



Burlington Bayhawks

U4 – U6 ACTIVE START CURRICULUM 2019

FOCUS ON INDIVIDUAL BALL SKILLS AND ENJOYMENT



4 corner model: u4 – u6





Session Structure

45 minute sessions for u8s

Retreat line used on half way line

We want to have a ratio of 1 coach for 6 players

Maximum of 1 coach to 10 players

All coaches have RIS and MED before working with players

All activities should incorporate jumping, landing, agility, balance, acceleration, deceleration and hopping

<https://www.ontariosoccer.net/grassroots-practices>



Methodology

Depending on the stage of learning, we will use either a Whole-Part-Whole-Part-Whole methodology or; (GAG to OS)

A simple-to-complex methodology for teaching

We strongly encourage guided learning over informing.

We will 'teach' more than 'guide' on occasion where the situation dictates ie based on stages of learning

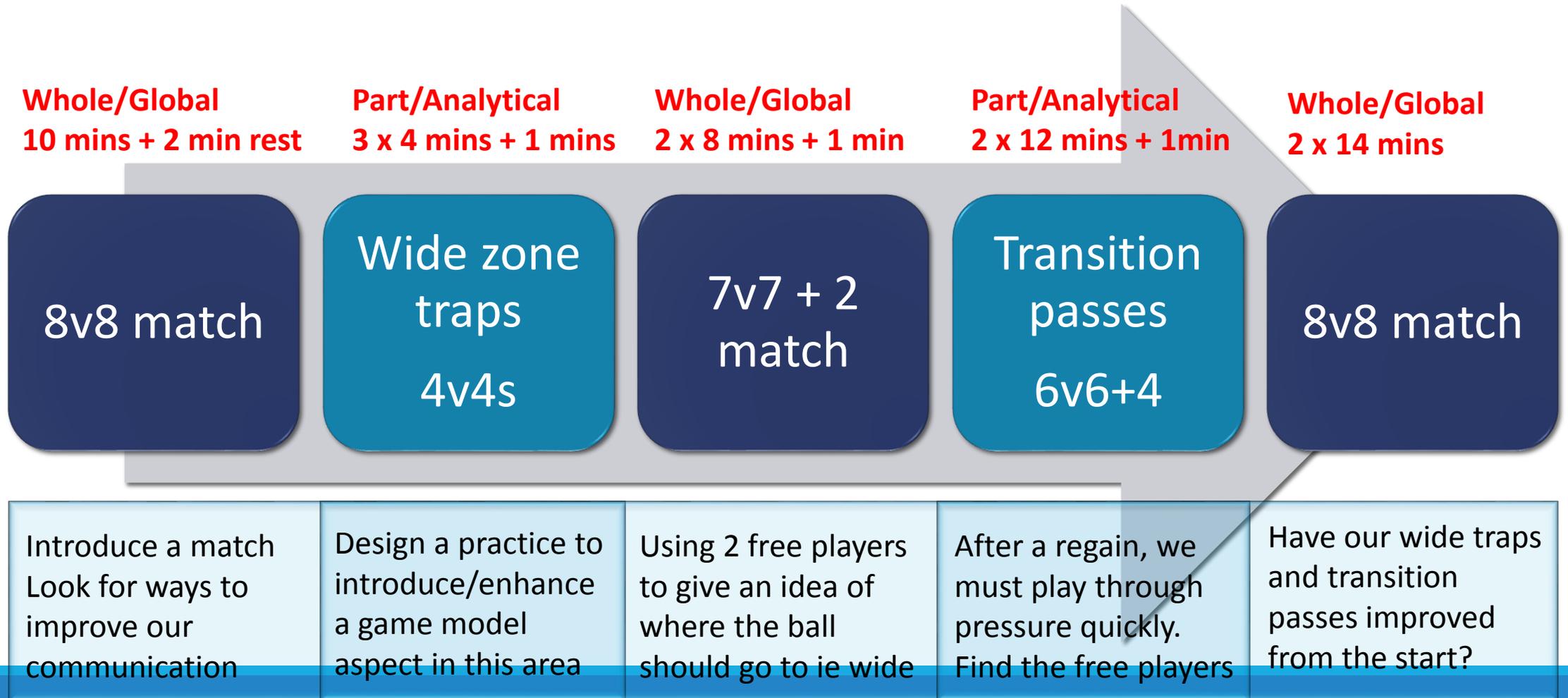
Within the dome, we will use station work as the primary teaching method, with groups of 6-8 max.

