagged, they freeze and wait for a high 5 to come be alive again.



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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 Running with the ball Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Running Forward Crawling Jumping Turning Falling / diving Twisting Rolling

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 total are recommended. Allow each part to last, 1 or 2 minute duration, then change the dynamics. New roles, new progression.



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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

8 Minutes

Area

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

Ball mastery
Dribbling
Shooting

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Celebrating
Problem Solving
Communicating

Physical

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.



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.



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.

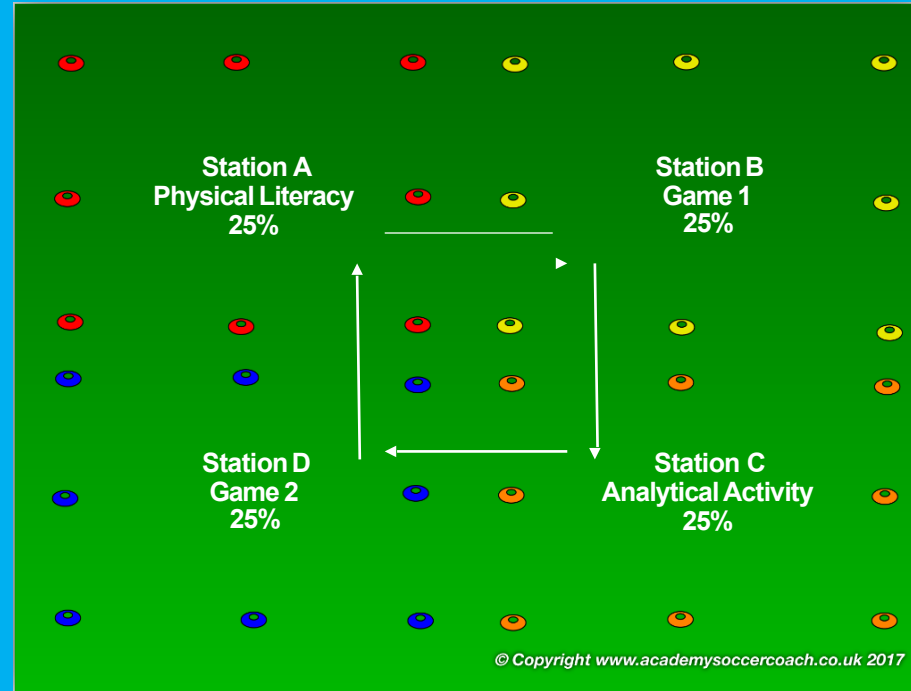
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	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

Frozen

Organization

Every player has a ball. Adults are alongside the children to assist.

Procedure

Coach is Elsa and tries to freeze people by tagging or high 5'ing the player or parent. The players can choose which character they want, Anna, Elsa, Olaf or Kristoff.

Once a player has been frozen, they do their best frozen pose. Another adult or child has to high 5 them and they are back in the game.

Emphasis

Creating a safe environment, Positive reinforcement

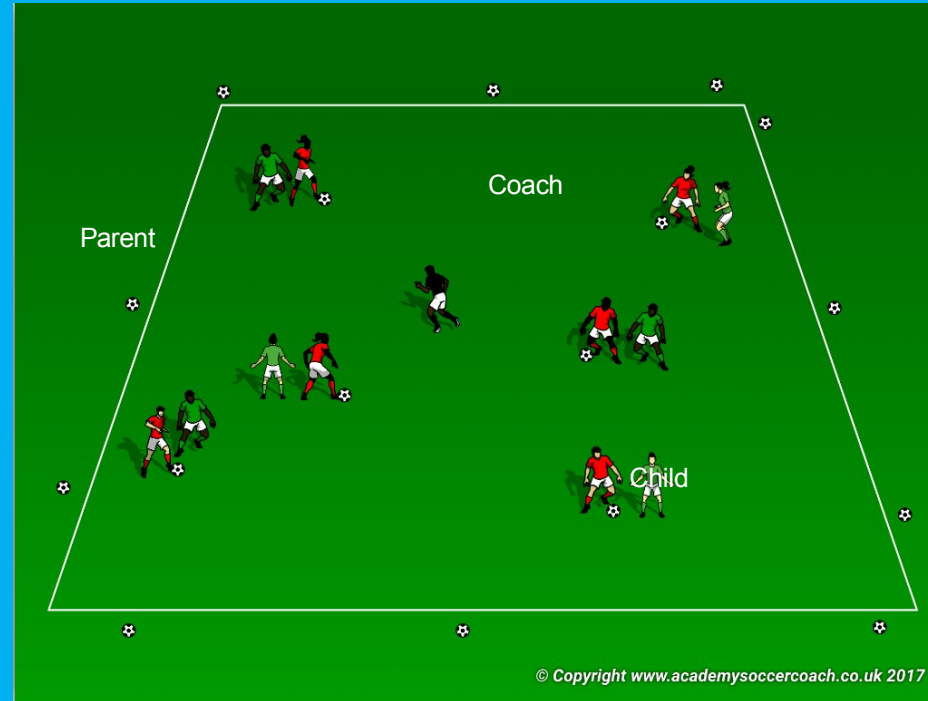
Allows players to be create and make decisions decisions

Asking questions

Allowing the players to demonstrate

Progression

Have the adults try and freeze the children.



Timing	Area
8 Minutes	20x20m diameter

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
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.

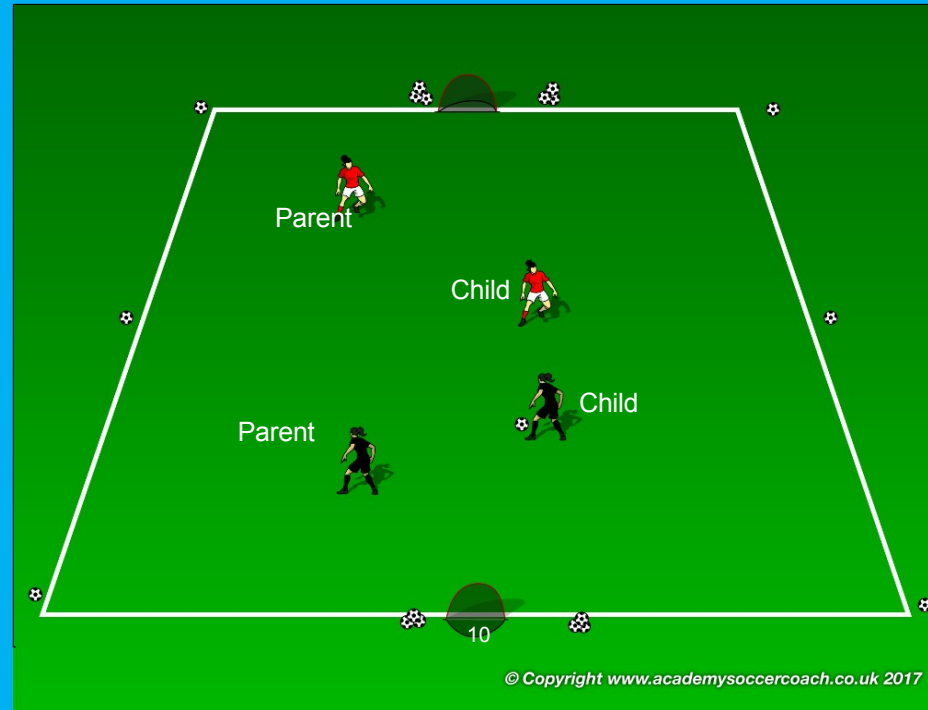


Active Start

Small Sided Game

Backyard Soccer

Organization
Organize players into 2v2 (1 player and a parent vs 1 player and a parent/ guardian) 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	
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 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.



Active Start

Activity

Clear the Snow Balls!

Organisation

All balls are scattered around the playing area. 4 mini goals are placed on each side of the area.

Procedure

The players have to help as there are lots of snowballs that are all over the field. They need to help the adults clear the snow balls as quickly as they can!

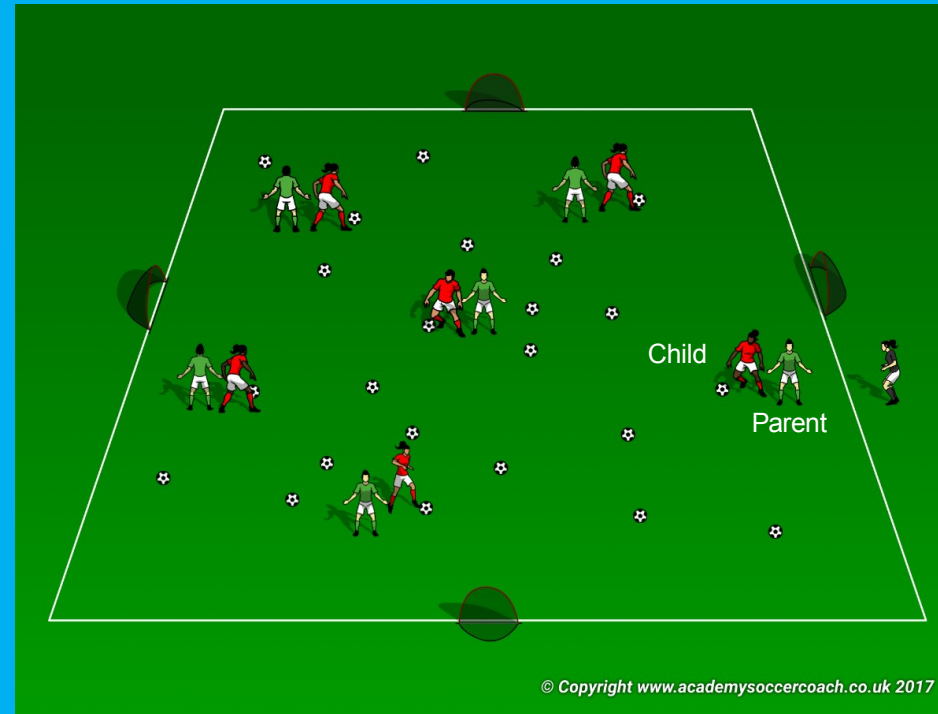
Players return the balls back to the four goals. They count how balls they've retrieved. Variation with less balls are available, players retrieve one ball at a time.

Emphasis

Imagination, creativity and celebrating!

Progression

Have the adults walk round carrying the goals. These are the snow trucks that the snow balls must be placed in.



Timing

8 Minutes

Area

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

Ball mastery
Running with the ball
Dribbling

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening

Physical

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!



