



Stage 1 - Active Start

For Coaches working with 3 4 & 5 year old children

At this introductory level, the objective is to get children moving and to keep them active. At daycares, schools, clubs, recreation centers and home, small children can be provided with early opportunities to learn basic soccer elements. The objective is for adults and children to learn the game together. The emphasis is on physical literacy, making friends with the ball, and learning how to participate in an organized sports program.

“1 with 1”

In the initial part of this stage, the program is organized so that the child has success learning the game with their parent in a “one with one” format (One child with a significant other person in their lives - Mom, Dad, Brother/Sister, Grandparents). In this format, a child’s first team-mate is someone they are totally at ease with. While the adult should challenge the child player, they should allow the child to have success, “score” goals, and “beat” the adult opponent. With the session led by the learning facilitator or master coach, parent and child can participate in fun games and activities that address the physical and technical needs of children in this stage. As the stage progresses and the child acquires basic physical literacy, familiarity with the ball, and the ability to work independently from a parent/guardian, the roles of the parent can be reduced as the program moves towards a traditional coach player format where the small-sided game format is introduced.

Course Focus

This course is a 3.5 hour course specifically for coaches of U4 and U6. The course will educate coaches on what is developmentally appropriate to do with children in these age groups. Physical Literacy and having fun are a focal point of this course. The course will also provide age appropriate activities as a resource for the coach.