If players are beyond the initial stage of learning in a 'technical' aspect, we will use game based practices to move from Perform to Effective

If players are completely new, we will use an autocratic style and isolated practices with the relevant level of competition needed to get from 'know' to 'perform'

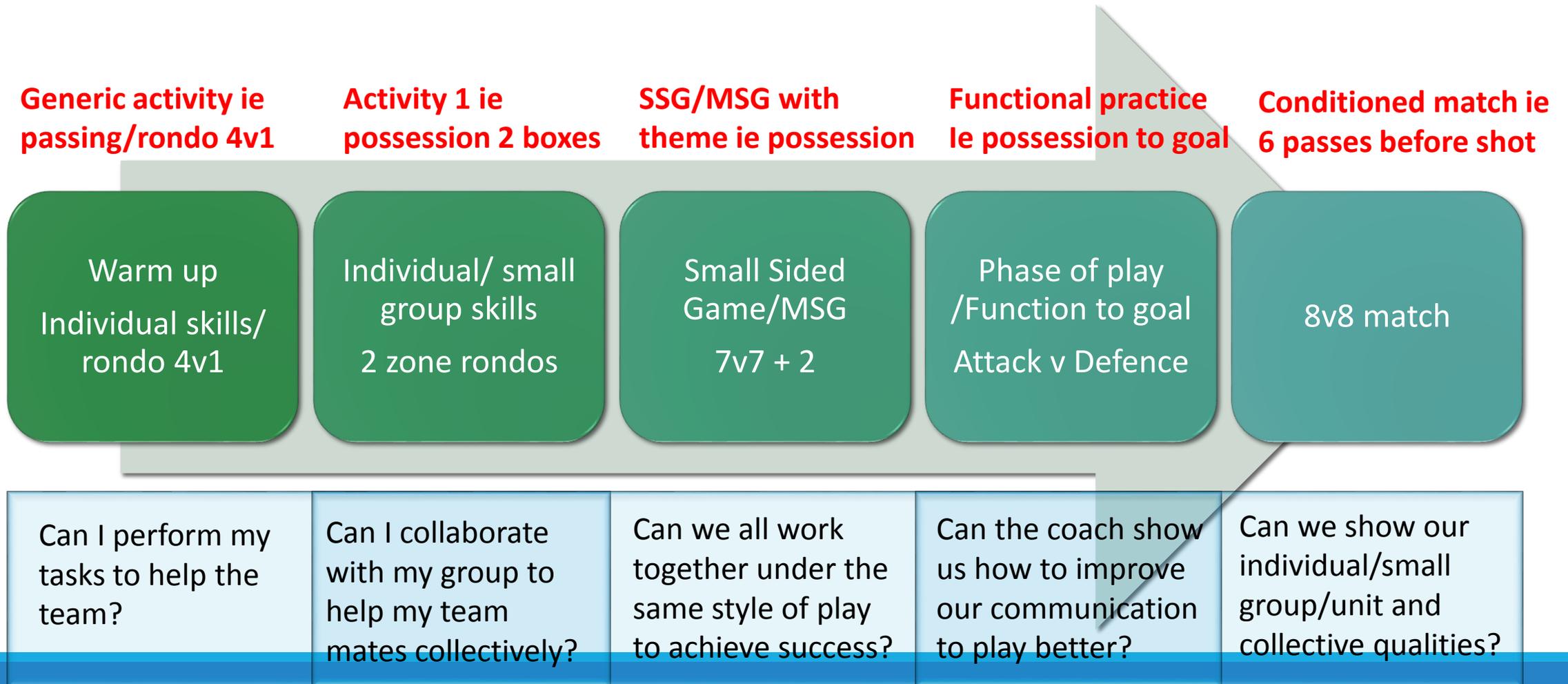


Using a game based/GAG methodology



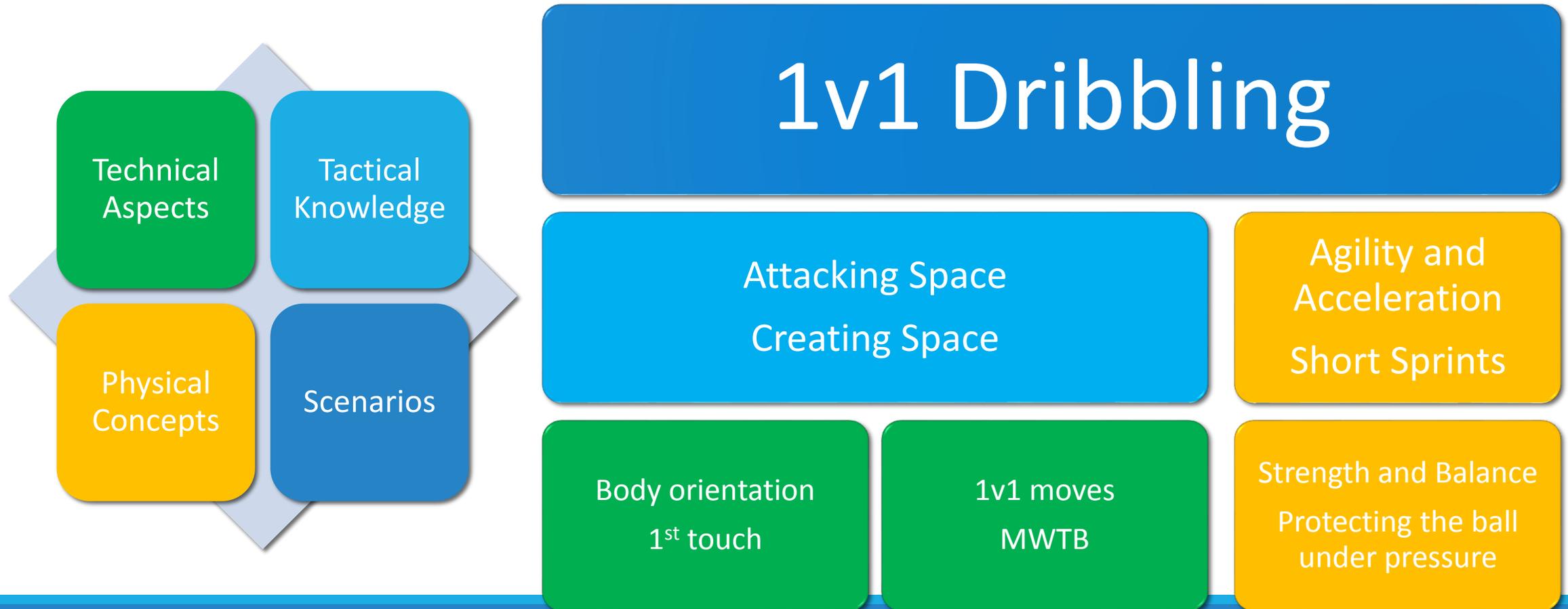


Using a simple-complex methodology





Improving the efficiency of our sessions





Stages of Learning





Ages and stages

Automatic: Professional Player at professional level in preferred role

Effective: Playing quickly at a good level in preferred role

Perform: Youth player/amateur player; general game play at a low level

Know: New ideas and concepts, can be of any age

Know: Starting to play and practice using the ball. Anything new to players

Perform: 7-adult; After some practice and game play situations of new ideas

Effective: 12-Adult. Consistent execution of decisions under pressure, with less time, with fatigue, in critical moments

Automatic: 15-Adult. Actions look natural and are done almost without thought

Week 1 and 6



Body parts



Description: Physical Literacy: Have players run, skip and hop around the area with ball in their hands. When the coach shouts a body part, the players must put the ball on that body part.

Players all have a ball and dribble around the area. When the coach shouts a body part out, the players have to touch it too the ball. If players don't want to drop down onto the ball, have them stop it with their foot and point to the body part.

Coaching Points: Small touches, on our toes, knees bent, scanning/head up when dribbling.

Duelling Dragons



Description: Three or four teams depending on numbers. Each Dragon has an egg (ball) in their lair. When the coach calls, Dragons can go and steal eggs from the other lairs, one at a time. They must dribble them back not carry them.

Donkey tails