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

8 Minutes

Area

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

Ball mastery
Dribbling
Shooting

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Celebrating
Problem Solving
Communicating

Physical

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!



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.

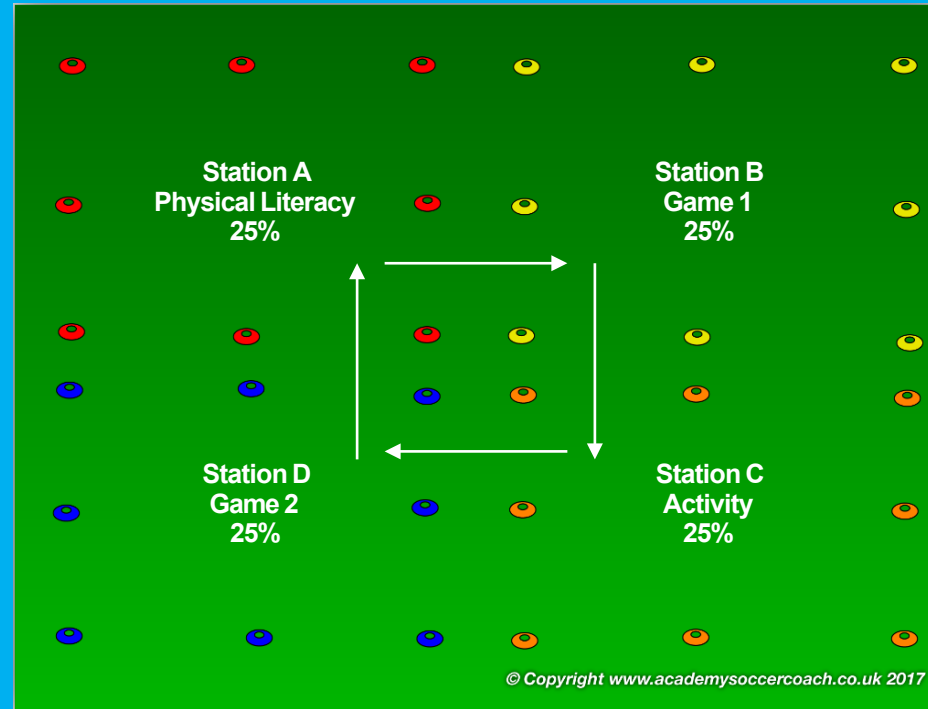
Total practice time 40 minutes as per the Recreational and Development Matrix.



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	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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	Not Applicable		4

Top Tip Encourage the players to make decisions and have fun. When talking to the players, try crouching down so you are at eye level with them. Speaking to the players at eye level allows you to better connect with them.



Active Start

Physical Literacy

The Nut Job

Organization

Players and parents start at any of the four coloured cones ('home'). Parents participate and encourage their child to try the various movements.

Procedure

Raccoon (coach) has stolen Surly the Squirrel's nuts (balls) and he needs help getting them back! He must get to his guitar (balls) but not before visiting every shop in the town square.

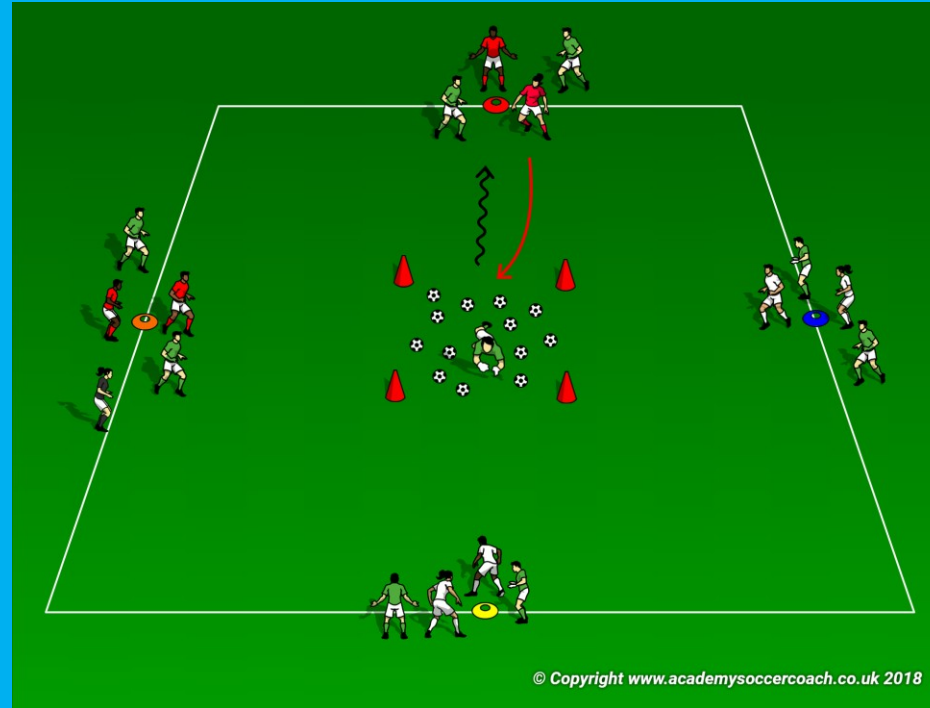
Players must sneak into Raccoon's cave (in the center) and take a nut back home. To sneak in without Raccoon catching them they must do a different fundamental movement (skipping, hopping, crawling, etc.). If Raccoon wakes up, they must not get tagged – home is safe and if they are tagged with a ball in hand, they must drop it and return home.

Emphasis

Creating a safe environment with decision-making and positive reinforcement

Progression

1. Players can dribble the ball back



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 Dribbling	Fun Being safe Decision making Awareness
Socio - Emotional	Physical
Problem Solving Communicating Listening	Agility Balance Co-Ordination

Top Tip

Don't be shy – sing the song or bring along a speaker/phone to set the tone with a bit of music. You can use this in any themed activity that the kids will relate to.



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

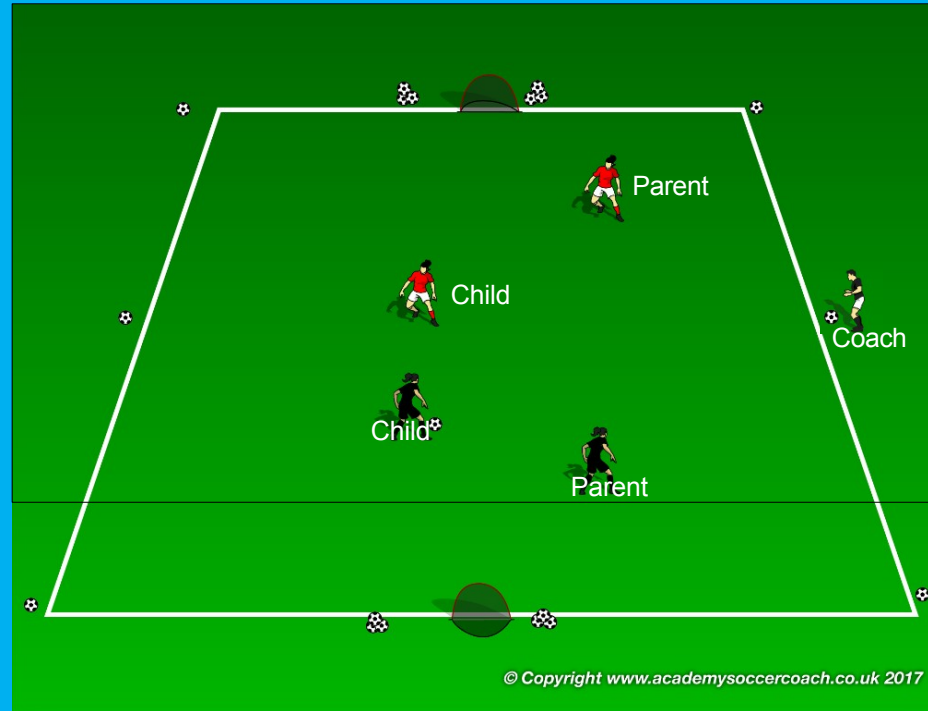
Child and parent/guardian play a 2v2 game. If the ball goes out, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Emphasis

Free Play and FUN!

Progression

Serve in a second ball to allow players more opportunities to score



Timing	Area
8 Minutes	15m x 10m

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 Dribbling Shooting	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating Teamwork	Agility Balance Co-ordination

Top Tip Players are not cognitively prepared to share (or pass) at this stage of development. Even when working with larger groups ensure each child has a toy (a ball). This is not only more developmentally appropriate as it is more enjoyable!



Active Start

Activity Nuts & Goals!

Organization

Players start in the “park” (end zone with balls). Parents participate and encourage their child to try the various movements.

Procedure

Winter is around the corner and Surly has been really lazy! Players can help him collect nuts (balls) for storage. Players collect a ball and from the ‘Park’ and dribble it towards any goal, shoot & score. Once they have put a ball in one of Surly’s hiding places (nets) they can go and get another ball.

Raccoon (coach) acts as a goalkeeper and tries to intercept/save the shots.

Emphasis

Creating a safe environment with decision-making and positive reinforcement

Progression

1. Parents (raccoons) can provide passive pressure
2. Parents and players switch roles



Timing	Area
8 Minutes	25m x 25m

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 Dribbling Shooting	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating	Crawling Hopping Skipping Running Reaction

Top Tip

Understanding their bodies is an important skill going forward in life and anything we can do as community sport leaders to facilitate opportunities for children to move in different ways will have a long-term benefit – even if it isn't soccer related!



Active Start

Small Sided Game

3v3 as Individuals

Organization

Players start in groups of 3 on either side of a grid with 3 goals on each end. Place balls around the grid.

Procedure

Players attempt to score on any of the 3 goals on the other side. When a ball is scored, or lost, players can get a new ball and play again.

Opposition, passively, should be provided by the parents.

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

1. Encourage players to knock opponent's ball away all while dribbling their own
2. Parents act as goalkeepers.
3. Players can steal opponents ball after scoring their own



Timing	Area
8 Minutes	25m 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 Dribbling Shooting	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating	Agility Balance Co-Ordination

Top Tip

The parent/guardian is an integral part of the Active Start session. Try and engage them as well – let them try things with their child, give them specific tasks/targets so they feel valued and are encouraged to participate.



The Station Concept

Development Model:

The activities provided illustrate how stations can be used during Grassroots practices.

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Total practice time 40 minutes as per the Recreational and Development Matrix.