Description: Donkeys have a ball each and tuck a donkey tail into the back of their shorts. They try to stay away from the cowboys who look to take the donkeys tails. If a donkey loses its tail they help the cowboys catch the other donkeys.

Progression: have the cowboys control a ball whilst chasing

Coaching Points: Small touches, on our toes, knees bent, scanning/head up when dribbling.

Session objectives:

- Focus on individual ball contact, as much time on the ball as possible
- Focus on fun and engaging environment

Timings:

- 10 minutes per game
- 10 minutes Small sided game

Week 2 and 7



Follow the leader



Description: Physical literacy: players start without a ball. The leader can hop, skip, jump, roll, crawl and the follower must copy exactly.

Players are in pairs or can work with a parent. The leader dribbles around the area with their ball while the follower stays as close to them as they can. The closest follower gets a point. Encourage players to dribble round obstacles to slow down the follower and to use different foot parts or moves (toe taps) too slow them down.

Foxes and farmers



Description: Pick three or four players to be farmers, the rest are foxes. The foxes start in one end zone and must get to the far zone without the farmers catching them (tagging their shoulder). If they get caught, they become a farmer and help catch the other foxes. Progression: give everyone a ball, farmers still tagging. Then take farmers ball away, everyone is still tagging. Start giving points for the faster dribbler who is under control.

Coaching Points: Small touches, on our toes, knees bent, scanning/head up when dribbling.

Gladiator



Description: Select two Gladiators to guard the gates. The other players must try to evade the gladiator and get to the far side of the guantlet. If they manage it, they get a point and can go back through from the start. If a Gladiator tags a player they must go back to the start and begin again without gaining a point. Play for two minutes then switch Gladiator. Progression: players must dribble a ball and the gladiator is trying to tackle them.