Player Development Model

How it works

Introduction

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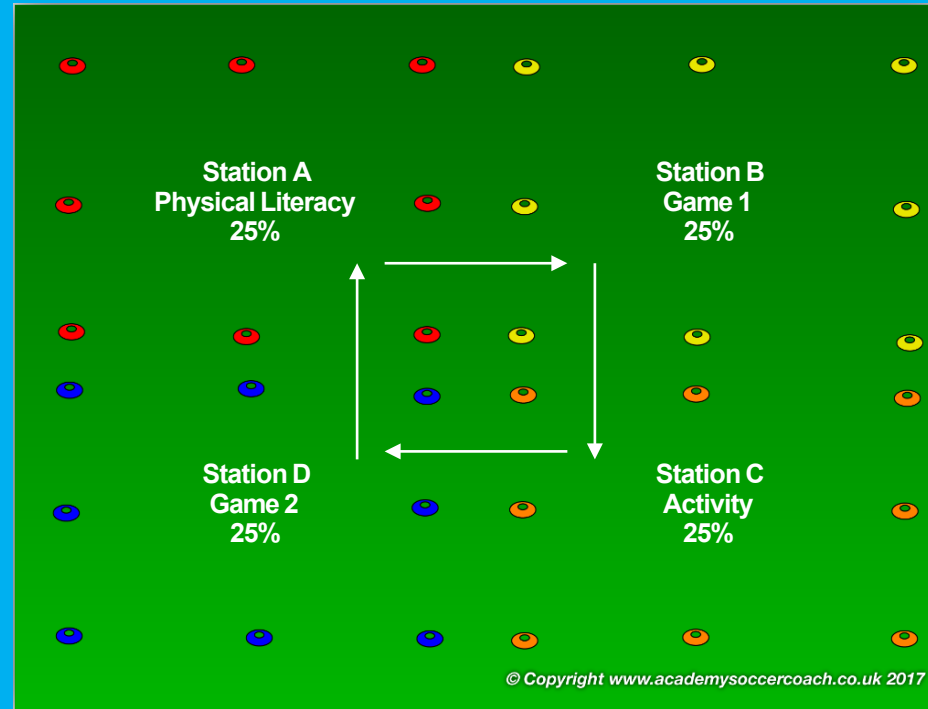
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Procedure

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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)

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	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
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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
			Low		3
Fair play / honesty	3	2	Not Applicable		4

Top Tip Encourage the players to make decisions and have fun. When talking to the players, try crouching down so you are at eye level with them. Speaking to the players at eye level allows you to better connect with them.



Active Start

Physical Literacy

Remember Me

Organization

Players and parents start in one corner of the area ('home'). Parents participate and encourage their child to try the various movements.

Procedure

Miguel (players) has a dream of being a musician (adjust for the group)! He must get to his guitar (balls) but not before visiting every shop in the town square. Players select a character from Coco: Miguel, Hector or Ernesto. At each shop (mini-grids) they must do a different fundamental movement (skipping, hopping, crawling, etc.) before going to the next. Once they reach the guitars, they carry it back home!

Emphasis

Creating a safe environment with decision-making and positive reinforcement

Progression

1. Players can dribble the ball back
2. Players collect a unique item (coloured pinny/cone) at each shop when they do the correct movement – parents act as shopkeepers with their child
3. Coach/parents can tag players



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 Dribbling	Fun Being safe Decision making Awareness
Socio - Emotional	Physical
Problem Solving Communicating Listening	Agility Balance Co-Ordination

Top Tip

Understanding their bodies is an important skill going forward in life and anything we can do as community sport leaders to facilitate opportunities for children to move in different ways will have a long-term benefit – even if it isn't soccer related!



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

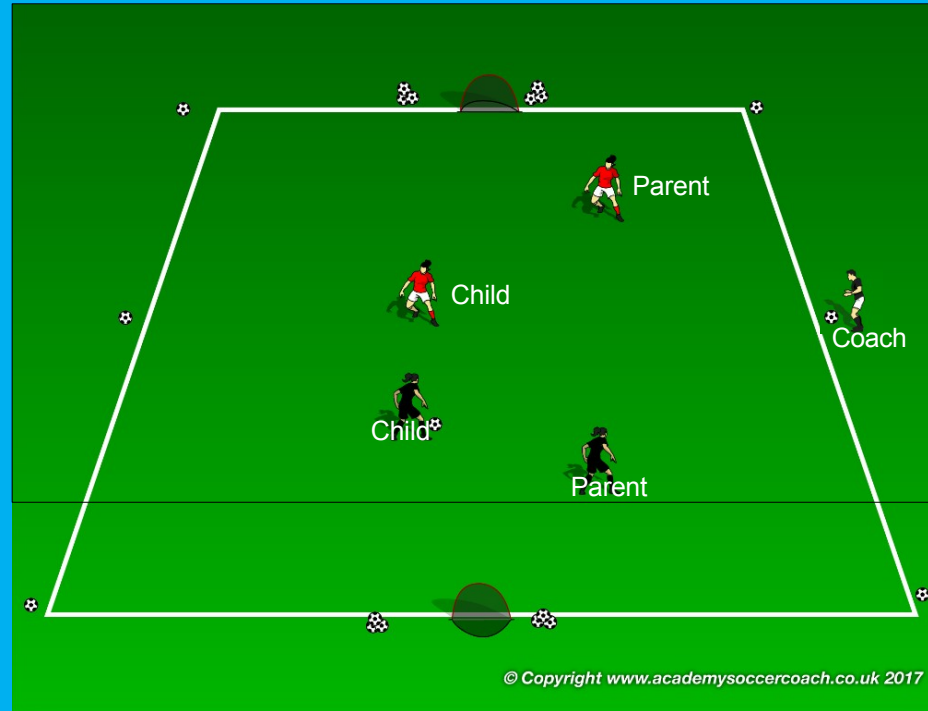
Child and parent/guardian play a 2v2 game. If the ball goes out, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Emphasis

Free Play and FUN!

Progression

Serve in a second ball to allow players more opportunities to score



Timing

8 Minutes

Area

15m x 10m

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

Ball
Mastery
Dribbling
Shooting

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening
Celebrating
Teamwork

Physical

Agility
Balance
Co-ordination

Top Tip

When playing with young children, exaggerate your movements and actions (such as diving/falling/etc.). This will create a more enjoyable environment for them.



Active Start

Activity

Running from Abuela!

Organization

Players and parents start in one corner of the area ('home'). Parents participate and encourage their child to try the various movements.

Procedure

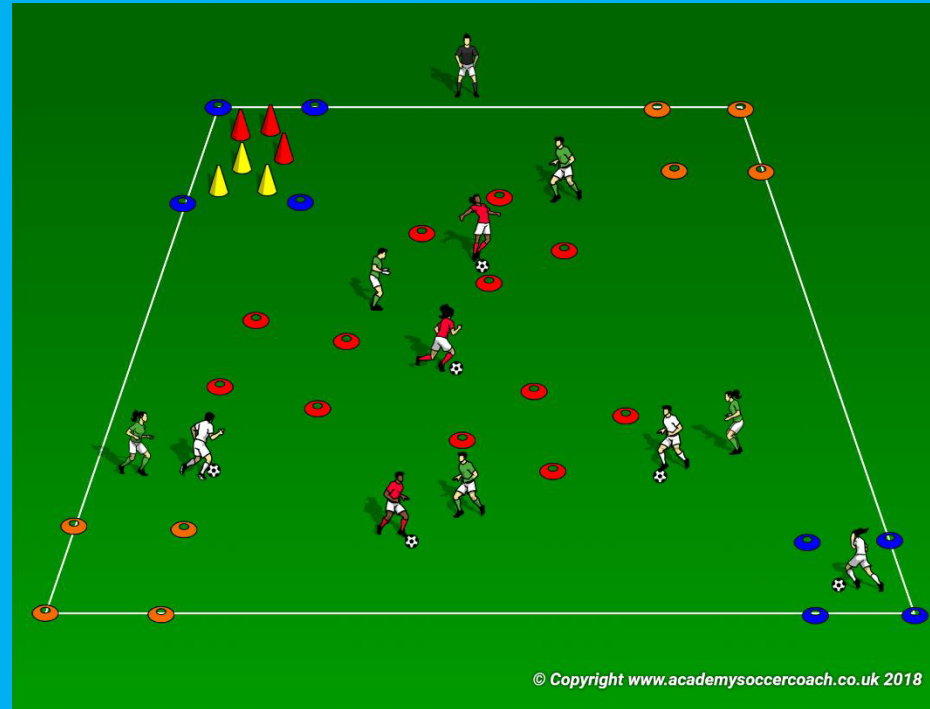
Miguel wants to save the guitars (cones) from his Abuela! He must get a guitar (cones) before Abuela (parents) catches him. Players select a character from Coco: Miguel, Hector or Ernesto. Players must travel through the town square of Santa Cecilia to get to the guitars. On the way there are hiding places (mini-grids) where they can do a ball mastery exercise (toe taps, yo-yo's, throw-catch, etc.) to avoid being tagged. Once they reach the guitars, they must carry it home with their ball to be safe! If tagged, they must return to the beginning OR to the guitars (movement can be added such as rolling, hopping, crab walk, etc.) and try again.

Emphasis

Creating a safe environment with decision-making and positive reinforcement

Progression

Players can carry/dribble a ball
 Players wear pinnies that must be dropped when they go into a hiding place – limiting 'hiding'.
 Players-Parents switch roles



Timing	Area
8 Minutes	25m x 25m

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 Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating	Crawling Hopping Skipping Running Reaction

Top Tip

Keep players equipment (bags, water bottles, etc.) close by so that time lost between activities is minimized.



Active Start

Small Sided Game

3v3 as Individuals

Organization

Players start in groups of 3 on either side of a grid with 3 goals on each end. Place balls around the grid.

Procedure

Players attempt to score on any of the 3 goals on the other side. When a ball is scored, or lost, players can get a new ball and play again.

Opposition, passively, should be provided by the parents.

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

1. Encourage players to knock opponent's ball away all while dribbling their own
2. Parents act as goalkeepers.
3. Players can steal opponents ball after scoring their own



Timing

8 Minutes

Area

25m 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

Ball
Mastery
Dribbling
Shooting

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Celebrating
Problem Solving
Communicating

Physical

Agility
Balance
Co-Ordination

Top Tip

Players are not cognitively prepared to share (or pass) at this stage of development. Even when working with larger groups ensure each child has a toy (a ball). This is not only more developmentally appropriate as it is more enjoyable!



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.



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.

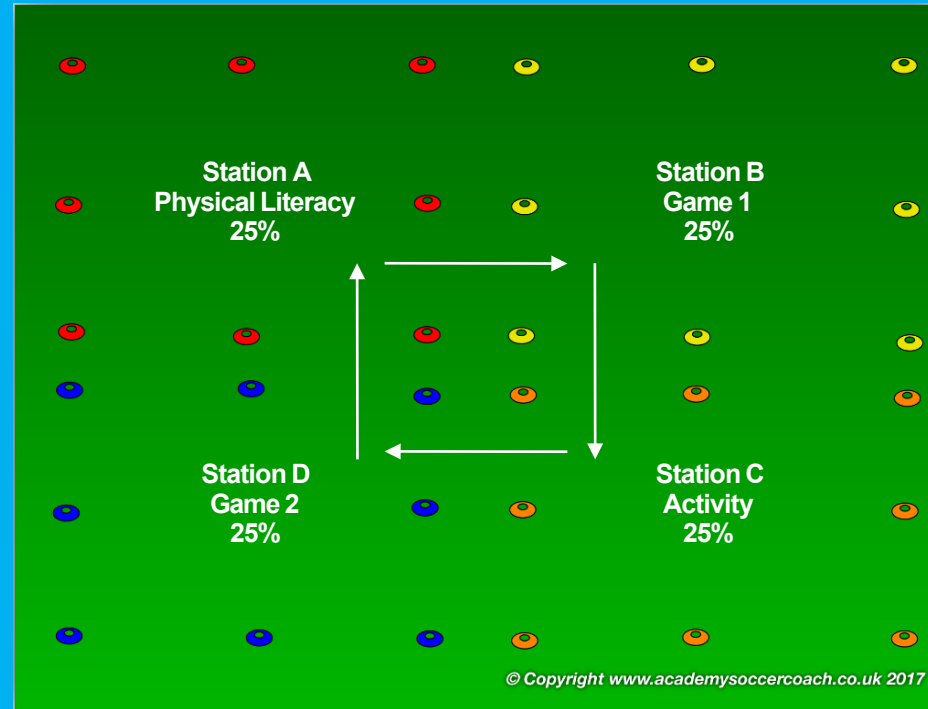
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	Not Applicable		4

Top Tip Encourage the players to make decisions and have fun. When talking to the players, try crouching down so you are at eye level with them. Speaking to the players at eye level allows you to better connect with them.



Active Start

Physical Literacy

It's the Bear Necessities!

Organization

Players and parents are in the area. Parents encourage their child to try the various movements.

Procedure

Baloo (coach) needs honey! (balls). Mowgli, Bagheera, Akela and Colonel Hathi have to find their way into the Giant Bee Hive (5mx5m; yellow grid) and steal the honey back home (red cone). The game ends when the Bee Hive is empty.

The players must execute a movement skill as they "sneak" into the hive. For example, crawl like Bagheera, March like Colonel Hathi, Sprint like Akela, Skip like Mowgli or Bear Crawl like Baloo!

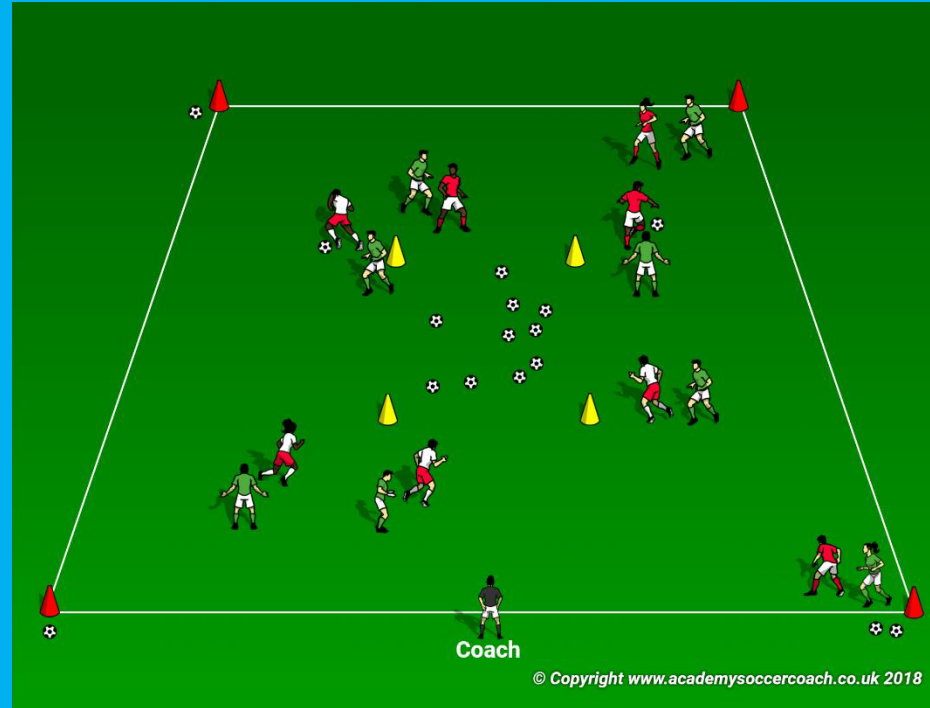
Players start by grabbing the ball and carrying it back.

Emphasis

Creating a safe environment with decision-making and positive reinforcement

Progression

Players can be asked to dribble it back.
Time challenge (ex. 2min to get as many as out as possible)



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 Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating	Crawling Hopping Skipping Running Reaction

Top Tip

Don't be shy – sing the song or bring along a speaker/phone to set the tone with a bit of music. You can use this in any themed activity that the kids will relate to.



Active Start

Small Sided Game

Go Bananas!

Organization

Players start outside the grid. Goals are placed around the outside the area.

Procedure

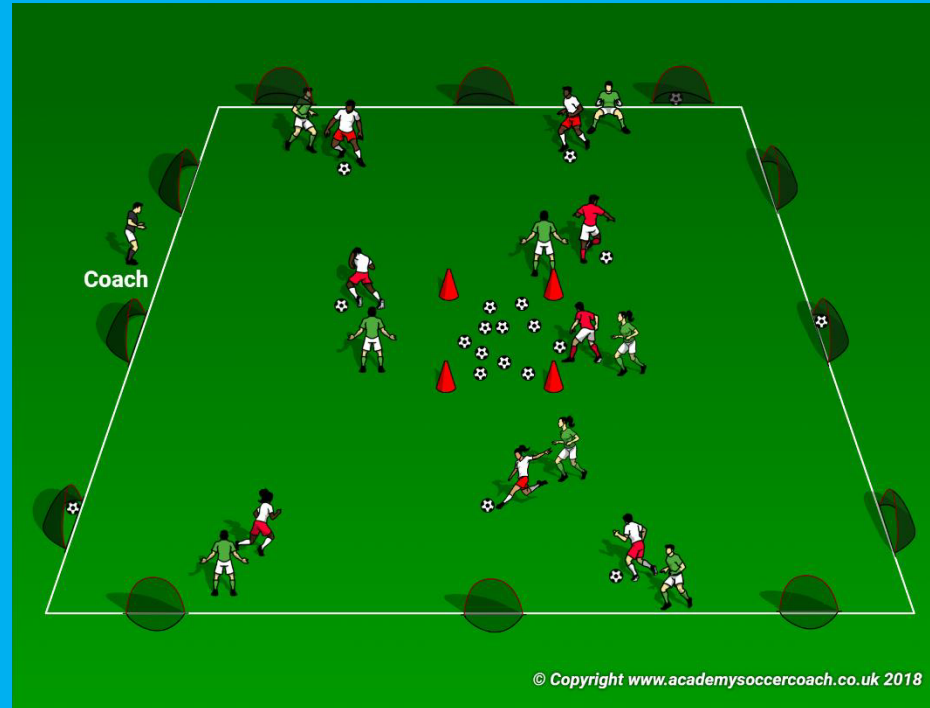
Mowgli, Baloo and Bagheera are hungry! They must run into King Louie's temple (red grid) and steal his bananas. The monkeys (their parents) follow their child and follow cues from King Louie (coach) – walk, speed walk, jog after them. Once they have a ball, they must hide the bananas in the stashes (goals). Every time a child scores, they do a celebration (either on their own or with their parent). Try the following celebrations: 1) Dab, 2) Power Stance, 3) Mask, 4) Create your own!

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

Players cannot score in a goal twice in a row
Players must try a different celebration with each goal



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Timing

8 Minutes

Area

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

Ball
Mastery
Dribbling
Shooting

Psychological

Fun
Safety
Confidence
Creativity

Socio - Emotional

Celebrating
Problem Solving
Communicating

Physical

Agility
Balance
Co-Ordination
Change of Direction
Change of Speed

Top Tip

The parent/guardian is an integral part of the Active Start session. Try and engage them as well – let them try things with their child, give them specific tasks/targets so they feel valued and are encouraged to participate.



Active Start

Activity Red Flower!

Organization

Players and their parents take up 3 positions throughout the grid.

Procedure

Shere Khan is terrified of fire; the Red Flower! Several children, Mowgli's, are given the Red Flower (red/orange/yellow pinnie). Standing in the center of the forest (red cones) they wait to spook (tag) the tigers (other children) who start on either side of the forest and attempt to cross it.

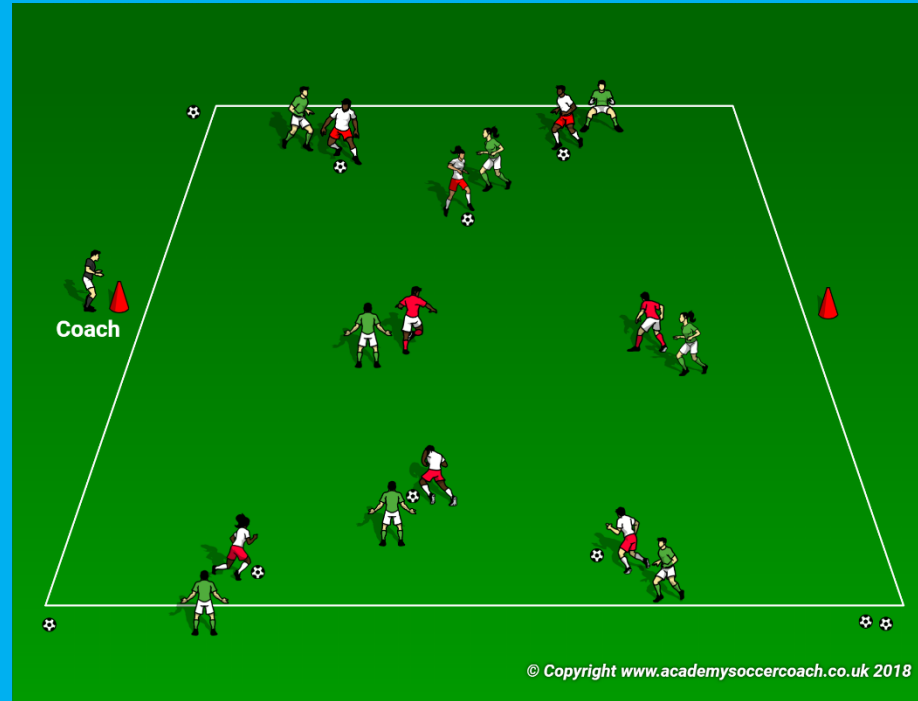
Players can begin by carrying the ball or dribbling it across. If they are tagged, they become a Mowgli and now wield the Red Flower.