Session objectives:

- Focus on individual ball contact, as much time on the ball as possible
- Encourage change of directions (physical literacy)
- Focus on fun and engaging environment

Timings:

- 10 minutes per game
- 10 minutes Small sided game

Week 3 and 8



Ice breaker game



Description: Physical Literacy: players jog, sprint, hop, crawl, roll, jump around the area. Coach shouts 2 numbers, the 1st number is the group size, the 2nd number is how many body parts they must have on the floor per group (e.g. 4 and 3, 4 players, 3 body parts on the floor). Encourage creativity!

Players dribbling around, on coaches shout they find a partner and play rock paper scissor. Whoever wins rock paper scissor tries to roll or flick the ball into the other players shins. If they hit the shins, they get a point, if they miss the other player gets a point.

Ice cream parlour



Description: All players have a ball and dribble around the middle area. Four corner boxes are marked and given a name for a flavour of ice cream (you can use anything to label the boxes, fruit, soccer teams, etc). When the coach shouts "order up!" the players have ten seconds to choose a corner to run too. All the players in that corner get 1 point!

Coaching Points: Small touches, on our toes, knees bent, scanning/head up when dribbling. Speed touches towards the corners, slightly bigger

Number games



Description: Have players pair up with someone of similar ability. Give them the same number but different team ("you are both number one, you're blue, you're yellow"). They stand next to their teams goal, when their number is called they run to the gate in front, turn and then race to the ball, playing a 1v1 and try to score.

Session objectives:

- Focus on individual ball contact, as much time on the ball as possible
- Start to encourage striking techniques
- Focus on fun and engaging environment

Timings:

- 10 minutes per game
- 10 minutes Small sided game

Week 4 and 9



Stuck in the mud



Description: Physical literacy: Pick three or four players to be the mud monsters. The mud monsters try to tag the other players. If they get caught, they stand with their feet apart, stuck in the mud. Other players can unlock them by crawling through their legs or tapping both their shoulders if they don't want to crawl.

Progression: give everyone, including mud monsters a ball. To be freed, another player has to pass the ball between the caught players legs. Then, take the mud monsters ball away so it is easier for them.

Coaching Points: Small touches, on our toes, knees bent, scanning/head up when dribbling. T shape when passing, inside of the foot

Traffic lights



Description: Every player has a ball and dribbles around an area. The coach either hold up a cone (red, yellow, green) or shout the colours. RED = Stop, YELLOW = get ready/toe taps, GREEN = go! The players have to react as fast as possible to the shout/cone.

Progression: add the shout "round about" the player must dribble around their parent, a coach or a cone. Add the shout "reverse" the player must try to move backwards with the ball (little ones can pick the ball up and walk backwards). "Roadblock" the player turns to go other way

Coaching Points: Small touches, on our toes, knees bent, scanning/head up

Soccer golf



Description: Player works in pairs or with their parent. The player follows partner around trying to keep as close as they can, parent or leader must get away. When coach yells "STOP!" the leader faces their child/partner, picks their ball up and holds it in the air with their feet spread apart. The follower tries to pass their ball between the leaders feet. One point if they manage it, then switch roles.

Coaching Points: Small touches, on our toes, knees bent, scanning/head up when dribbling. T shape when passing, inside of the foot

Session objectives:

- Focus on individual ball contact, as much time on the ball as possible
- Encourage stopping and starting, crouching and standing for physical literacy
- Focus on fun and engaging environment

Timings:

- 10 minutes per game
- 10 minutes Small sided game

Week 5 and 10



Wacky Races



Description: Physical Literacy: Players in three or four teams, they race to grab a cone then bring it back to their team, high five the next player before they can go. Have different obstacles per race or per line depending on amount of equipment. Teams can rotate through each line.

Progression: add a ball that the player must dribble.

Volcanos and Craters



Description: Two teams, one is craters, one is volcanos. Players dribble their ball around the area looking for cones on the floor and turning them over to either make a volcano or a crater, depending on which team they are.

Space invaders



Description: Split group into two teams, balance some balls on the centre cones and have each player grab a ball for themselves. Try to make sure centre balls and individual balls are different (either size or colour). Players on the outside shoot their balls into the asteroids in the middle, trying to knock the asteroid into their opponents space ship. If the asteroid crosses the oppositions end line, the other team gets a point. If an asteroid stops before it crosses the line, it stays where it is but can still be hit. Play until all asteroids have been fired into a ship.

Coaching Points: Players can go into the centre to collect a ball, not one that is an asteroid though. Players can only use their ball to block an asteroid, not their feet or hands. Players can not cross the centre line to collect a firing ball, they must wait until one crosses into their zone.

Session objectives:

- Focus on individual ball contact, as much time on the ball as possible
- Encourage change of direction and speed for physical literacy
- Focus on fun and engaging environment

Timings:

- 10 minutes per game
- 10 minutes Small sided game