Emphasis

Imagination, creativity and celebrating!

Progression

Introduce physical literacy components after they are tagged (ex. 2 rolls, etc.).



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 Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating	Running Forward Change of Direction Change of Speed Jumping Turnin g Twisting Rolling

Top Tip

Make sure every child has an opportunity to undertake every role within an activity. A child being stuck in a single role for the entire exercise could effect their enjoyment!



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

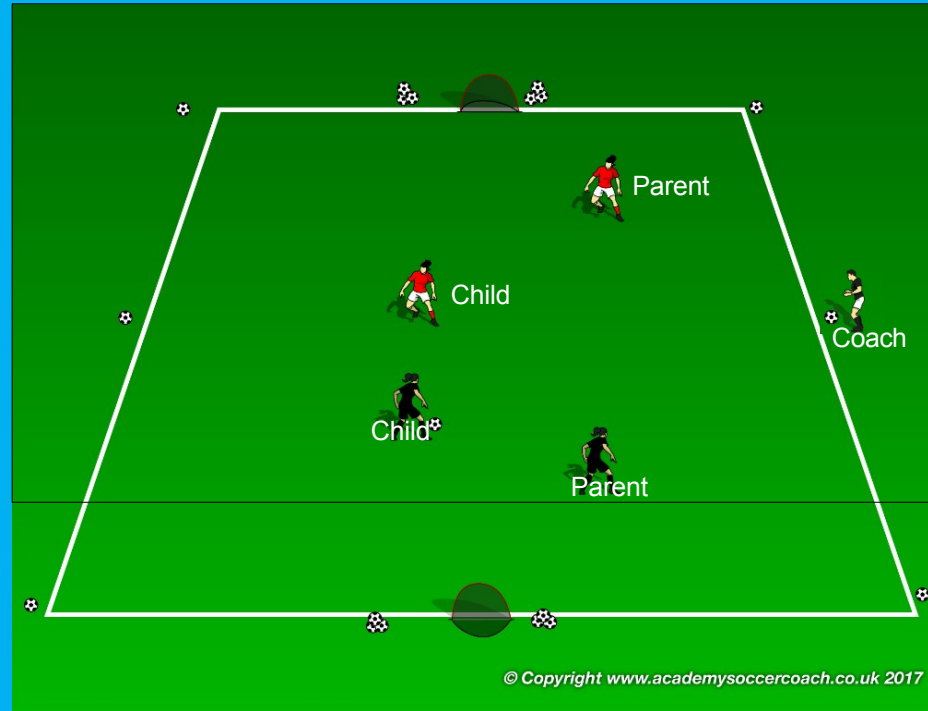
Child and parent/guardian play a 2v2 game. If the ball goes out, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Emphasis

Free Play and FUN!

Progression

Serve in a second ball to allow players more opportunities to score



Timing

8 Minutes

Area

15m x 10m

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

Ball
Mastery
Dribbling
Shooting

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening
Celebrating
Teamwork

Physical

Agility
Balance
Co-ordination
Change of Direction
Change of Speed

Top Tip

Structure the games and activities within the session to highlight key factors; players don't need structured, technical feedback. Let them play!



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.



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.

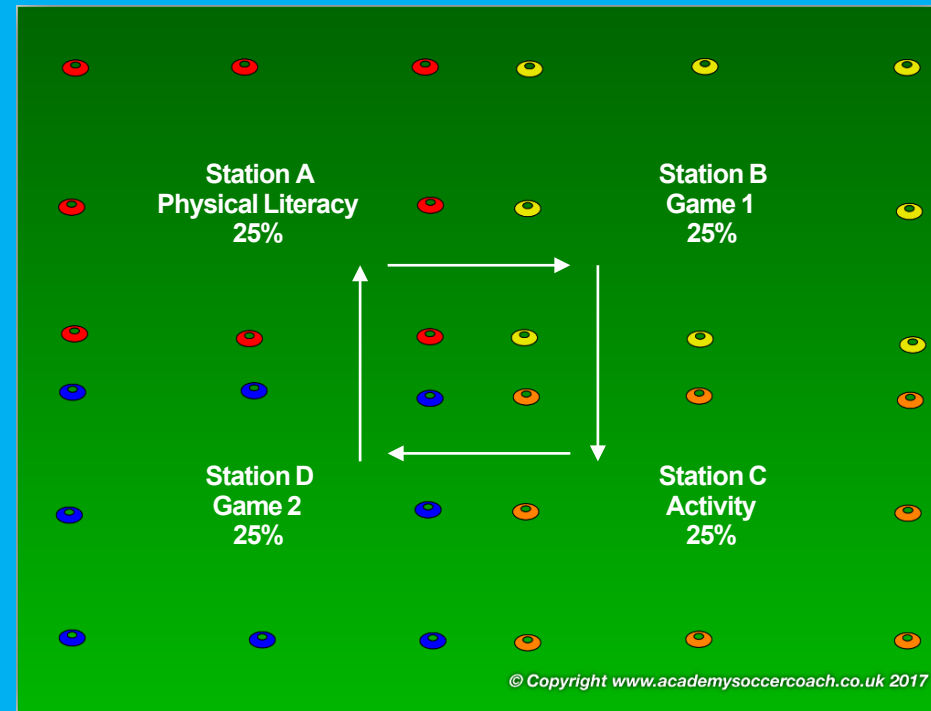
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	20m x 20 m (x4)

Technical		Physical			
	U4	U5		U4	U5
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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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	Not Applicable		4

Top Tip Encourage the players to make decisions and have fun. When talking to the players, try crouching down so you are at eye level with them. Speaking to the players at eye level allows you to better connect with them.



Active Start

Physical Literacy

Saving Te Fiti

Organization

Players and parents are in the area. Parents participate and encourage their child to try the various movements.

Procedure

Te Fiti (coach/parent) is sick! We must return the pieces of her broken heart (balls) to stop her becoming the monster Ta Ka. Players select a character: Moana, Maui or HeiHei the Crazy Chicken. Players must travel to the islands with the Heart pieces by doing a fundamental movement: skipping, hopping, crawling, etc. Once they have a heart piece in their hands, they can walk/jog/run to Te Fiti and place the balls around him/her. Players then repeat.

If the coach decides, switch to the Ta Ka character and proceed to tag the players – they are safe on the islands only. If tagged, they must do an movement/exercise before returning to their “home island”. Depending on the children, introduce a time limit before changing to Ta Ka.

Emphasis

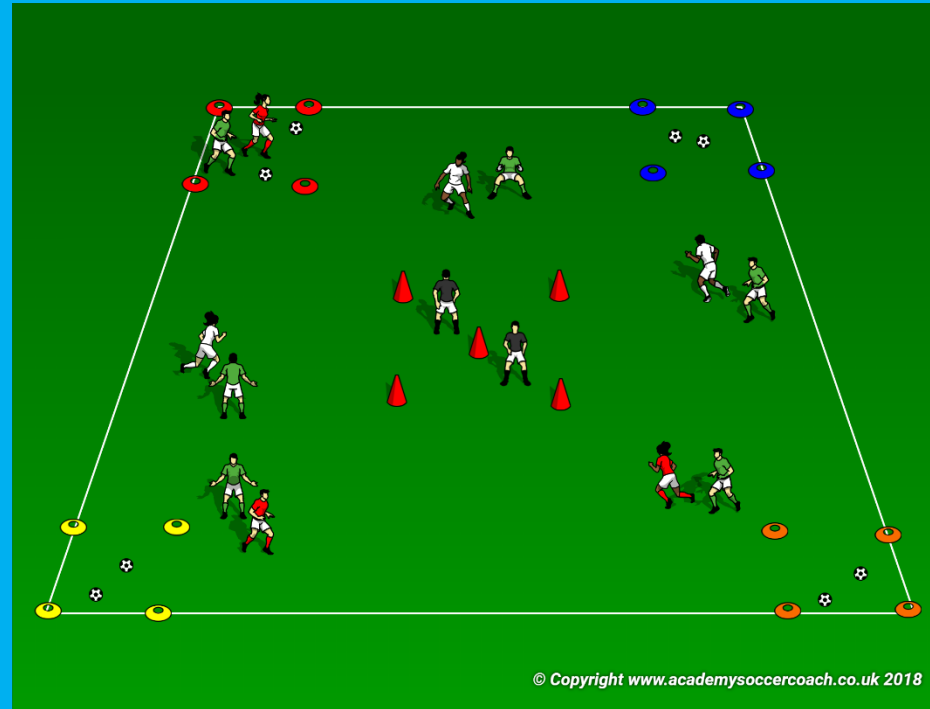
Creating a safe environment with decision-making and positive reinforcement

Progression

Players can be asked to dribble the ball. Have both Ta Ka and Te Fiti active.

Top Tip

If players are struggling with an activity, you don't always have to adjust it. Allow them to keep trying – provide encouragement - as children can surprise us!



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 Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating	Crawling Hopping Skipping Running Reaction



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

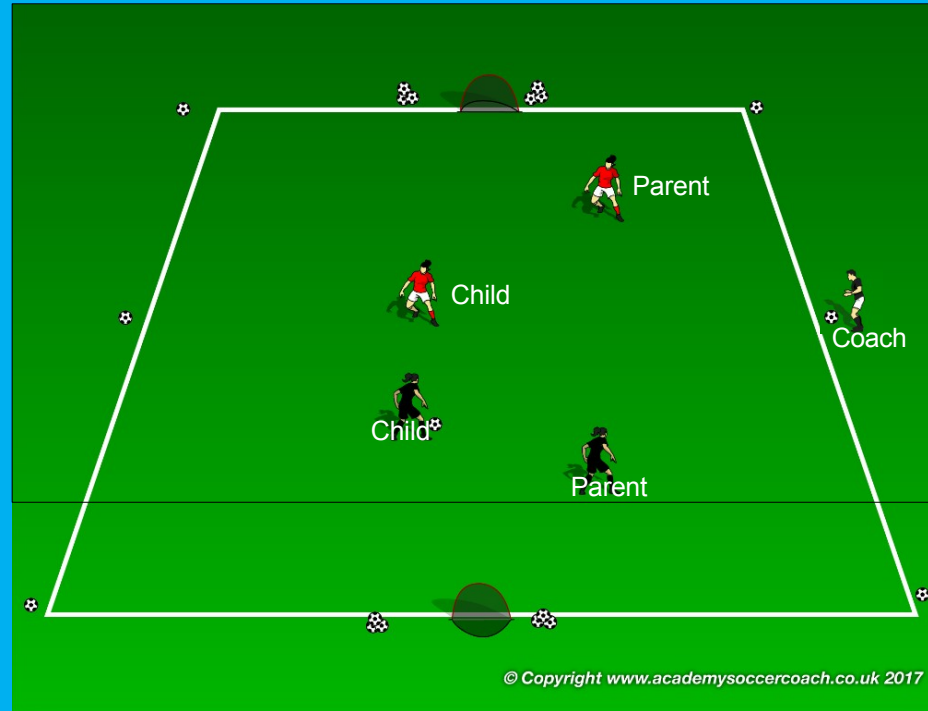
Child and parent/guardian play a 2v2 game. If the ball goes out, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Emphasis

Free Play and FUN!

Progression

Serve in a second ball to allow players more opportunities to score



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Timing

8 Minutes

Area

15m x 10m

Objective

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Technical / Tactical

Ball
Mastery
Dribbling
Shooting

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening
Celebrating
Teamwork

Physical

Agility
Balance
Co-ordination

Top Tip

Encourage parents to provide passive opposition (where applicable) and a lot of praise/positive reinforcement.



Active Start

Activity

Kakamora Attack!

Organization

Players and parents are in the area. Parents encourage their child to dribble their soccer.

Procedure

The Kakamora - Coconut Pirates – are raiding! Players select act as the pirates. They must raid the main land by retrieving the treasure (balls) on the perimeter of the grid and dribbling them back to their ship (red grid).

Parents/coaches act as Warriors who try to tag the Pirates. If tagged, players must return to the ship before continuing (if without a ball) OR take the ball to one of the secret hiding places (Puggs goals) to score before continuing.

Emphasis

Creating a safe environment, decision making and positive reinforcement

Progression

1. Players and Parents switch roles.
2. Players as Warriors; make the ship out of Puggs and have them “sink” the ship by scoring in each of the goals (1/2/3x)



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Timing	Area
8 Minutes	20m x 20m

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Outcome

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Most players - will be able to do a variety of moves and skills

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Technical / Tactical	Psychological
Ball Mastery Dribbling Shooting	Fun Being safe Decision making Awareness
Socio - Emotional	Physical
Problem Solving Communicating Listening	Agility Balance Co-Ordination

Top Tip

Engage children by asking them what they would want to do – example: what can we do after we score? Celebrate/movement/etc. and use their input to maximize their interest.



Active Start

Small Sided Game

Fishing with Maui

Organization

Players start in the center of the grid with their parent immediately near them.

Procedure

Maui needs your help to feed an island of villagers! Moana (coach) gets the villagers to dribble their trap (ball) into the fishing spots (goals). Once the trap is set (in the goal) players take a single fish (colored bib stacked behind the goals), retrieve their ball, and bring the pinnie to their island (red/yellow grids). Players then repeat.

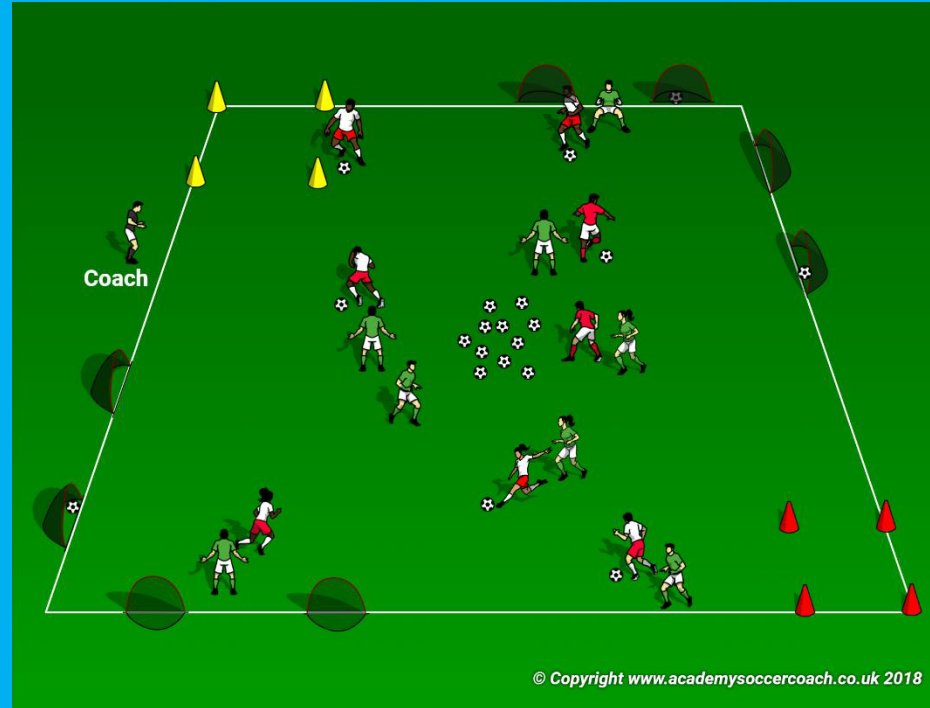
Encourage them to collect as many as possible within a specific time (1-2 minutes) or until all balls are gone.

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

1. Parents apply passive pressure to encourage changes of direction.
2. Parents act as goalkeepers.
3. Players can out on the pinnie and continue playing.



Timing	Area
8 Minutes	25m 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 Dribbling Shooting	Fun Safety Confidence Creativity
Socio - Emotional	Physical
Celebrating Problem Solving Communicating	Agility Balance Co-Ordination

Top Tip

Plan sessions around simple setups with minimal adjustments needed between activities/games but theme them differently so they feel "new".



Player Development Model: The Station Concept

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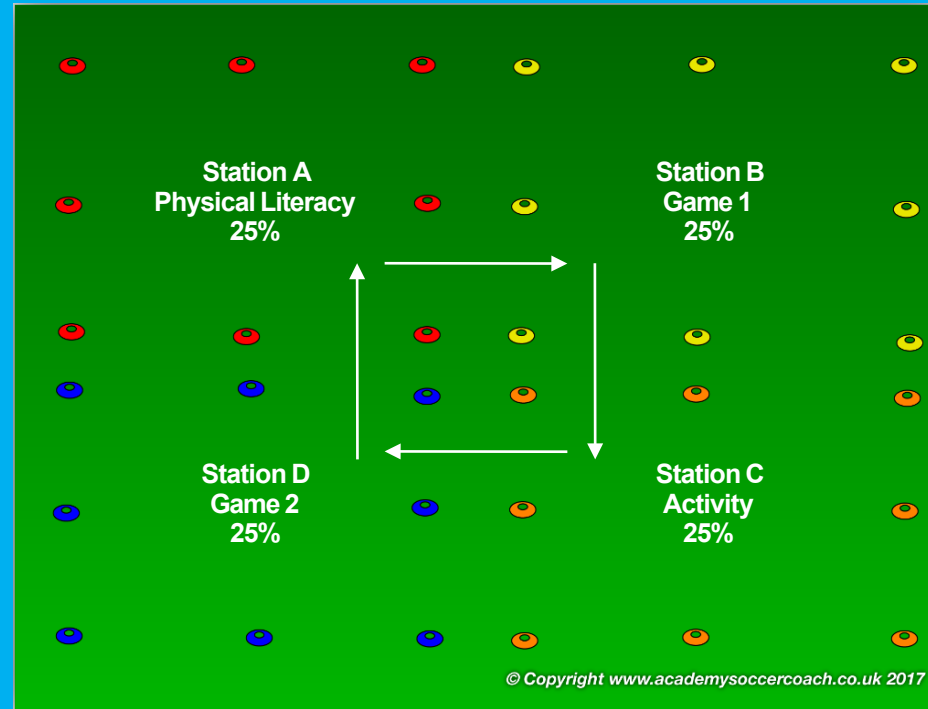
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Procedure

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Total Time: 40 4 x 8 minute Stations	20m x 20 m (x4)

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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
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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
			Low		3
Fair play / honesty	3	2	Not Applicable		4

Top Tip

Encourage the players to make decisions and have fun. When talking to the players, try crouching down so you are at eye level with them. Speaking to the players at eye level allows you to better connect with them.



Active Start

Physical Literacy

Jellyfish Jungle

Organization

Players and parents are in the area. Parents encourage their child to try the various movements.

Procedure

Several parents and their child are seated in the Seaweed jungle (red grid) as jellyfish. Nemo, Marlin and Dory have to carry their baby fish (balls) from school (yellow grid with balls), across the jungle, to home (blue grid). If a jellyfish stings them (touches them), players must do a specific movement until reaching home (ex. Hopping).

After each return to the school (rotate Jellyfish), vary the way players approach the Jellyfish Jungle by asking the players to do the following movements:

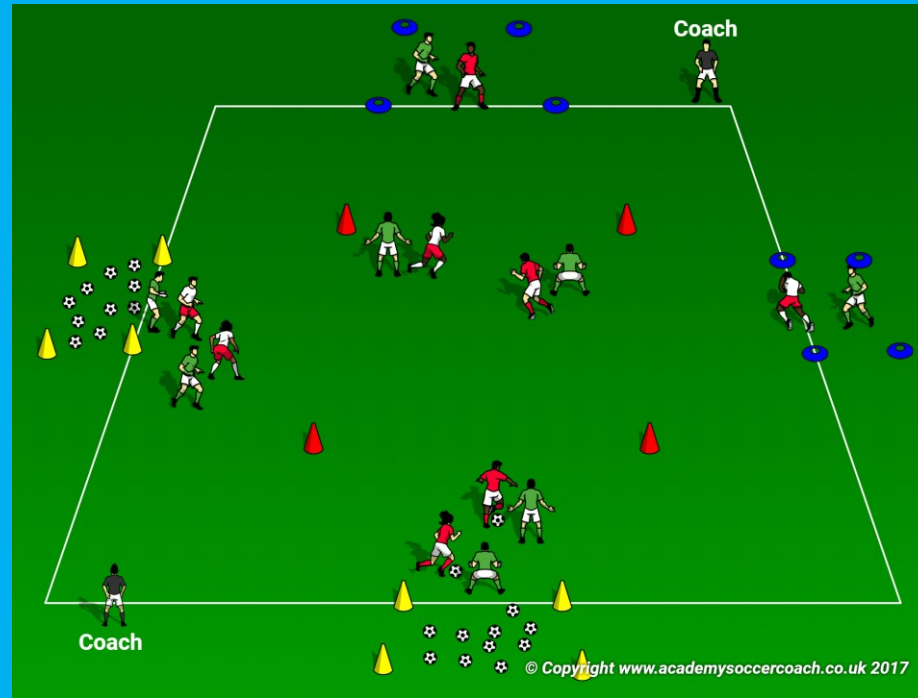
- * Crawling
- * Hopping (two feet)
- * Throwing a ball up and catching it
- * Bouncing the ball

Emphasis

Creating a safe environment with decision-making and positive reinforcement

Progression

Players can be asked to dribble.
Jellyfish be standing or lying down – still stationary!



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 Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating	Running backwards Crawling Hopping Skipping Running g Reaction

Top Tip

Focus on the player's relationship with the ball and their enjoyment of playing with it!



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

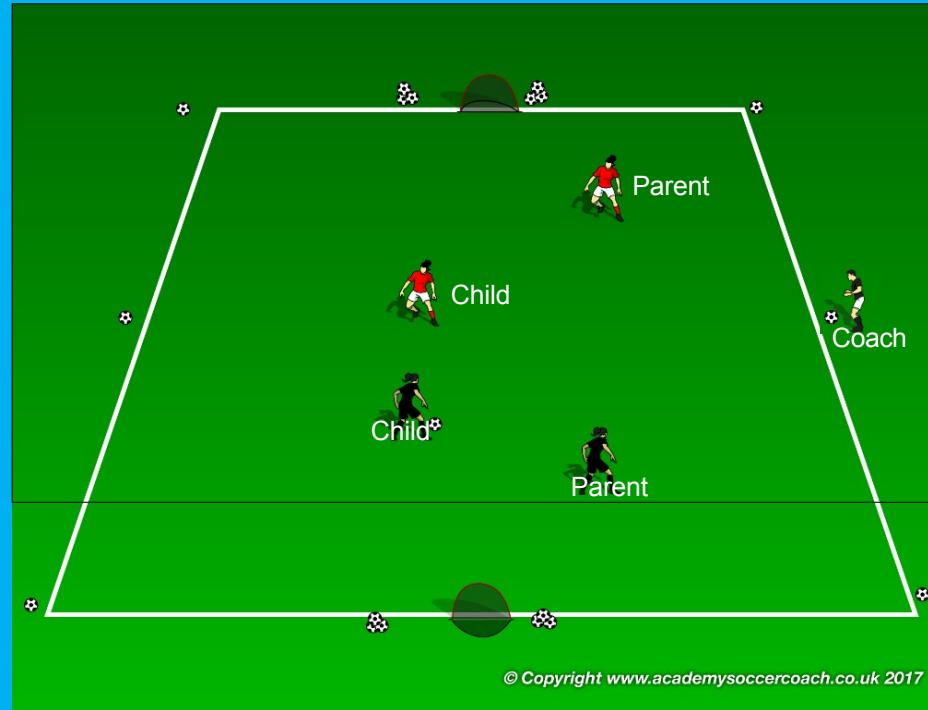
Child and parent/guardian play a 2v2 game. If the ball goes out, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Emphasis

Free Play and FUN!

Progression

Serve in a second ball to allow players more opportunities to score



Timing

8 Minutes

Area

15m x 10m

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

Ball
 Mastery
 Dribbling
 Shooting

Psychological

Fun
 Being safe
 Decision making

Socio - Emotional

Problem Solving
 Communicating
 Listening
 Celebrating
 Teamwork

Physical

Agility
 Balance
 Co-ordination
 Change of Direction
 Change of Speed

Top Tip Engage the parents throughout the session. This can help with the organization, but more importantly creates that backyard feeling between parent and child.



Active Start

Activity Shark Attack!

Organization

Setup as shown with cones with each coloured grid representing a different area (Red – Shark Zone, Blue – Home, Yellow – School)

Procedure

Parents and their child are sharks in the Open Ocean (red grid). Nemo, Marlin and Dory have to dribble the baby fish (balls) from home (blue grid with balls), across the Shark Zone, to school (yellow grid). They then return home, through the Shark Zone, to get another baby. If a shark bites them (tags them), players must carry their ball the rest of the way.

Players win when all baby fish get to

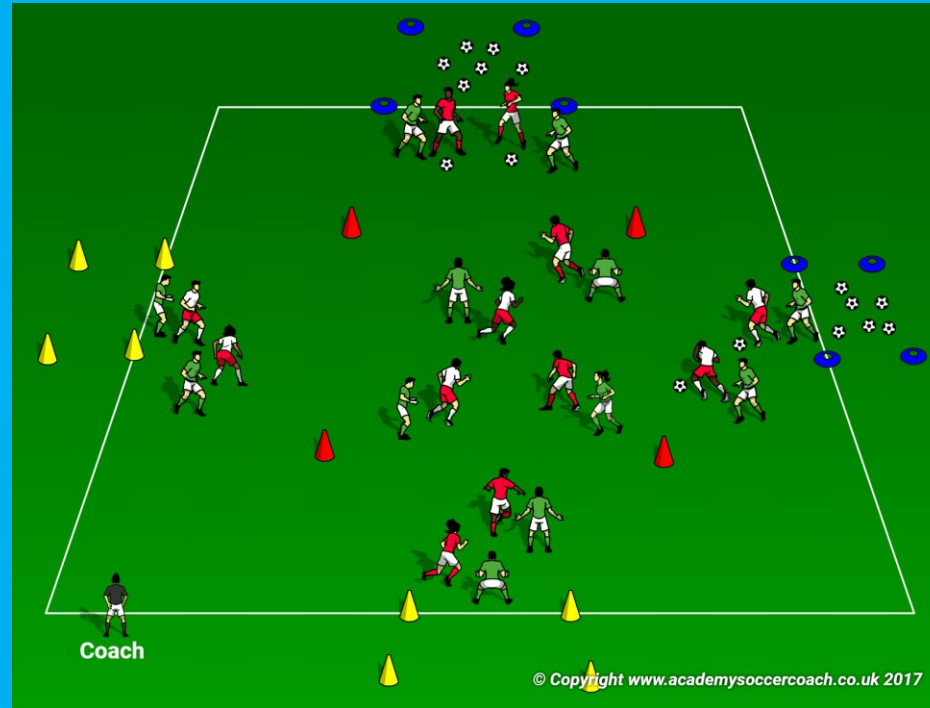
school! Rotate sharks after each round.

Emphasis

Imagination, creativity and celebrating!

Progression

Play as a continuous game where if players are tagged, they must perform a movement before continuing on (ex. 5 hops)



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 Dribbling	Fun Being safe Decision making
Socio - Emotional	Physical
Problem Solving Communicating Listening Celebrating	Running Forward Change of Direction Change of Speed Jumping Turnin Twisting Rolling

Top Tip

Young players have short attention spans therefore it's important we keep activities to a maximum of 6-8 minutes with each part lasting 1-2 minutes. After each part change the dynamics – allow for new roles, new progressions and many experiences.



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 (either on their own or with their parent). The parent then takes a ball to try and score on a goal. Try the following celebrations: 1) High 5, 2) Airplane, 3) Pinny over the head, 4) Power Stance 5) Ask the players 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

Players cannot score in the same goal twice in a row
 Players must try a different celebration with every goal



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 Dribbling 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.



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.



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.

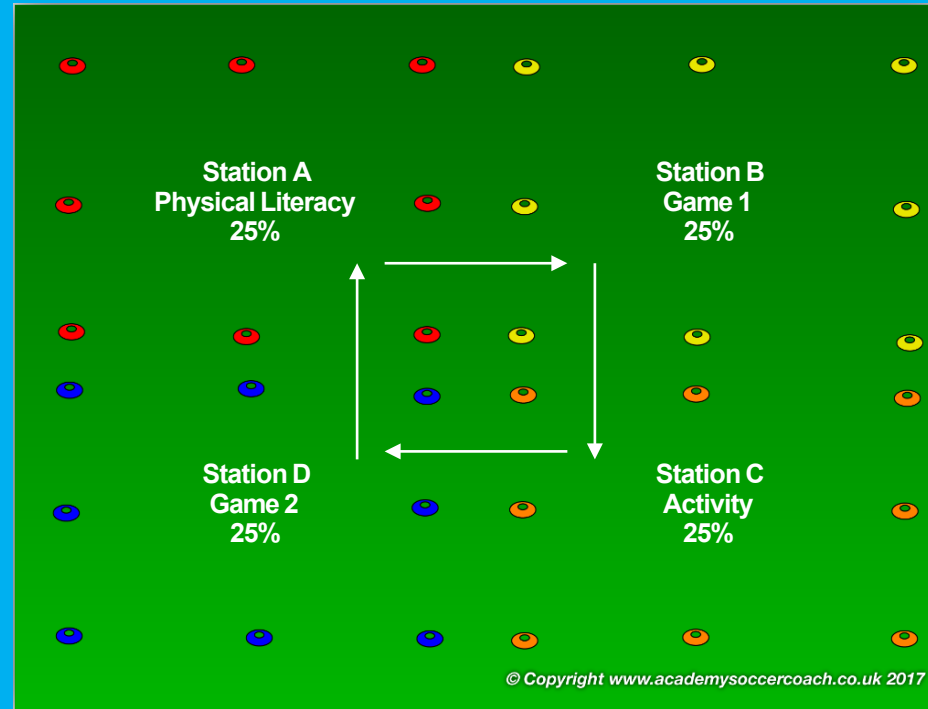
If working with a smaller group, simply move together through all 4 stations until all are complete.

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	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	Priority Key		
Patience	3	2	High		1
Respect / discipline	2	2	Medium		2
			Low		3
Fair play / honesty	3	2	Not Applicable		4

Top Tip Encourage the players to make decisions and have fun. When talking to the players, try crouching down so you are at eye level with them. Speaking to the players at eye level allows you to better connect with them.



Active Start

Physical Literacy

Never Ever Stop World-Travelling

Organization

Coaches / Players and parents are in the area. Parents can participate and encourage their child to try the various movements.

Procedure

World-Travellers (players) can travel North, East, South or West in order to gather as many souvenirs (balls) as they can. But the airlines (Coaches or Parents) are trying to delay their travel plans and keep sending their baggage with those souvenirs back to where they came from.

Collect as many souvenirs as you can and bring them home!

The game begins with players trying to collect as many balls (with hands) in the centre as they can; faster than the coaches and parents who are sending the balls back to any square North, East, South or West from home.

The game ends if the players have all the balls in the centre or if there are no balls in the centre. Coaches can ask players to perform different **movements** when collecting "souvenirs".

Movements can include: jumping, rolling, crawling, skipping, etc.

Emphasis

Creating a safe environment with a physical challenge and FUN!

Progression

Players can be asked to jump, roll, crawl, skip or hop to their destination. Players can be asked to dribble it back.



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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

Ball
Mastery Dribbling
Running with the Ball

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening Celebrating

Physical

Crawling
Hopping
Skipping
Running
Reaction

Top Tip

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.



Active Start

Small Sided Game

Puppy Run!

Organization

Players start outside the grid with their coach or parent immediately near them.

Procedure

“Puppies” (players) must score as many goals as they can on sides opposite from their starting point and stop as many goals from being scored as they can on their own side. Mom Pup and Dad Pup (Coaches and Parents) are trying to catch all the puppies and put them to bed, it’s past their bedtime!

Players should try to score on a side away from their starting points (3 options). And protect / defend their own side from which they started.

Emphasis

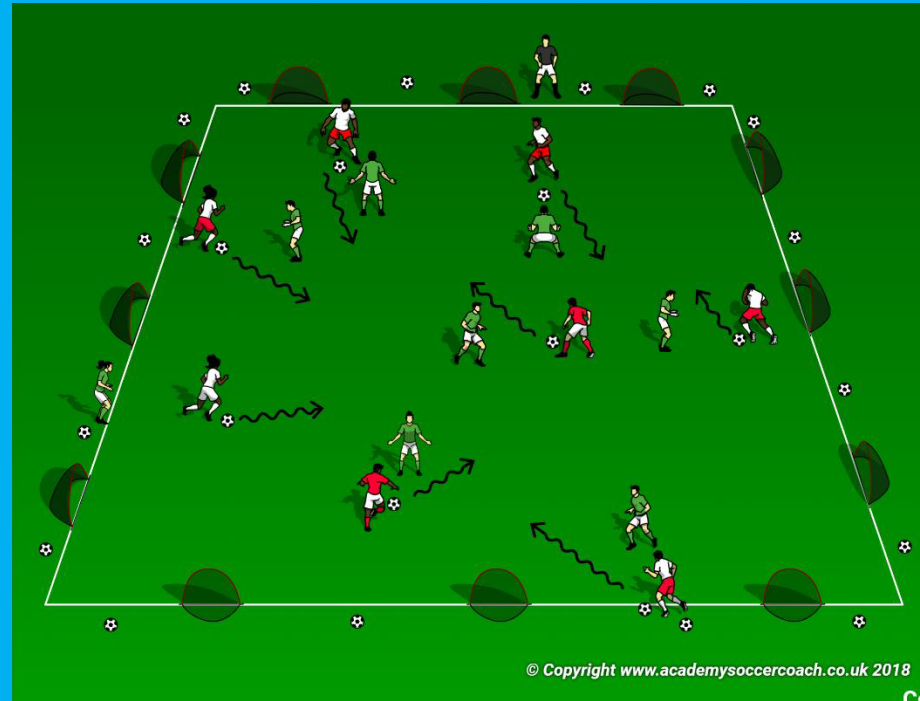
Creating a safe environment, positive reinforcement allowing the players to be creative and make decisions. Involving the parents and demonstration of the activity.

Progression

Ask players to circle around or dribble around the goal (pug) before scoring.
 Players can take a ball scored on their goal to score on another side.

Top Tip

Keep water bottles nearby to where



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Timing

8 Minutes

Area

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

Ball
 Mastery Dribbling
 Running with the Ball

Psychological

Fun
 Safety
 Confidence
 Creativity

Socio - Emotional

Celebrating
 Problem Solving
 Communicating

Physical

Agility
 Balance
 Co-Ordination
 Change of Direction
 Change of Speed

they are playing to reduce amount of time between activities.



Active Start

Activity

The Fox Duckie Run

Organization

Players and coaches and parents are in the area. Parents encourage their child to dribble their soccer ball towards the grid.

Procedure

Parents and coaches (Foxes) try to tag players (Duckies) and take Duckies ball before getting to Home Base (grid). If a Duckie gets the ball to Home Base, then he / she lets out a pick QUACK calling all other Duckies. A Fox can steal the ball back by running a full circle around home base. If a player is tagged he / she needs to ask for help from a teammate by QUACKING. To unfreeze a teammate crawl between their shoulder-width apart feet.

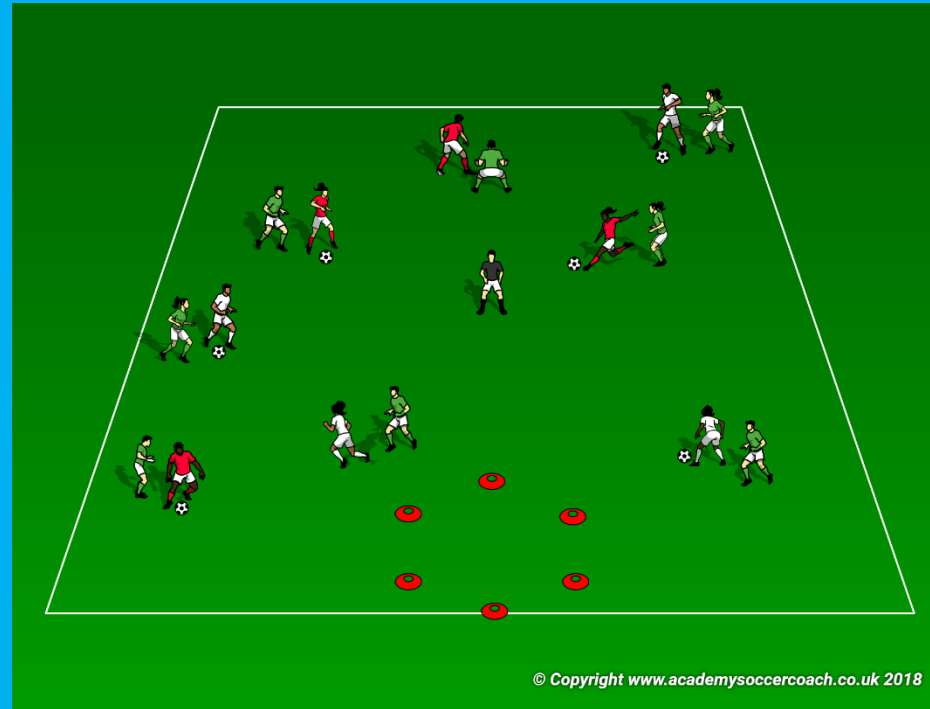
Players can then run back to the “Hen House” (yellow grid) and get a new ball.

Emphasis

Creating a safe environment, decision making and positive reinforcement

Progression

Coaches / Parents become the Duckies.



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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 Dribbling Running with the Ball	Fun Being safe Decision making Awareness
Socio – Emotional	Physical
Problem Solving Communicating Listening	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.



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

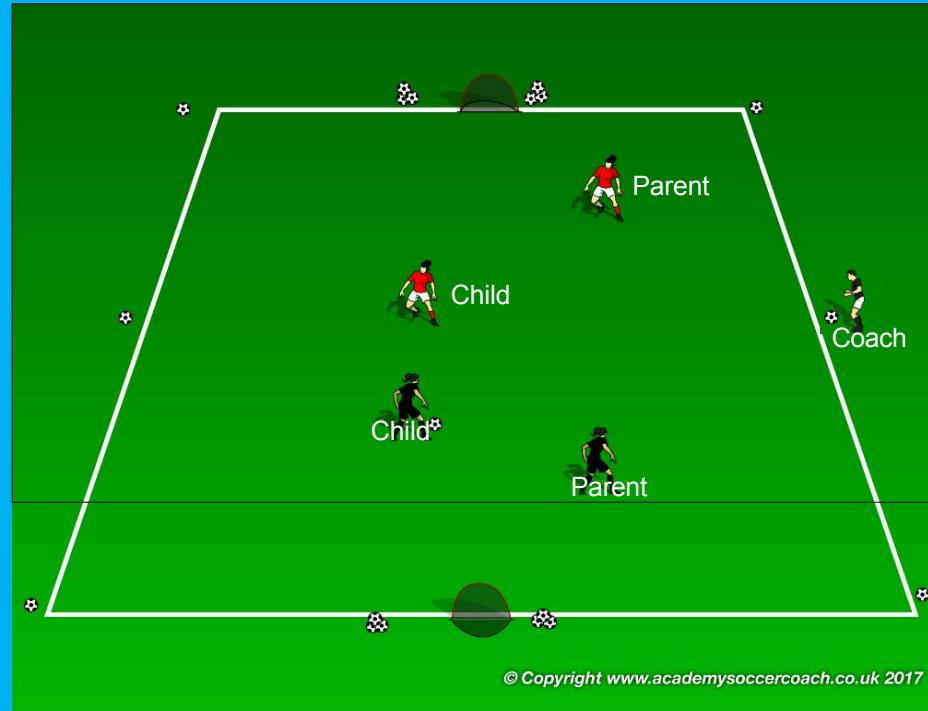
Child and parent/guardian play a 2v2 game. If the ball goes out, take the closest ball to keep the game moving. Parents / guardian should help the children as much as possible.

Emphasis

Free Play and FUN!

Progression

Serve in a second ball to allow players more opportunities to score



Timing

8 Minutes

Area

15m x 10m

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

Ball
Mastery
Dribbling
Shooting

Psychological

Fun
Being safe
Decision making

Socio - Emotional

Problem Solving
Communicating
Listening
Celebrating
Teamwork

Physical

Agility
Balance
Co-ordination
Change of Direction
Change of Speed

Top Tip

Encourage players by providing positive feedback for the specific things they do well. This will help to develop & improve their self confidence.